

Telephone support during Covid-19 Isolation

Telephone support available 7 days & 7 nights
during Mental Health Resource Centre Closure

07516 916290

(main number for professionals/referrals 7 days)

Saturday & Sunday 9.30am - 7.30pm

07860 102516

Monday, 9.30am - 1am, Tuesday 7.30pm - 1am

Friday, 9.30am - 7.30pm

07395 824526

Wednesday – Sunday, 7.30pm - 1am

Tuesday 9.30am - 7.30am; Thursday 9.30am - 1am

07562 974101

Wednesday – Sunday, 7.30pm - 1am

07759 638733

Whitby area - Wednesday, 9am - 4pm

Normal mobile charges apply – if you would prefer us to
call you, send a text message (please include your name)

For other sources of telephone and online support please
visit our website at www.scarboroughsurvivors.org.uk

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