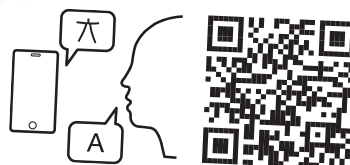




MindWell

MindWell is the mental health website for people in Leeds. Funded by the NHS, it brings together information about local and national services, as well as self-help tools and resources - **translations available**.

www.mindwell-leeds.org.uk



LEEDS HOUSING OPTIONS

Advice service for people who are homeless, at risk of homelessness for any reason, or have nowhere to sleep tonight

0113 222 4412
07891 273 939*

*out of hours 5pm - 8am
emergency only



Andy's Man Club

Peer support group for men

Come have a brew and a chat - it's okay to talk

Meets every Monday at 7pm (Except Bank Holidays)
Leeds College of Building, North Street LS2 7QT
Check website for other venues in Leeds

www.andysmanclub.co.uk
info@andysmanclub.co.uk

NHS 111

Dial **111** or **search NHS111** and select the option for mental health support any time.

Call 999

If you, or somebody else is at risk of harm right now and you are unable to stay safe please call **999** or go to your nearest A&E.



This website is a useful portal to lots of services offering advice, including money advice, benefits advice and support with cost of living:
www.leeds.gov.uk/leedsmic

The Deaf Connect helpline

Emotional support for people hard of hearing across West Yorkshire.
Text or FaceTime **07984 396 001** for support 7pm-11pm every Monday, Wednesday, and Saturday



The Silver Line

helpline for older people

0800 4 70 80 90

Free, confidential telephone service for older people - providing friendship, conversation and support 24/7

0800 4 70 80 90

www.TheSilverLine.org.uk

NHS NORTHERN GAMBLING SERVICE

Support and treatment for gambling-related harms and any co-occurring mental health needs



Northern
Gambling Service

Opening hours: **Monday to Friday 8:30- 4:30**

www.northerngamblingservice.nhs.uk

Tel: **0300 3001490** Email: referral.ngs@nhs.net

Crisis Support by Text

Feeling overwhelmed or struggling to cope?

Get free, confidential mental health support 24/7 by texting **BRIGHT** to **85258**.

Available to people of all ages across West Yorkshire, BRIGHT connects you with trained mental health professionals who can support you with anxiety, stress, loneliness, low mood, self-harm, and suicidal thoughts.

shout
85258
here for you 24/7

INSPIRE NORTH LEEDS STOP SMOKING SERVICE

A free service for individuals with common mental health problems and / or long term physical conditions.

Tel: **0113 336 7978**

Email: stopsmokingservice@inspirenorth.co.uk

www.leedsstopsmoking.co.uk



Telephone support for anyone identifying as **LGBTQ+**

0800 0119100

Open 10am - 10pm (every day)

Online chat available at:
switchboard.lgbt

Switchboard
LGBT+ helpline



If you cannot afford to pay for essentials such as food, gas and electric

call the **LCC Welfare Support Team** on

0113 376 0330

who will take some details and assess you for support

Lines are open weekdays, 9-4pm weekdays except 10-4pm Wednesday



If someone you were close to has ended their own life you can access one-to-one support, group support, family support, or counselling.

info@leedssbs.org.uk

leedssbs.org.uk

0113 305 5800



moneybuddies

If you're having problems with money or debt, visit Money Buddies for free, confidential, impartial advice on debt, budgeting support, energy bill savings, and much more.

0113 235 0276

citizens advice Leeds

For advice on money, debt, benefits, housing or other areas.

0808 2787878

for an initial triage appointment

MindMate[®]

Under 18?

MindMate can help you understand the way you're feeling and find the right support. Also has information for parents/carers
mindmate.org.uk



Crisis telephone support

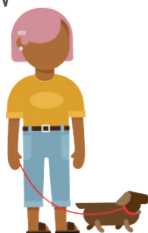
Every day 8am - 8pm
Leeds CAMHS Crisis Call Line
0800 953 0505

Urgent face-to-face support Safe Zone

Crisis support for 11-17 year olds in Leeds every Weds & Thurs 4-10pm
Weds: Northpoint Wellbeing LS10 1LJ
Thurs: Dial House, LS15 7RW

To make a referral call
0113 819 8189
or call / text / WhatsApp
07593 529 367

The phone line will be open between 4 and 8.30pm



Night OWLS

0800 1488 244
Text: **07984 392700**
wynightowls.org.uk

Time for Young People

Time for Young People offers face to face emotional support for young people aged 11-18. No referral is necessary - drop in services are listed at:

mindmate.org.uk/time-for-yp

Online support

kooth.com
Anonymous online counselling / live chat
10 - 18 year olds



Here For You

Out Of Hours Support In A Safe Space



Here For You

Face-to-Face support if you are struggling to cope, or may have thoughts of self-harm or suicide.

Open every day of the year across Leeds, Kirklees and Wakefield. Available to anybody over 16 years old without the need for a GP or hospital appointment.

Call **07760 173476**

or Scan the QR code to ask for support online and we will contact you back within 24 hours.



Opening times- 3:30pm - 9pm daily

@HereForYouTS

FORWARD LEEDS

INSPIRING CHANGE

Support for anyone regarding drug and alcohol use, or their families.

Open Monday to Friday, 9am - 5pm
0113 887 2477



Supporting anyone affected by self-harm with face-to-face, virtual, online and phone peer support services.
www.battle-scars-self-harm.org.uk

LDVS

LEEDS DOMESTIC VIOLENCE SERVICE

Provides confidential support, information, and access to emergency accommodation.

24 hour Helpline
0113 246 0401



SARSVL

provides confidential emotional support for women and girls affected by sexual violence of any kind. Trans inclusive.

CALL **0808 802 3344**
TEXT **07860 022 880**
EMAIL support@sarsvl.org.uk

LEEDS SURVIVOR-LED CRISIS SERVICE

WWW.LSLCS.ORG.UK

Dial House and Touchstone evenings

Dial House

is a sanctuary for anyone over 16 in crisis, to relax in a homely environment and have an hour of one-to-one support from the team of Support Workers.

Dial house offers face-to-face, phone and video support, as well as taxis.

Call **0808 800 1212** or text **07922 249452**

Open: Mon, Wed, Fri, Sat and Sun
6pm - 1am

Dial House

@ Touchstone

for people from Black and Minoritised Ethnic groups needing urgent out of hours mental health support

Call **0113 249 4675** or text **07763 581853**

Open: Tues and Thurs
6pm - 12midnight

Connect helpline

Need to talk? Confidential, non-judgemental emotional support over the phone and online.

Open every evening
6pm-2am -
0808 800 1212
or go to lsics.org.uk to find the online chat.



Do you look after a family member or friend?
Carers Leeds can help you in your caring role.

Call our Advice Line on
0113 380 4300

(Mon, Weds, Thurs: 9am - 4.30pm, Tue: 9am - 6.30pm)

Or visit

carersleeds.org.uk
for more support.

SAMARITANS

Call free day or night on

116 123

Email
jo@samaritans.org

samaritans.org

A registered charity

Developed by Public Health, Leeds City Council.

To order more of these leaflets, please call the Public Health Resource Centre on 0113 378 6200. Service availability may change. Last updated January 2025.





MindWell

**Mental health information
for everyone in Leeds**

www.mindwell-leeds.org.uk/help

