

# Finding support in a mental health crisis

Leeds has a range of services that can support you if you're in crisis or feeling emotional distress.

Keep this sheet handy in your bag or purse, or for online information go to MindWell:

MindWell

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

Under 18? Go to [www.mindmate.org.uk](http://www.mindmate.org.uk) and search 'Urgent help'.

Fold along the lines

## Place 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 available every Monday, Wednesday and Saturday evening from 7pm to 11pm, text or FaceTime: 07984 396 001 email: [survivor.led@lslcs.org.uk](mailto:survivor.led@lslcs.org.uk)



## 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** (formerly Well-Bean Hope in a Crisis Café) offers a safe and confidential space for people (16+) experiencing crisis in Leeds. Open 7 days a week, 3.30pm to 9pm. Face-to-face support and by phone. Call or text 07760 173 476 before visiting.

## 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.

## What is a mental health crisis?



Each person's experience of crisis is personal to them. It can feel like reaching a breaking point. Or, the world crashing down on you and feeling like you can no longer cope.

**It's important to know that you're not alone. There's always someone to talk to.**



Fold along the lines

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

**Night Owls** is a confidential support line for children, young people, their parents and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield. Call 0800 148 8244 or text 07984 392 700.

**NHS 111** (freephone) is open 24/7. If you are worried about your mental health call NHS 111 and select the mental health option.

**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 1am. 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+). Support by phone. Open Tuesdays and Thursdays, 6pm to 12am. Call 0113 249 4675 or text 07763 581 853.

**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 online** get help for your mental health symptoms online if you're not sure what to do: [www.111.nhs.uk](http://www.111.nhs.uk).



Are you at immediate risk of hurting yourself or taking your own life?

Have you injured yourself or taken an overdose? Call 999 and ask for an ambulance or go to A&E.