

# How are you feeling?

## Mental health information for people in Leeds

I'm having  
money  
problems

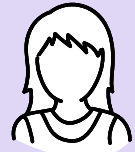


I'm going  
through a  
bereavement



I'm stressed  
at work

I'm a new  
parent

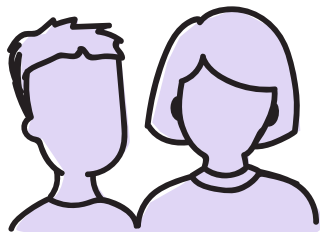


I'm worried  
about  
someone



I'm feeling  
low





**Anyone can feel anxious or struggle with their mental health.**

There are times when we all feel down or stressed. Usually these feelings pass, but sometimes they can continue and start to affect day-to-day life. This could happen to anyone, at any time in their life.

If you're feeling low or struggling with your mental health, there might not be any obvious reason why. Or, you could be going through a bereavement, having money or relationship problems, or trying to cope as a new parent. Life can be tough. The challenges we face can have a big impact on our mental wellbeing.

If you need to find information or help for yourself, or someone you're worried about, it can be difficult to know where to turn.

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



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**If you're under the age of 18, go to [page 15](#) for information for children and young people.**

## Finding support in Leeds

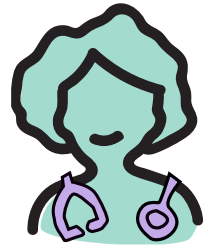
**MindWell** is the mental health website for adults in Leeds. It has information about a wide range of support in the city and self-help tools to help you cope with problems like anxiety, stress and low moods. Web: [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

**West Yorkshire 24 hour mental health helpline** provides confidential support, advice and information for anyone who is concerned about their mental health, or is worried about a family member or someone they care for. The service is for anyone aged 18 and over who is registered with a Leeds GP. Call 0800 183 0558.

**Leeds Mental Wellbeing Service** offers free online courses that can help you to cope better with problems such as stress and anxiety, panic attacks and depression. The service also provides psychological therapies including group and face-to-face sessions and workshops. If you're over 17 years of age and registered with a Leeds GP, go to [www.leedsmentalwellbeingservice.co.uk](http://www.leedsmentalwellbeingservice.co.uk) to self-refer or call 0113 843 4388. Email: [leeds.mws@nhs.net](mailto:leeds.mws@nhs.net)

### Talking to a GP

This leaflet has support services that you can access yourself. However, if these options don't feel right for you, or you need help in finding the right support, you can talk to a GP.



Some GP practices in Leeds have their own mental health practitioners who consult with patients instead of the GP (the surgery staff will advise you). It's also the case that some specialised services are only available through a GP referral. Many of these consultations are via telephone or video nowadays, but you can ask for a face-to-face consultation.

## Wellbeing support in your local area



**Linking Leeds** is the city-wide social prescribing service for people in Leeds, aged 16 years and over. Social prescribing 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 self-refer to the service by calling 0113 336 7612 or go to [www.linkingleeds.com](http://www.linkingleeds.com) for a form.

Email: [linking.leeds@nhs.net](mailto:linking.leeds@nhs.net)

**Live Well Leeds** is a community-based mental health support service for people in Leeds aged 18 and over who have mild to moderate mental health support needs. It covers the whole of Leeds and offers a range of services that include one-to-one support, group support, befriending, volunteering, social groups and wellbeing activities. If you're registered with a Leeds GP, you can self-refer to the service at [www.livewellleeds.org.uk](http://www.livewellleeds.org.uk) or call 0113 219 2727.



## Who to call for emotional support

**Samaritans** helpline is open at any time of the day or night to talk about whatever you're going through. Call 116 123 (free phone).

**Connect Helpline** offers emotional support to people in Leeds every night 6pm-2am. Whatever your problems are, Connect can help. Call 0808 800 1212 (free phone) or go to [www.lslcs.org.uk/connect-helpline](http://www.lslcs.org.uk/connect-helpline) for online chat.

**Deaf Connect** is open Mondays at 7-11pm. Glide/ Text: 07500 870 987. Skype/ FaceTime: [survivor.led@lslcs.org.uk](mailto:survivor.led@lslcs.org.uk)



**Teen Connect** helpline is for anyone aged 11-18 years old. It's open every Monday to Friday 3.30pm-2am and Saturdays and Sundays 6pm-2am. Call 0808 800 1212 (free phone), text 07715 661 559 or go to [www.lslcs.org.uk/teen-connect](http://www.lslcs.org.uk/teen-connect) for online chat.

