

How are you feeling?

Mental health information for people in Leeds

I'm having
money
problems

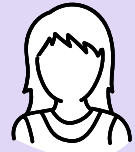


I'm going
through a
bereavement



I'm stressed
at work

I'm a new
parent

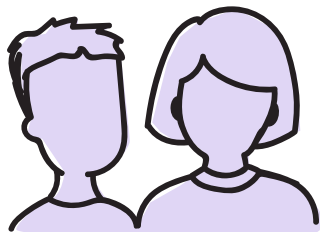


I'm worried
about
someone



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 go-to online source for adult mental health and wellbeing support in Leeds. The website 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

NHS 111 (mental health option) - If you are experiencing something that makes you feel unsafe, distressed, or worried about your mental health, call NHS 111 and select the mental health option.

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 to self-refer or call 0113 843 4388. Email: 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, including finding local activity groups or help for money or housing issues. Call 0113 336 7612 or to self-refer, go to www.linkingleeds.com for a form. Email: linking.leeds@nhs.net

Live Well Leeds is a community-based mental health support service for people in Leeds aged 18+ who have mild to moderate mental health support needs. It offers a range of services, including 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 online at www.livewellleeds.org.uk, call 0113 219 2727 or email: info@livewellleeds.org.uk

Being You Leeds runs groups and activities 7 days a week, including on evenings and weekends in local venues across Leeds. Current activities include walking, cycling, arts, knitting, gym, ESOL learning and much more. Visit www.mindwell-leeds.org.uk/being-you-leeds for more information.

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) or visit www.samaritans.org

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

Deaf Connect helpline offers emotional support by text or video call for deaf and hard of hearing people living in West Yorkshire. Open every Monday, Wednesday and Saturday from 7pm to 11pm. Text 0798 439 6001 to request a callback.



Teen Connect helpline is for anyone aged 11-18 years old. It's open every Monday to Friday 3.30pm to 2am and Saturdays and Sundays 6pm to 2am. Call 0808 800 1212 (free phone), text 07984 355 251 or go to www.lslcs.org.uk/teen-connect for online chat.

The Mix offers free emotional support and information to young people under 25 years old. Contact their crisis messenger 24/7 by texting THEMIX to 85258. Web: www.themix.org.uk

Find more services and helplines at 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):

Leeds Mind offers private practice counselling, which could be at a reduced rate for those on lower incomes. Call 0113 305 5800. www.leedsmind.org.uk/services/counselling

The Market Place provides free and confidential drop-in and counselling services for young people aged 11-25 years old. Call 0113 246 1659. Web: www.themarketplaceleeds.org.uk

Find more counselling services at 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 Youth in Mind for 10-25 year olds, and Cultural Diversity, Living with Pain and Hearing Voices support groups for adults. Call 0113 305 5800 or visit www.leedsmind.org.uk/services/peer-support for all Leeds Mind support services.

Visit 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



The Coping with Bereavement Project (CWBP) at Calm and Centred is a community-focused bereavement service with a difference, providing practical culturally competent coping strategies and support to individuals and groups struggling with bereavement. Call 0113 834 5141 and ask for the CWBP team. Web: www.calmandcentred.co.uk

Leeds Cruse Bereavement Support provides support for bereaved people aged over 18 with a Leeds postcode and a registered GP, to help them understand their grief and cope with their loss. Call 0113 234 4150. Web: www.cruse.org.uk

Leeds Mind 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.leedsmind.org.uk/suicide-bereavement-services-west-yorkshire

6 Find more information about grief and loss at www.mindwell-leeds.org.uk/bereavement

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



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

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

Switchboard - LGBT+ helpline

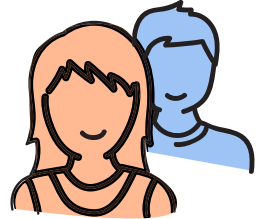
Call 0800 0119 100 with whatever you want to talk about. Open 10am to 10pm every day. www.switchboard.lgbt

Find more support and helplines at 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

NHS Northern Gambling Service offers support and treatment for gambling-related harms and any co-occurring mental health needs. Open Monday to Friday 8.30am to 4.30pm. Call 0300 300 1490 or visit their website: www.northerngamblingservice.nhs.uk



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

You can also contact your university or 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 or the Feel Better website made for students in Leeds at www.feelbetterleeds.org.uk



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

Support After Rape & Sexual Violence Leeds (SARSVL) offers support to women and girls (including trans women) and non-binary people who identify with a woman-centred approach, who have been affected by sexual violence, of any kind, at any time in their lives. Helpline Tel: 0808 802 3344. Web: www.supportafterrapeleeds.org.uk

Survivors West Yorkshire provides support and advocacy for men who have been affected by sexual violence. They also provide counselling through their specialised service, Ben's Place. Male Advice Line: 07393 140 250. Web: www.survivorswestyorkshire.org.uk

Find more support and services at 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

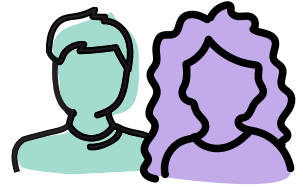
Find more support and services at www.mindwell-leeds.org.uk/domestic-abuse



Self-harm

Self-harm is any harm done to the body or mind, internal or external, with short or long-term effects. 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/self-harm for tools to help manage self-harm including the Calm Harm mobile phone app aimed at younger people, and information about where to find 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



See page 13 for where to go for face-to-face help.

