

Finding support for your mental wellbeing

MindWell

www.mindwell-leeds.org.uk

This flyer is for adults in Leeds aged 18 and over. It can help you find support for:

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Covid update: Support services are open although many started to provide support by telephone or online platforms during lockdown. They may return to offering more face-to-face contact again as lockdown eases. Check with individual services, or, go to MindWell, the mental health website for people in Leeds, for the latest information: www.mindwell-leeds.org.uk/coronavirus

If you need to self-isolate, this can be difficult and lonely. If you'd like a volunteer to call you every now and then for a chat call **Leeds Coronavirus Helpline. Tel: 0113 378 1877** (7 days a week, 9am-6pm). If you have difficulty hearing, **text: 07480 632 471**. For British Sign Language: search for Leeds City Council Covid19 Support at www.signLive.co.uk



Mental health



Helplines and telephone support

West Yorkshire 24 hour mental health helpline offers confidential support, advice and information for anyone concerned about their, or someone else's, mental health. **Tel: 0800 183 0558**

Connect Helpline is a survivor-led local service which offers emotional support and information for people in distress. Open every night 6pm-2am. **Tel: 0808 800 1212**

The Silver Line is a free confidential helpline, open 24/7, for older people which offers information, friendship and advice. **Tel: 0800 470 80 90**

The Mix offers free emotional support and information to young people under 25 years old. Open seven days a week 4-11pm. **Tel: 0808 808 4994 Web: www.themix.org.uk**

Switchboard - LGBT+ helpline for whatever you want to talk about. Open 10am-10pm every day. **Tel: 0300 330 0630**



Mental health services

How can I find help for a common problem like anxiety or depression?

Leeds Mental Wellbeing Service offers support and psychological therapies for common mental health problems like anxiety, stress, panic attacks and depression. Services are offered in different languages and BSL. You can refer yourself to this service.

Tel: 0113 843 4388 Web: www.leedsmentalwellbeingservice.co.uk

When should I go to my GP (doctor)?

If you're experiencing a problem with your mental health that's affecting your day-to-day life, you should consider talking to a GP. A GP can support you and give advice on the best next steps to take. GP surgeries are open but most appointments are currently being carried out by telephone or video. Please don't visit your surgery unless you have been asked to do so.



NHS 111 - if you need medical advice or treatment quickly and can't wait to see your GP call 111 (open 24 hours a day). **Web: www.111.nhs.uk**

How can I find support in my local area to improve my wellbeing?

Linking Leeds is the city-wide social prescribing service for adults in Leeds. It can help you access a range of local non-medical services or activities to improve your health or wellbeing. It could, for example, help you to improve your physical health, join local groups or find help for money or housing worries. You can refer yourself to this service.

Tel: 0113 336 7612 Web: www.commlinks.co.uk/linking-leeds

Where can I find counselling?

Leeds Mind offers a range of services including counselling (cost is income-based), group therapy and peer support. **Tel: 0113 305 5800 Web: www.leedsmind.org.uk**

The Market Place provides a range of free and confidential mental health support services to young people aged 11-25 years old. You can refer yourself to this service.

Tel: 0113 246 1659 Web: www.themarketplaceleeds.org.uk



Support in a mental health crisis

Connect Helpline is a survivor-led local service which offers emotional support and information for people in distress. Open every night 6pm-2am. **Tel: 0808 800 1212 Web: www.islcs.org.uk**

Connect BSL Helpline is on Mondays at 7-11pm, facetime/skype/glide with BSL trained staff. **Tel: 07500 870 987**

Well-Bean 'Hope in a Crisis' Cafe is open to people in crisis, seven nights a week, 6pm-12am. Support is currently being offered by phone or Zoom. Ring or text first on **07760 173 476**.

Dial House offers emotional support to people in crisis. It's open Monday, Wednesday, Friday, Saturday & Sunday, 6pm-2am, currently offering support by Zoom or by phone. Staff are answering the phone 6pm-2am. Ring **0113 260 9328** or text **07922 249452**.

Dial House@Touchstone is offering telephone support to people from Black & Minority Ethnic (BAME) groups (16+). Open Tuesdays & Thursdays, 6pm-12am. Ring **0113 249 4675** or text **07763 581 853**.

Samaritans is open 24/7 to talk about whatever you're going through. **Tel: 116 123** (free phone).

If you're at risk of taking your life call 999 and ask for an ambulance or go to A&E.

Bereavement

www.mindwell-leeds.org.uk/bereavement

Leeds Bereavement Forum can offer information and signpost you to the most appropriate local service. **Tel: 0113 225 3975 Web: www.lbforum.org.uk**

West Yorkshire and Harrogate Grief and Loss Support Helpline offers professional support and advice. Open 8am-8pm seven days a week.
Tel: 0808 196 3833 Web: www.griefandlosswyh.co.uk

Caring for someone

Carers Leeds provides information and support for unpaid carers who are supporting a friend or family member due to their illness, mental health or a substance misuse problem.
Open Monday-Friday, 9am-5pm. **Tel: 0113 380 4300**

Alcohol and drug use

Forward Leeds is the alcohol and drug service for people in the city. It offers advice and support if you're concerned about your alcohol or drugs use or someone else's.
Tel: 0113 887 2477

Gambling

Leeds Community Gambling Service offers help to anyone experiencing problem gambling in Leeds, including family members or friends. Services are free and completely confidential.
Tel: 0113 388 6466

National Gambling Helpline is open 24 hours a day. **Tel: 0808 8020 133**

Domestic abuse

If you feel at risk of abuse, it's important to remember that there is help and support available to you. You are not alone.

Leeds Domestic Violence Service Helpline is open 24 hours a day for confidential support and access to emergency accommodation for women and men experiencing violence, fear or abuse at home. **Tel: 0113 246 0401**. If you're in immediate danger, call 999 (press 55 after the emergency number if you're in danger and unable to speak).

National Domestic Abuse Helpline is open 24 hours a day. **Tel: 0808 2000 247**

Sexual violence

Support After Rape & Sexual Violence Leeds (SARSVL) offers support to all women and girls who have been affected by sexual violence, of any kind, at any time in their lives.
Helpline: 0808 802 3344 SARSVL Text: 078 600 22 880

Rape Crisis National Helpline is open between 12-2.30pm and 7-9.30pm every day.
Tel: 0808 802 9999



Finding more information online

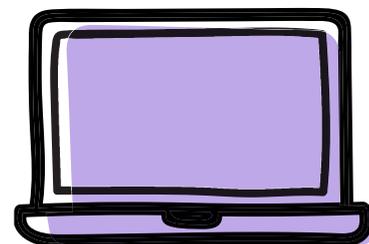
Searching online is often now the first way people look for information when they, or the people they care about, need help. You can also find a lot more information online.

MindWell is the mental health website for adults in Leeds. It has self-help tools to help manage problems like anxiety and low moods and information about support in the city.

Web: www.mindwell-leeds.org.uk/coronavirus

MindMate is a dedicated mental health and emotional wellbeing website in Leeds for children, young people and parents.

Web: www.mindmate.org.uk



**If you would like help to get online and develop your digital skills call
Leeds Libraries on 0113 378 5005.**