**The Mix** offers free emotional support and information to young people under 25 years old. They also offer support via text message, email and online chat. Call 0808 808 4994. Web: [www.themix.org.uk](http://www.themix.org.uk)

Find more services and helplines at [www.mindwell-leeds.org.uk/services-directory](http://www.mindwell-leeds.org.uk/services-directory)

## Counselling



Counselling involves discussing personal experiences and issues with a person who is trained to listen in a safe and confidential place. The following local services provide counselling (some costs may apply):

**Northpoint Wellbeing** offers a range of services including therapy and counselling across West Yorkshire.

Call 0113 245 0303. Web: [www.northpoint.org.uk](http://www.northpoint.org.uk)

**Leeds Mind** offers low cost counselling and group therapy.

Call 0113 305 5800.

Web: [www.leedsmind.org.uk/services/counselling](http://www.leedsmind.org.uk/services/counselling)

**The Marketplace** provides a range of free and confidential drop-in and counselling services to young people aged 11-25 years old.

Call 0113 246 1659. Web: [www.themarketplaceleeds.org.uk](http://www.themarketplaceleeds.org.uk)

**Kooth** is a free, safe and anonymous service for 10-18 year olds offering text message and online chat one-to-one with counsellors.

Web: [www.kooth.com](http://www.kooth.com)

Find more counselling services at [www.mindwell-leeds.org.uk/finding-support/counselling](http://www.mindwell-leeds.org.uk/finding-support/counselling)

## Peer support or support groups



Peer support brings people with similar experiences together so that they can share knowledge, emotional support and practical help in a safe, supportive environment.

**Leeds Mind Peer Support** provides peer-led social and support groups and courses. This includes Young Black Minds, offering peer support to 16-25 year olds in the Black community who identify as male. Call 0113 305 5800. Web: [www.leedsmind.org.uk/our-services/peer-support](http://www.leedsmind.org.uk/our-services/peer-support) for all Leeds Mind peer support services.

Go to [www.mindwell-leeds.org.uk/finding-support/peer-support-groups](http://www.mindwell-leeds.org.uk/finding-support/peer-support-groups) for a range of groups, including carers, people of different ages, diverse cultural and ethnic backgrounds, LGBT+, women and men.

## Bereavement



**Leeds Bereavement Forum** offers information about bereavement and can signpost you to the most appropriate local service. Call 0113 225 3975. Web: [www.lbforum.org.uk](http://www.lbforum.org.uk)

**Leeds Cruse Bereavement Care** provides support for bereaved people aged 18 and over to help them understand their grief and cope with their loss. Call 0113 234 4150. Web: [www.cruse.org.uk](http://www.cruse.org.uk)

**Leeds Suicide Bereavement Service** provides one-to-one, group and family support and counselling to those who have lost someone through suicide. Call 0113 305 5800. Web: [www.leedssbs.org.uk](http://www.leedssbs.org.uk)

**Care Cafe** meets monthly and is a safe space to talk about anything linked to bereavement. Call 0113 834 5141 for more information.

Find more information about grief and loss at

6 [www.mindwell-leeds.org.uk/myself/bereavement-and-loss](http://www.mindwell-leeds.org.uk/myself/bereavement-and-loss)

## New parents and parents-to-be

Being pregnant or becoming a parent isn't always the happy time that people imagine. Many people often put off asking for help when they feel low or anxious because they're worried about being judged as a failure or a bad parent. If you're struggling, talk to your midwife, health visitor or GP about support available to help you feel better.

Find lots more information and help at [www.mindwell-leeds.org.uk/baby](http://www.mindwell-leeds.org.uk/baby)



## Caring for someone

If you're helping a friend or family member due to their illness, mental health or a substance misuse problem then you're an unpaid carer.

**Carers Leeds** provides information and advice as well as social and emotional support for unpaid carers in Leeds. Call 0113 380 4300. Web: [www.carersleeds.org.uk](http://www.carersleeds.org.uk)

## LGBT+ communities

**Yorkshire MESMAC** is a sexual and mental health organisation supporting LGBT+ communities in Leeds. Call 0113 244 4209. Web: [www.mesmac.co.uk](http://www.mesmac.co.uk)

## Switchboard - LGBT+ helpline

Call 0300 330 0630 with whatever you want to talk about. Open 10am-10pm every day.

