

Anxious? Low mood? Grieving? Overwhelmed?
**If you want to talk,
we're Here to Help**



JUST 'B'

**Emotional support for
children, young people and
adults across North Yorkshire**

We can also offer support for you, or your family and friends, around plans for end of life, including matters relating to bereavement and funerals.

Calls are charged at local rates. Visit <https://bit.ly/localcallcharges>

The logo for Just 'B' is a white rounded rectangle with the text 'JUST 'B' in a bold, green, sans-serif font. The 'B' is stylized with a single quote before it.

JUST 'B'

Bereavement support across North Yorkshire

Just 'B' offers emotional wellbeing and specialist bereavement support to children, young people and adults across North Yorkshire.

To find out more and access our **free, confidential** support, visit **justb.org.uk**

Adult services: T: **(01423) 814 480** | E: **justbadults@justb.org.uk**

Children and young people's services: T: **(01423) 856 790** |
E: **justbcyp@justb.org.uk**

North Yorkshire Hospice Care is a registered charity in England and Wales (518905) with a family of services operating as Herriot Hospice Homecare, Just 'B', Saint Michael's Hospice and Talking Spaces. North Yorkshire Hospice Care is a company limited by guarantee, registered in England and Wales (2121179). Registered address Crimple House, Hornbeam Park Avenue, Harrogate, HG2 8NA.