

FEEL LIKE YOU'VE HAD ENOUGH?



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

If there is a medical, police or fire emergency
CALL 999
or **111**
for non emergency medical advice



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

www.andysmanclub.co.uk

info@andysmanclub.co.uk



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

0808 2787878

for an initial triage appointment

West Yorkshire 24 hour mental health helpline

Confidential support, advice and information for anyone worried about their own mental health, or that of someone they care for:

0800 183 0558 open 24/7



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

IS PROBLEM GAMBLING AFFECTING YOU OR THOSE CLOSE TO YOU?

Leeds based support for anyone impacted by gambling harm
Tel: **0113 388 6466 - 24/7**
Website with referral form:
www.gamcare.org.uk/leeds



Gambling Support Starts Here



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

Open Monday to Friday, 9am - 5pm

0113 235 0276



Deaf Connect

Support using BSL: Mondays, Wednesday, Saturdays 7-11pm, text or FaceTime **07984 396 001**



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



If you can not 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, 9am-5pm, except Wednesdays, 10am-5pm

Are you struggling to cope or feeling overwhelmed?
Talk to someone about how you're feeling.

You are not alone and it is okay to ask for help.

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

Every night 8pm - 8am
Night OWLS
0800 1488 244
Text: **07984 392700**
wynightowls.org.uk

Urgent face-to-face support

Safe Zone
Mon, Wed, Thurs 5pm - 10pm
0113 819 8189
11 - 17 year olds

Online support

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



Telephone support for anyone identifying as LGBTQ+

0300 330 0630

Open 10am - 10pm (every day)



SAMARITANS

Call free day or night on

116 123

Email jo@samaritans.org

samaritans.org

A registered charity

LEEDS SUICIDE BEREAVEMENT SERVICE

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



Support in times of crisis

Dial House

A place of sanctuary, a social space, one-to-one support.

Open every day except Tuesday and Thursday 6pm-2am.

Call **0113 260 9328** or text **07922 249 452** to make a referral. Taxis provided, parents in crisis able to bring children, BSL support available.

Dial House @ Touchstone

Support and sanctuary for people from Black and Minority Ethnic backgrounds.

Open Tuesdays and Thursdays 6pm - 12am. Call **0113 249 4675** or text **07763 581 853** to make a referral.

Connect

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.



LEEDS BEREAVEMENT FORUM

This forum can help signpost people to a range of appropriate local bereavement services

lbforum.org.uk

0113 225 3975



SARSVL

provide confidential emotional support for women and girls affected by sexual violence of any kind.

CALL 0808 802 3344

TEXT 07860 022 880

EMAIL support@sarsvl.org.uk



Leeds Domestic Violence Service

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

24 hour Helpline

0113 246 0401



WELL-BEAN 'HOPE IN A CRISIS' CAFÉ

The café is a safe space open to all experiencing crisis.

SATURDAY, SUNDAY, MONDAY 6pm-12am

Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB

TUESDAY, WEDNESDAY 6pm-12am

Touchstone House, 2-4 Middleton Crescent, Beeston, LS11 6JU

THURSDAY, FRIDAY 6pm-12am

New Wortley Community Centre, 40 Tong Rd, Leeds LS12 1LZ

Ring or text **07760 173 476** on the day you'd like to visit.

Developed by Public Health, Leeds City Council.

To order more crisis cards, please call the Public Health Resource Centre on **0113 378 6200**. Service availability may change. Last updated April 2023