Find more support and helplines at [www.mindwell-leeds.org.uk/services-directory](http://www.mindwell-leeds.org.uk/services-directory)

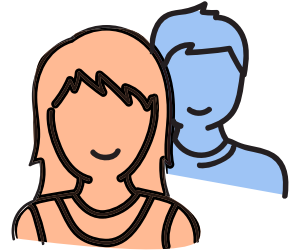
## Alcohol or drugs use and gambling

**Forward Leeds** is the alcohol and drug service for adults, young people and families in Leeds. It offers advice and support if you're concerned about your alcohol or drugs use or someone else's. You can refer yourself through the website. Call 0113 887 2477.

Web: [www.forwardleeds.co.uk](http://www.forwardleeds.co.uk)

**Leeds Community Gambling Service** offers help to anyone experiencing gambling harm across Leeds, including people affected by the gambling behaviour of a family member or friend. You can access support face-to-face, online or over the phone and all services are free and completely confidential.

Call 0113 388 6466 or self-refer at [www.gamcare.org.uk/leeds](http://www.gamcare.org.uk/leeds)



## Students in Leeds

It's important to register with a local GP. You can find a GP near you at [www.nhs.uk/service-search/find-a-gp](http://www.nhs.uk/service-search/find-a-gp)



You can also contact your university/college student wellbeing team to discuss support for your mental health. The services featured in this booklet can also be accessed by students in Leeds.

For self-care tools and more help for students go to [www.mindwell-leeds.org.uk/students](http://www.mindwell-leeds.org.uk/students)



## Experiencing a crime

You can talk to **Victim Support** in confidence if you need emotional or practical support with any crime that you've experienced. Victim Support is independent of the police and the helpline is open 24 hours a day. Call 0808 168 9111. Web: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

**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. Call 0808 802 3344. Web: [www.supportafterrapeleeds.org.uk](http://www.supportafterrapeleeds.org.uk)

**Survivors West Yorkshire** provides support to men and women who have been affected by sexual violence. Web: [www.survivorswestyorkshire.org.uk](http://www.survivorswestyorkshire.org.uk)

Find more support and services at [www.mindwell-leeds.org.uk/help](http://www.mindwell-leeds.org.uk/help)

## Domestic abuse or violence at home

**Leeds Domestic Violence Service** helpline is open 24 hours a day for confidential support, information and access to emergency accommodation for women and men experiencing violence, fear or abuse at home. Call 0113 246 0401. Web: [www.ldvs.uk](http://www.ldvs.uk)

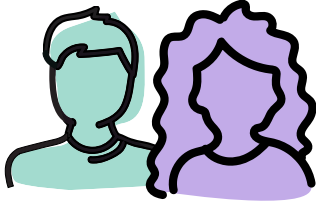
Find more support and services at [www.mindwell-leeds.org.uk/help](http://www.mindwell-leeds.org.uk/help)



## Self-harm

Self-harm is when someone hurts themselves, on purpose, as a way of coping with or releasing strong emotions that feel overwhelming. It's possible for all kinds of people with different backgrounds, experiences and ways of life to self-harm at times. If you feel you need support for your self-harming, or someone else's, there is help available.

Go to [www.mindwell-leeds.org.uk/myself/self-harm](http://www.mindwell-leeds.org.uk/myself/self-harm) for tools to help manage self-harm including the Calm Harm mobile phone app, and information about support such as Battle Scars, a Leeds charity, which runs several survivor-led support groups in different areas of Leeds: [www.battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)



## Childhood abuse

If you're an adult who experienced sexual abuse as a child you may never have felt able to talk to someone about what happened. Or, you may have tried to talk to someone and not felt heard. Whatever the difficulties that you're experiencing now, there is help and support available in Leeds and you're not alone.

Find more information at [www.mindwell-leeds.org.uk/myself/childhood-abuse](http://www.mindwell-leeds.org.uk/myself/childhood-abuse)



**Find quick techniques to help you feel calmer:  
[www.mindwell-leeds.org.uk/find-ways-to-calm-or-distract-yourself](http://www.mindwell-leeds.org.uk/find-ways-to-calm-or-distract-yourself)**

# Help with money, housing and work issues



**Leeds Welfare Rights** can offer independent advice and support for your individual situation.

Call 0113 376 0452.