Childhood abuse

If you're an adult who experienced sexual, emotional or physical 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/childhood-abuse



**Find quick techniques to help you manage difficult emotions and feel calmer:
www.mindwell-leeds.org.uk/feel-calm**

Help with money, housing and work issues



Money Information Centre is an online hub to help you access free, confidential, and impartial help and advice on a range of money-related matters.

Web: moneyinformationcentre.leeds.gov.uk



Citizens Advice Leeds can offer advice on benefits, debt and money problems. General advice: 0808 278 7878
Energy advice: 0800 448 0721.

Web: www.citizensadviceleeds.org.uk

Find more help at www.mindwell-leeds.org.uk/money



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

Find more help at www.mindwell-leeds.org.uk/benefits



Leeds Housing Options is a free service for people who are homeless or at risk of becoming homeless. Call 0113 222 4412. Emergency out of hours: 0113 378 8366.

Web: www.leeds.gov.uk/housing/homeless-or-at-risk

Find more help at www.mindwell-leeds.org.uk/housing



Help for work-related issues

Go to www.mindwell-leeds.org.uk/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

How to find help in a mental health crisis

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

If you're under the age of 18 go to 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). For Deaf Connect Helpline information see page 5.

Teen Connect is for anyone aged 11-18 years old; **Deaf Connect** offers help for BSL users (see page 4-5 for opening times and details of these services).

NHS 111 (mental health option) - If you are experiencing something that makes you feel unsafe, distressed, or worried about your mental health, call NHS 111 and select the mental health option.

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

HOPELINE247 provides confidential support and advice to under-35s who are having thoughts of suicide and anyone worried about a young person's risk of suicide. Call freephone 0800 068 4141 or text 88247.

Night Owls is a confidential support line for children, young people, their parents and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield. Open every day from 8pm to 8am. Call freephone 0800 148 8244 or text 07984 392 700.



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 first available GP. GPs see many people every week who are worried about their mental health.

Here For You – Out of Hours Support in a Safe Space offers free, safe, and confidential face-to-face support for anybody aged 16+ in Leeds and Wakefield or 18+ in Kirklees who is struggling with feeling down, worried, overwhelmed, or having thoughts of self-harm or suicide. Open every night of the year from 6pm until midnight. Call your local team at Leeds on 07760 173 476, Kirklees on 07741 900 395, or Wakefield on 07776 962 815.

Dial House is a sanctuary offering emotional and practical support in a homely environment to people (16+) in crisis. Open Monday, Wednesday, Friday, Saturday and Sunday, 6pm to 1am. Face-to-face support, phone and video chat. Call 0113 260 9328 or text 07922 249 452. BSL users can text 07922 249 452 at 6pm to arrange for an interpreter.

Dial House @ Touchstone offers culturally sensitive mental health crisis support for people aged 16+, working in a trauma-informed and survivor-led way. Refugees and asylum seekers welcome. 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

Shout text service struggling to cope? Text SHOUT to 85258 (free) any time 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. It may take several days to receive a reply by email.

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

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.libraries.leeds.gov.uk/find-information/digital-support

Information for adults

MindWell

MindWell is the go-to online source for adult mental health and wellbeing support in Leeds. Whether you're looking for help for yourself or for someone you live with, care for, or manage, you'll find all the support, advice and information you need on our website.

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 including help for practical issues like housing, money worries, and peer support.
- Self-help tools and techniques to help you look after your mental health and wellbeing.
- 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

Twitter, Facebook and Instagram: 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.
- **Time for Young People** offers face-to-face emotional support for young people aged 11-18.
- **The Market Place** charity provides counselling, group work and a city centre drop-in service for 11–25 year olds.
- **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

Twitter and Facebook: follow @MindMateLeeds

Instagram: follow mindmateleeds

If you're a professional and would like to order more copies of this handout, please call the Public Health Resource Centre on 0113 378 6200 or visit their website at www.leeds.gov.uk/phrc

Self-help tips to take care of your mental wellbeing

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. Visit www.mindwell-leeds.org.uk/feel-better for more self-care tools and advice.

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?

