

# How are **you** feeling?



I'm feeling  
low



I'm going  
through a  
bereavement



I'm stressed  
at work



I'm a new  
parent

I'm worried  
about  
someone



I'm having  
money  
problems



Whatever you're going through, **MindWell** helps you find trusted mental health information and support in Leeds.

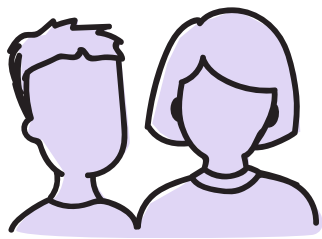
Visit [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)



Look after your wellbeing  
**with practical self-help tools**

Access many services  
**without needing a GP referral**

**MindWell**



**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. [www.mindwell-leeds.org.uk](http://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 Mind** is your local mental health charity, offering a range of mental health support across Leeds and West Yorkshire. Call 0113 305 5800, email [info@leedsmind.org.uk](mailto:info@leedsmind.org.uk) or visit [www.leedsmind.org.uk/services](http://www.leedsmind.org.uk/services)

**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](http://www.leedsmentalwellbeingservice.co.uk) to self-refer or call 0113 843 4388. Email: [leeds.mws@nhs.net](mailto: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



**Barca-Leeds** offers community-based support for children, young people, adults and families in Leeds. Support includes one-to-one help, group activities and practical support to improve wellbeing. Call 0113 255 9582 or visit [www.barca-leeds.org/our-services](http://www.barca-leeds.org/our-services)

**Being You Leeds** runs groups and activities 7 days a week, including on evenings and weekends in local venues across Leeds. Activities include walking, crafts, journalling, songwriting, board games and much more. Visit [www.mindwell-leeds.org.uk/being-you-leeds](http://www.mindwell-leeds.org.uk/being-you-leeds) for more info.

**Leeds Recovery College** offers free workshops and courses where you can learn about mental health and find new ways to support your wellbeing. Our community courses are for adults (18+) who live, work or study in Leeds. Visit [www.leedsrecoverycollege.com](http://www.leedsrecoverycollege.com)

**Arts & Minds** brings together people in Leeds who believe creativity can promote mental wellbeing. They work with arts and cultural organisations across the city to run events which promote creativity and connection. Events are free and open to adults (18+) who live, work or study in Leeds. Visit: [www.artsandmindsnetwork.org.uk](http://www.artsandmindsnetwork.org.uk)

**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](http://www.linkingleeds.com) for a form. Email: [linking.leeds@nhs.net](mailto: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, volunteering, social groups and wellbeing activities. If you're registered with a Leeds GP, you can call 0113 219 2727, self-refer online at [www.livewellleeds.org.uk](http://www.livewellleeds.org.uk), or email [info@livewellleeds.org.uk](mailto:info@livewellleeds.org.uk)

## Who to call for emotional support



**NHS 111** (mental health option) offers urgent support if you're feeling unsafe, distressed or worried about your mental health. Available 24 hours a day. Call 111 and select the mental health option.

**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](http://www.samaritans.org)

**Leeds Survivor-Led Crisis (LSLCS)** offers emotional support for people in Leeds who are feeling distressed or in crisis. Open every Monday, Wednesday, Friday, Saturday and Sunday night, 6pm to 1am. Call 0808 800 1212 (free phone) or visit the website for details of their other services: [www.lslcs.org.uk/services](http://www.lslcs.org.uk/services)

**Deaf Connect Helpline** offers emotional support for Deaf and hard of hearing people living in West Yorkshire, including BSL users. Open Monday, Wednesday and Saturday 7pm to 11pm. Text or FaceTime 07984 396001 to request a callback.

**Safe Phone** (formerly Teen Connect) helpline offers confidential emotional support for young people aged 11–18, and their parents and carers in Leeds. Open every day 3.30pm to 8pm. Call free on 0808 800 1212 or text 07984 436680.

**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](http://www.themix.org.uk)

Find more services and helplines at [www.mindwell-leeds.org.uk/services-directory](http://www.mindwell-leeds.org.uk/services-directory)

Visit the **MindMate** website for the full range of young people's services: [www.mindmate.org.uk](http://www.mindmate.org.uk)

## 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):

**Inspirational Counselling** offers affordable counselling for individuals and couples, plus family support at standard rates. Call 0113 873 0544 or visit [www.inspirationalcounselling.co.uk](http://www.inspirationalcounselling.co.uk)

**Leeds Mind** offers private practice counselling, with scaled pricing options based on your financial situation. Call 0113 305 5800. [www.leedsmind.org.uk/counselling](http://www.leedsmind.org.uk/counselling)

Find more counselling services at [www.mindwell-leeds.org.uk/finding-support/counselling](http://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** provides peer support, courses, workshops and groups for adults aged 18+, delivered by people with personal experience of mental health difficulties. Call 0113 305 5800 or visit [www.leedsmind.org.uk/peer-support](http://www.leedsmind.org.uk/peer-support)

Visit [www.mindwell-leeds.org.uk/finding-support/peer-support-groups/](http://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.

