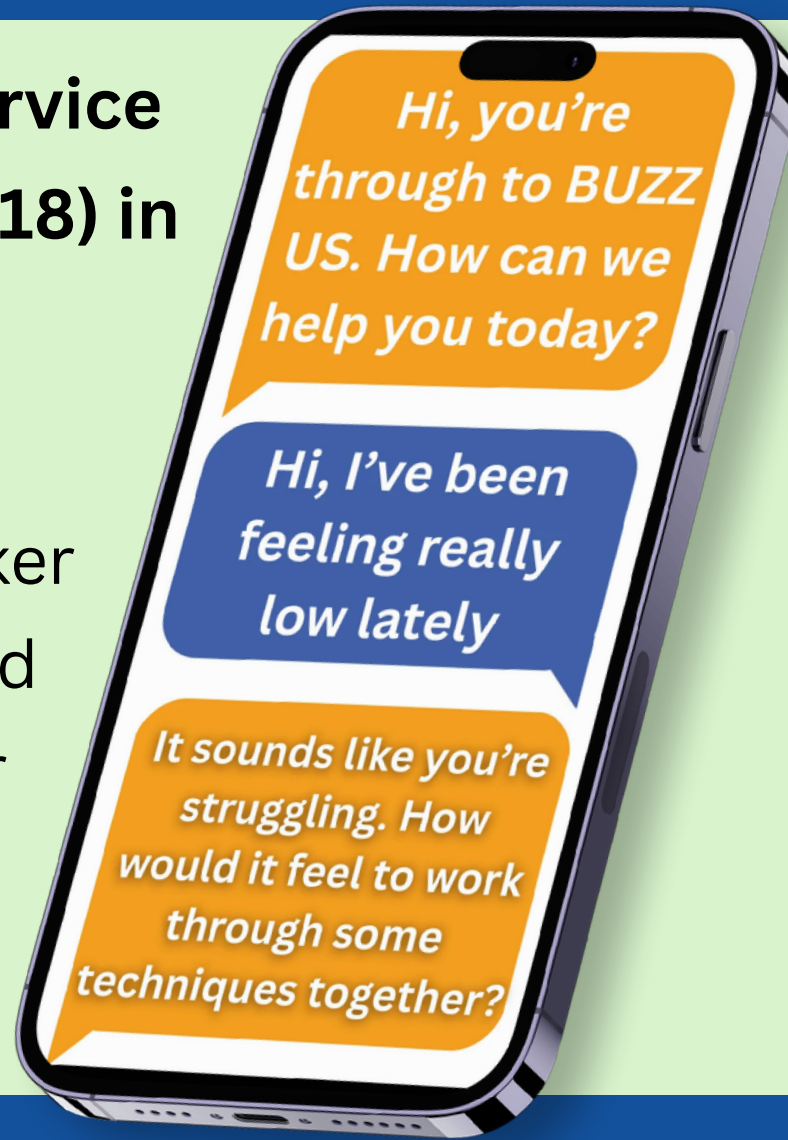


# BUZZ US

**A confidential text service for young people (11–18) in North Yorkshire.**

Chat on text with a Compass Phoenix worker for advice, support, and signposting for all your mental health and wellbeing needs.



**Text us on 07520 631168**



Scan the QR code to be taken directly to the BUZZ US contact number.