Web: [www.leeds.gov.uk/benefits/welfare-rights](http://www.leeds.gov.uk/benefits/welfare-rights)

Find more help at [www.mindwell-leeds.org.uk/myself/how-life-experiences-can-affect-us/benefits](http://www.mindwell-leeds.org.uk/myself/how-life-experiences-can-affect-us/benefits)

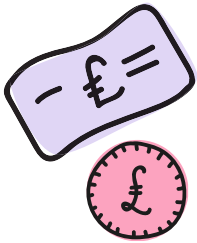


**Leeds Housing Options** is a free service for people who are homeless or at risk of becoming homeless.

Call 0113 222 4412.

Web: [www.leeds.gov.uk/housing/homeless-or-at-risk](http://www.leeds.gov.uk/housing/homeless-or-at-risk)

Find more help at [www.mindwell-leeds.org.uk/myself/how-life-experiences-can-affect-us/housing-and-homelessness](http://www.mindwell-leeds.org.uk/myself/how-life-experiences-can-affect-us/housing-and-homelessness)



**Citizens Advice Leeds** can offer advice on benefits, debt and money problems. Call 0808 278 7878.

Web: [www.citizensadviceleeds.org.uk](http://www.citizensadviceleeds.org.uk)

You can find a number of organisations in Leeds that give free independent money advice at

[www.mindwell-leeds.org.uk/myself/how-life-experiences-can-affect-us/debt-and-money-worries](http://www.mindwell-leeds.org.uk/myself/how-life-experiences-can-affect-us/debt-and-money-worries)



## Help for work-related issues

Go to [www.mindwell-leeds.org.uk/myself/how-life-experiences-can-affect-us/work-issues](http://www.mindwell-leeds.org.uk/myself/how-life-experiences-can-affect-us/work-issues) for information about looking after your mental health at work, work-related stress and resolving work-place issues.

Leeds employers can access a workplace wellbeing guide at [www.mindwell-leeds.org.uk/employers](http://www.mindwell-leeds.org.uk/employers)

# How to find help in a mental health crisis

Web: [www.mindwell-leeds.org.uk/help](http://www.mindwell-leeds.org.uk/help)

If you're under the age of 18 go to [www.mindmate.org.uk](http://www.mindmate.org.uk) and search 'Urgent help'.

A mental health crisis often means that you no longer feel able to cope or be in control of your situation. If you're feeling very distressed or hopeless it's important to know that you're not alone.



## Places to call

**Connect helpline** is a survivor-led service offering emotional support to people in Leeds. Open every night 6pm to 2am. Call 0808 800 1212 (free phone).


**Connect BSL helpline** is on Mondays at 7pm to 11pm, facetime/skype/glide with BSL trained staff. Call 07500 870 987.

**West Yorkshire 24 hour mental health helpline** offers support, advice and information for anyone in Leeds. Open 24/7. Call 0800 183 0558 (free phone).

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

**Leeds and York Partnership NHS Foundation Trust's Single Point of Access (SPA)** accepts referrals for anyone needing urgent care or treatment for a mental health crisis. Open 24/7. Call 0800 183 1485 (if you're deaf or have hearing loss, text 07983 323 867).

**NHS 111** (freephone) is open 24/7 if you have a problem with your physical or mental health and you're not sure what to do.



**Have you injured yourself or taken an overdose? Are you at immediate risk of hurting yourself or taking your own life?**

**Call 999 and ask for an ambulance or go to A&E**

## Face-to-face help



**GP emergency appointment** - ask to talk to the 1st available GP. GPs see many people every week who are worried about their mental health.

**Well-Bean 'Hope in a Crisis' Cafe** offers a safe and confidential space for people (16+) experiencing crisis in Leeds. Open 7 nights a week, 6pm to 12am. Face to-face support and by phone. Call or text 1st on 07760 173 476 if you want to access the Cafe.

**Dial House** is a place of sanctuary offering emotional and practical support to people (16+) in crisis. Open Monday, Wednesday, Friday, Saturday and Sunday, 6pm to 2am. Face-to-face support, phone and video chat. Call 0113 260 9328 or text 07922 249 452.

**Dial House@Touchstone** offers support to people from Black and Minority Ethnic groups (16+). Open Tuesdays and Thursdays, 6pm to 12am. Call 0113 249 4675 or text 07763 581 853.



