

# Compass BUZZ is creating a BUZZ about mental health and wellbeing across North Yorkshire.



## Welcome to Compass BUZZ

We are pleased that you have found us because here at Compass BUZZ we're passionate about mental health and want to share our service with you.

Compass BUZZ is an exciting, new, innovative and free project that aims to improve the mental health and wellbeing of children and young people aged 5-18 (25 with SEND) in schools across North Yorkshire.

## Our Offer



Level 1 Mental Health and Wellbeing Training-Prevention and Promotion for all school staff and key partners

Level 2 Mental Health and Wellbeing Training-Early Identification of Need for selected school staff

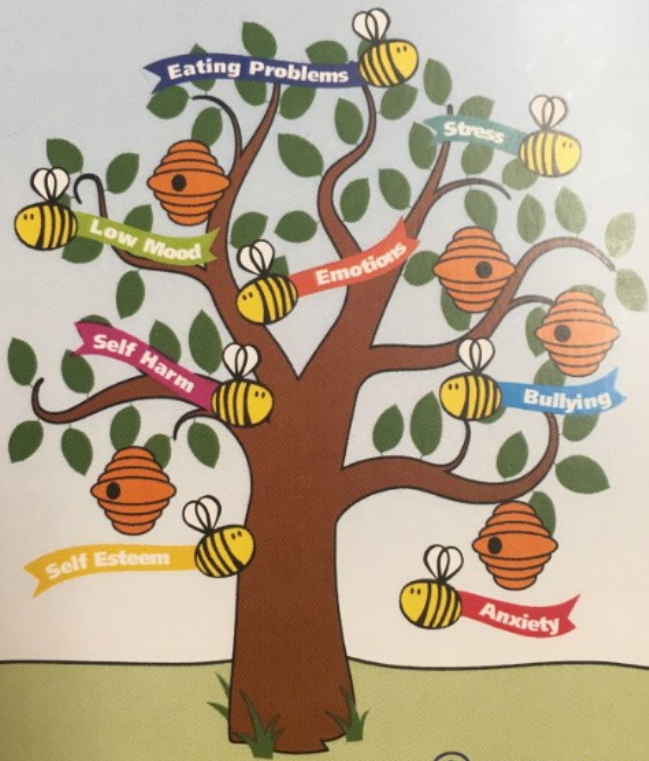
Level 3 Mental Health and Wellbeing Training-Early Help and Intervention for selected school staff

Request for Support Process- where school staff can request our help and support around group and individual time limited interventions

BUZZ US-confidential text messaging service for young people aged 11-18 across North Yorkshire

If something is **buzzing** around your head,  
don't keep it to yourself. **BUZZ US** on

**07520 631168**



**f** Compass BUZZ  
**t** @Compass\_BUZZ

Compass  
BUZZ

**BUZZ US** is a **text** messaging service run by  
**Compass BUZZ** for young people aged  
11-18 who live in North Yorkshire

**Text a wellbeing worker on**  
**07520 631168**

if you are experiencing any of  
the following:



We do not usually inform parents, teachers or anyone else if you contact Compass BUZZ. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other Compass BUZZ staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we've received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your doctor, visit a NHS walk-in centre or call NHS 111. If it is an emergency, dial 999 or visit A&E. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent Compass BUZZ sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rates.