Finding support in a mental health crisis

Leeds has arange ofservicesthat cansupportyouif 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

Under 18? Go to www.mindmate.org.uk and search 'Urgent help'.

Fold along the lines

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



Place to call

NHS 111 – open 24/7 (freephone). If you're worried about your mental health, call 111 and choose the mental health option.

Leeds Survivor Led Crisis Service – survivor-led emotional support for people in Leeds. Open every night, 6pm to 1am. Call 0808 800 1212 (free) or text 07922 249 452. If you call between 6pm and 6.45pm, they'll arrange to ring you back.

Deaf Connect BSL helpline – available every Monday, Wednesday and Saturday evening from 7pm to 11pm. Text or FaceTime 07984 396 001 or email survivor.led@lslcs.org.uk

Samaritans – open 24/7 to talk about whatever's on your mind. Call 116 123 (free).

Night Owls – confidential support for children, young people, their parents and carers in West Yorkshire. Call 0800 148 8244 or text 07984 376 950.

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.

Dial House – a place of sanctuary offering emotional and practical support for people (16+) in crisis. Open Monday, Wednesday, Friday, Saturday and Sunday, 6pm to 1am. Face-to-face support available. Call 0808 800 1212 between 6pm and 6.45pm for a call back.

Dial House@Touchstone – crisis support for people (16+) from culturally diverse backgrounds. Open Tuesdays and Thursdays, 6pm to 12am. Call 0113 249 4675 or text 07763 581 853.

Support by text or online chat

Shout text service struggling to cope? Text BRIGHT to 85258 (free) any time 24/7 for support. 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

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 in BLS
If you need urgent advice but it's not an emergency, you can access NHS 111 through SignVideo using BSL, 24/7. Visit signvideo.co.uk/nhs111/ and follow the instructions to start a video call.

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.