

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:



Bullying



Low Mood



Anxiety



Stress



Self Esteem



Self Harm



Eating Problems



Emotions

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.