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



## 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 or send an email to [cwbp@calmandcentred.co.uk](mailto:cwbp@calmandcentred.co.uk)  
Web: [www.calmandcentred.co.uk](http://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](http://www.cruse.org.uk)

**Leeds Mind Suicide Bereavement Services** provide support for children, young people and adults across West Yorkshire who have been affected by suicide. Delivered by staff who understand because they've been there. Call 0113 305 5800.  
Web: [www.leedsmind.org.uk/suicide-bereavement-services](http://www.leedsmind.org.uk/suicide-bereavement-services)

Find more information about grief and loss at [www.mindwell-leeds.org.uk/bereavement](http://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](http://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](http://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](http://www.mesmac.co.uk)

**Switchboard** is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. We can discuss anything related to sexuality and gender identity. Whether it's sexual health, relationships or just the way you're feeling. Call 0800 0119 100, visit [www.switchboard.lgbt](http://www.switchboard.lgbt) or email [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

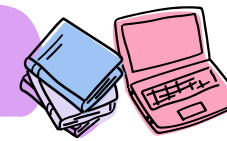
Find more support and helplines at [www.mindwell-leeds.org.uk/lgbt](http://www.mindwell-leeds.org.uk/lgbt)

## 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](http://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](http://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](http://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](http://www.mindwell-leeds.org.uk/students) or the UK's student mental health charity [www.studentminds.org.uk](http://www.studentminds.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](http://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. Helpline text: 07860 022880, email: [support@sarsvl.org.uk](mailto:support@sarsvl.org.uk) Web: [www.supportafterrapeleeds.org.uk](http://www.supportafterrapeleeds.org.uk)

**Survivors West Yorkshire** provides support and advocacy for males who have been affected by sexual violence. They also provide counselling and advice through their specialised service, Ben's Place. Office: 0113 460 1865 email: [ops@survivorswestyorkshire.org.uk](mailto:ops@survivorswestyorkshire.org.uk) Web: [www.survivorswestyorkshire.org.uk](http://www.survivorswestyorkshire.org.uk)

Find more support and services at [www.mindwell-leeds.org.uk/services-directory](http://www.mindwell-leeds.org.uk/services-directory)

## 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](http://www.ldvs.uk)

Find more support and services at [www.mindwell-leeds.org.uk/domestic-abuse](http://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](http://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](http://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](http://www.mindwell-leeds.org.uk/childhood-abuse)

## 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: [www.moneyinformationcentre.leeds.gov.uk](http://www.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](http://www.citizensadviceleeds.org.uk) Find more help at [www.mindwell-leeds.org.uk/money](http://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](http://www.leeds.gov.uk/benefits/welfare-rights) Find more help at [www.mindwell-leeds.org.uk/benefits](http://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](http://www.leeds.gov.uk/housing/homeless-or-at-risk) Find more help at [www.mindwell-leeds.org.uk/housing](http://www.mindwell-leeds.org.uk/housing)



## Help for work-related issues

**WorkPlace Leeds** – Leeds Mind's support for adults wanting to move towards employment or improve their mental health at work. Call 0113 305 5800 or visit [www.leedsmind.org.uk/workplace-leeds](http://www.leedsmind.org.uk/workplace-leeds)

Go to [www.mindwell-leeds.org.uk/work-issues](http://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](http://www.mindwell-leeds.org.uk/employers)

## How to find help in a mental health crisis

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

If you're under the age of 18 go to [www.mindmate.org.uk](http://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



**NHS 111 (mental health option)** – if you are feeling unsafe, distressed or worried about your mental health, call 111 and select the mental health option. Available 24 hours a day.

**Dial House / local crisis support** – to access out-of-hours crisis support in Leeds, call 0808 800 1212 between 6pm and 6.45pm to request a callback.

**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 and their parents or carers across West Yorkshire. Open every day from 8pm to 8am. Call freephone 0800 148 8244 or text 07984 376950.



**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 anyone aged 16+ in Leeds, Wakefield, and Kirklees, who is struggling with feeling down, worried, overwhelmed, or having thoughts of self-harm or suicide. Open every day 3.30pm to 9pm. 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. To request a visit, call 0808 800 1212 or text 07922 249 452, as early as possible on the night you want to come. If there's no answer, leave a voicemail with your name and number.

**Dial House @ Touchstone** offers culturally appropriate mental health crisis support for people aged 16+, from diverse communities, including refugees and asylum seekers. Open Tuesdays and Thursdays, 6pm to 12am. To arrange a visit, call 0113 249 4675 or text 07763 581 853.

### Support by text or online chat



**NHS 111 talk online** – If you have a medical problem and you're not sure what to do: [www.111.nhs.uk](http://www.111.nhs.uk)

**Shout text service** – Struggling to cope? Text BRIGHT to 85258 (free) any time for support. Messages are anonymous and won't appear on your phone bill.

**Signhealth Crisis Text Service for Deaf people** Text DEAF to 85258 (free). Messages are anonymous and won't appear on your phone bill.

## Need help with digital skills?

Leeds Libraries run regular drop-ins where friendly staff can assist and signpost you. With 37 libraries and community hubs across the city, you'll get answers to your questions plus free computer and Wi Fi access. Find details at: <https://libraries.leeds.gov.uk/digital-library>

Reading supports mental health – offering comfort, escape, focus and mindfulness. Libraries stock a wide range of books on many topics. As a member, you can read or listen to digital books, magazines, newspapers and comics via the BorrowBox and Libby apps. You're also welcome to visit any library to study, socialise or simply relax – no need to join, borrow, or buy anything.

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

Facebook and Instagram: follow @MindWellLeeds

## Information for children and young people

### MindMate

**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:

- **Kooth** online counselling for 10-18 year olds.
- **Safe Phone (formerly Teen Connect)**, telephone, text and online support for 11–18 year olds and their parents/carers.
- **Safe Zone**, a crisis service for young people aged 11-17, open on a number of nights a week in locations across Leeds.
- **Time for Young People** offers face-to-face emotional support for young people aged 11-18.

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](http://www.mindmate.org.uk)

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](http://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](http://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?

