Young people in North Yorkshire can access mental health services via The Go-To website - find out more at The Go-To: www.thegoto.org.uk

Do you have worries about returning to school or college this autumn? The Go-To website is available to help children and young people in North Yorkshire access support for emotional health and wellbeing mental health support: www.thegoto.org.uk

Are you a young person who’s weighed down with stress and anxiety? There’s help out there – visit The Go-To for more: www.thegoto.org.uk

If you’re a parent or carer who wants to provide emotional support to a child or young person with mental health difficulties, there’s help for you at The Go-To: www.thegoto.org.uk

As school pupils get ready to return to the classroom, online mental health support for young people has never been more important. The Go To website makes it easier for children and young people in North Yorkshire to find mental health support – visit www.thegoto.org.uk

Designed by young people in North Yorkshire, for young people in North Yorkshire; visit The Go-To for mental health support: www.thegoto.org.uk

As children and young people return to schools and colleges, don’t forget The Go-To website is available to help children and young people in North Yorkshire access mental health support: www.thegoto.org.uk/