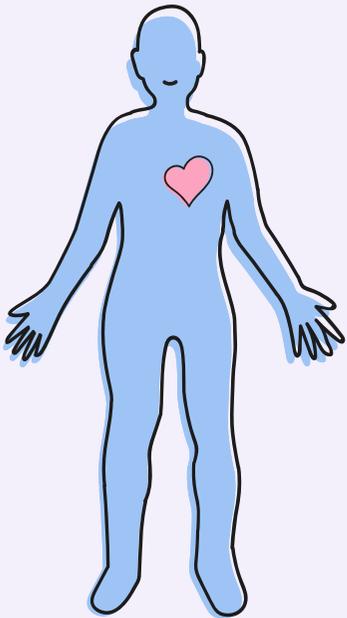
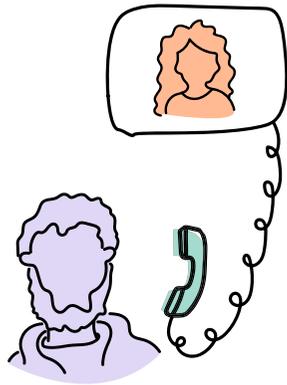


Take care of your mind and body



MindWell

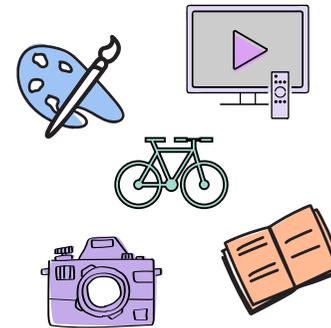
www.mindwell-leeds.org.uk



Keep in touch with family and friends or ring a helpline for support



Plan your day and set some goals



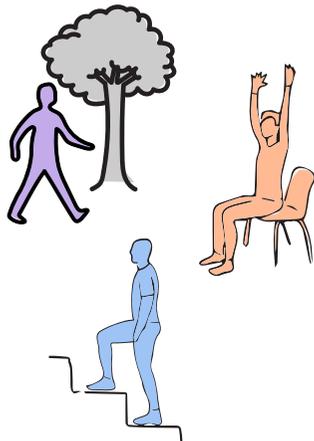
Do some things you enjoy



6-8 glasses a day



Try to eat a balanced diet and avoid missing meals



Keep moving during the day



Sleep well



Take time to relax



Avoid smoking, drinking alcohol or taking drugs

Key contact numbers if you need help

Help for your mental wellbeing

Help from a GP (doctor)* - you can talk to a GP about how you're feeling. They can give you advice about the best next steps to take.

NHS111 (open 24 hours a day) - if you need medical advice or treatment quickly and can't wait to see your GP call 111.

***York Street Health Practice** provides medical care for people who are homeless or might lose their home. Tel: **0113 295 4840**

West Yorkshire 24 hour mental health helpline offers support, advice and information to people in Leeds. Tel: **0800 183 0558**

Connect Helpline gives emotional support and information and is open every night 6pm-2am. Tel: **0808 800 1212**

Well-Bean 'Hope in a Crisis' Cafe is open to people in crisis, seven nights a week, 6pm-12am. Ring or text first on **07760 173 476** if you want to access the Cafe.

Samaritans is open 24 hours a day if you need to talk to someone about whatever you're going through. Tel: **116 123**

Bereavement

West Yorkshire and Harrogate Grief and Loss Support Helpline offers professional support and advice to help with grief and loss. Tel: **0808 196 3833** 8am-8pm seven days a week

Help for carers

Carers Leeds provides advice and support to unpaid carers in Leeds. Tel: **0113 380 4300**

Alcohol and drugs use

Forward Leeds is the alcohol and drug service for people in Leeds. Tel: **0113 887 2477**

Domestic abuse

Leeds Domestic Violence Service offers support to women and men experiencing violence, fear or abuse at home. Open 24 hours a day. Tel: **0113 246 0401**

National Domestic Abuse Helpline
Tel: **0808 2000 247** (open 24 hours a day)

Sexual violence

SARSVL offers support to all women and girls who have been affected by sexual violence at any time in their lives. Tel: **0808 802 3344** Text: **07860022880**

Rape Crisis National Helpline
Tel: **0808 802 9999** (12-2.30pm & 7-9.30pm every day)

Gambling

Leeds Community Gambling Service offers help to anyone affected by problem gambling in Leeds, including family members or friends. Tel: **0113 388 6466**

National Gambling Helpline
Tel: **0808 8020 133** (open 24 hours a day)

If you need help to save your life, or someone else's, call 999 (open 24 hours a day)
Press 55 after 999 if you're in danger and can't speak.