



Struggling this Christmas?

Find support over Christmas and New Year 2025

You don't have to cope on your own – help is available every day.

Someone to talk to 24/7

Samaritans – whatever you're going through, someone will listen without judgement. Call 116 123 for free, 24/7. You can also email, write, or speak to someone face to face.

Shout – free, confidential, 24/7 text support if you're struggling to cope. Text 85258 (free on all major UK mobile networks).

Mental health support for when you're in crisis

If you ever feel unable to keep yourself safe, reach out for help straight away.

If someone's life is at risk, call 999 or go to A&E.

For urgent mental health support, you can contact local crisis services:

NHS 111 – if you feel unsafe, distressed or worried about your mental health, call 111 and choose the mental health option to speak to a trained call handler.

For a full list of crisis services in Leeds, visit www.mindwell-leeds.org.uk/help. You'll find options for face-to-face support, phone, online chat and text.



Scan me

Visit MindWell www.mindwell-leeds.org.uk

Your online guide to adult mental health and wellbeing in Leeds.

Find **500+ local and national services** in the directory, plus information and self-help resources.

Follow us on Facebook, LinkedIn, X and Instagram
@MindWellLeeds



Support for specific worries

Age UK – free information and support for older people. Call 0800 678 1602. Open 8am to 7pm, 365 days a year.



Alcoholics Anonymous (AA) – support for your alcohol use or someone else's. Call 0113 245 4567 (Leeds) or 0800 9177 650 (free, national). Open 24/7 (including Christmas and New Year).

Beat Eating Disorders – support and information for anyone affected by eating disorders. Call 0808 801 0677. Open Monday to Friday, 3pm to 8pm, including Christmas and New Year. Online web chat available.

CALM – helpline, online and WhatsApp chat for anyone affected by suicide or suicidal thoughts. Call 0800 58 58 58. Open 5pm to midnight every day.

Carers Leeds Helpline – advice and support for unpaid carers in Leeds. Call 0113 380 4300. Open Monday to Friday, 9am to 4.30pm, with an early close on 24 and 31 December. Closed Christmas Day, Boxing Day and New Year's Day.

Carers UK – information and guidance for unpaid carers. Call 0808 808 7777 (free). Open Monday to Friday, 9am to 6pm, including Christmas Day, Boxing Day and New Year's Day.



Cruse Bereavement – emotional support for anyone affected by grief. Call 0808 808 1677 (free). Open Monday, Wednesday, Thursday, Friday 9.30am to 5pm and Tuesday 1pm to 8pm. Closed weekends.

Deaf Connect – helpline support from Deaf workers via text or FaceTime (BSL). Call or text 07984 396 001. Open Monday, Wednesday and Saturday, 7pm to 11pm, including over Christmas and New Year.



Frank – confidential drug advice for you or someone you know. Call 0300 123 6600 or text 82111. Interpreters available. Open 24/7, including over Christmas and New Year.

Leeds Domestic Violence Service – 24/7 help, advice and self-referral. Call 0113 246 0401. Open every day of the year.

National Gambling Helpline – support for anyone affected by gambling. Call 0808 8020 133 or live chat through the website. Open 24/7, all bank holidays.

The Silver Line – friendship, conversation, and support for older people. Call 0800 470 80 90. Open 24/7, including over Christmas and New Year.



MindWell

mindwell-leeds.org.uk

Your online guide to adult mental health and wellbeing in Leeds.



MindMate

mindmate.org.uk

For mental health information for children and young people, visit MindMate.