## Support by text or online chat

**Connect online** is a local survivor-led online chat service for people in distress. Open every night 6pm to 2am via website homepage: [www.lslcs.org.uk](http://www.lslcs.org.uk)

**Shout text service** struggling to cope? Text SHOUT to 85258 (free) any time 24/7 for support. Messages are anonymous and won't appear on your phone bill.

**Email the Samaritans** - sometimes writing down your thoughts can help. Email [Jo@samaritans.org](mailto:Jo@samaritans.org). Response time is 24 hours.

**Signhealth Crisis Text Service for Deaf people** Text DEAF to 85258 (free). Messages are anonymous and won't appear on your phone bill.

**NHS 111** talk online if you have a medical problem and you're not sure what to do: [www.111.nhs.uk](http://www.111.nhs.uk)

## Where to find 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.

If you need some support to help you get online, you can go into any library or community hub in Leeds and ask about learning computer skills. Staff will be able to signpost you to the best way of learning for you, and most libraries in the city hold weekly drop-ins.

If you are not able to talk to staff in person, please call 0113 378 5005, or find more information at [www.leeds.gov.uk/libraries](http://www.leeds.gov.uk/libraries)

### Information for adults

#### MindWell

**MindWell** is the mental health website for adults in Leeds. It's funded by NHS Leeds Clinical Commissioning Group (CCG) to give people and professionals in the city a single 'go to' place for information.

MindWell is simple and easy-to-use and can help you to access:

- Information about a wide range of support from across the NHS, Leeds City Council and the third sector.
- Self-help tools and techniques to help you look after your mental health.
- Resources to help manage common problems, such as anxiety, low moods and stress.
- Help for what to do in a crisis or mental health emergency.

Web: [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

Twitter: follow @MindWellLeeds

## Information for children and young people



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

Developed with young people, MindMate offers tips and tools to support self-help and explains what support is available in Leeds and online for young people, along with specific pages on common issues.

MindMate offers clear signposting to local and national services and can help you find support for people under the age of 18, including:

- **Teen Connect**, a Leeds-based helpline for 11-18 year olds.
- **Kooth** online counselling for 10-18 year olds.
- **The Market Place** which offers a range of services for 11-25 year olds including drop-ins, group work and counselling.
- **Safe Zone**, a crisis service for young people aged 11-17, open on a number of nights a week in locations across Leeds.

You can also go to MindMate for information about the Leeds **MindMate Single Point of Access (SPA)**. Young people (13-17 years) (as well as parents and carers of children aged 5-17 years and professionals) can refer into the SPA when they identify a need for support with their emotional wellbeing or mental health. MindMate SPA will work with local services to find the right support.

Web: [www.mindmate.org.uk](http://www.mindmate.org.uk)

Twitter and Facebook: follow @MindMateLeeds

Instagram: follow mindmateleeds

**How are you feeling? booklet was developed by Public Health (Leeds City Council) and MindWell (funded by NHS Leeds CCG). If you're a professional and would like to order more copies please call the Public Health Resource Centre on 0113 378 6200.**

# Self-help tips to take care of your mental wellbeing

Web: [www.mindwell-leeds.org.uk/feel-better](http://www.mindwell-leeds.org.uk/feel-better)

Life can be busy and it's not always easy to find the time to look after yourself. Taking some small steps, however, can help you feel calmer, boost your mood and help combat the effects of stress and anxiety.

## Connect with others

Finding ways to feel connected to other people can mean keeping in contact with family, friends or neighbours, or becoming part of a social group or network online or in your local area.



## Look after your physical health

Taking care of your physical health can help improve your mood and mental wellbeing and also manage your energy levels. Small actions can make a big difference, and could include taking moderate, regular exercise, eating a balanced diet, getting a good night's sleep and reducing caffeine, alcohol and smoking.



## Keep learning

Doing something different can help you switch off, refocus thoughts away from everyday worries and concerns and even be relaxing or calming. Give yourself a challenge - try a new activity, start a new hobby or join a creative class.



## Volunteer to help others

Volunteering can have many benefits, whether you're giving time to support a good cause or community project, or helping out with friends, family or neighbours. It can boost your confidence, help you meet new people, develop skills and it can feel good to 'give back'.



## Be mindful

Pay attention to the present moment. When doing everyday tasks, ask yourself what you can see, hear, feel, smell or even taste. Spending time in a green space could help - you can breathe in fresh air and listen to the birds. Why not visit one of the many local parks in Leeds and be mindful of the world around you?

