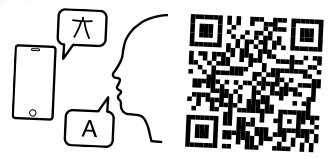
Get help in Leeds

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



Andy's Man Club

#ITSOKAYTOTALK

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 visit **http://111.nhs.uk** 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.

NHS NORTHERN GAMBLING SERVICE

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

NHS Northern Gambling Service

Opening hours: **Monday to Friday 8:30- 4:30**
www.northerngamblingservice.nhs.uk
Tel: **0300 3001490**

MIC MONEY INFORMATION CENTRE

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

BSL

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

Leeds City Council

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**

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

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.

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

Leeds City Council

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

Telephone support for anyone identifying as LGBTQ+

0800 0119100
Open 10am - 10pm (every day)

Online chat available at:
switchboard.lgbt

Switchboard LGBT+ helpline

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

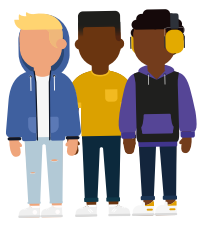
citizens advice Leeds

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

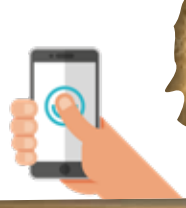
Urgent face-to-face support

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

TOUCHSTONE

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.

@

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 **0113 2609328** 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 **lslcs.org.uk** to find the online chat.

FORWARD LEEDS INSPIRING CHANGE

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

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

Battle Scars

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

Carers Leeds

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

Support After Rape & Sexual Violence Leeds

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

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.