

We Listen

When Everything Feels Too Much

Struggling to cope, feeling down, having thoughts of self-harm or suicide?

You are not alone.

We are: Here For You

- **Kirklees: 07741900395**
- **Leeds: 07760173476**
- **Wakefield: 07776962815**

Every Evening, All Year Round
6pm to Midnight.

Free, safe and confidential support.



   @HereForYouTS



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When You Just Need To Talk

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When You Don't Know Where Else To Turn

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Here For You

Out Of Hours Support In A Safe Space



Inspiring communities, transforming lives