



**Carers
Leeds**

Working together to support carers

Concerned Others

What About You?

Having a member of your family, a relative or a friend with problematic drug or alcohol use can be very distressing. Family members and friends can suffer a wide range of negative consequences; the emotional impact can be stressful, confusing and difficult to manage at times. For some family members and friends the stress and strain of supporting a person with problematic drug or alcohol use can begin to affect their physical and mental health and relationships with family members.

Carers Leeds has produced this booklet to provide details of local and national websites, helplines and services you can access for information and support. The Carers Leeds advice line is open Monday to Friday for you to call if you want to talk about your current situation. The number is 0113 380 4300

What About You booklet contains details of local and national support services, websites and helplines which can provide information and guidance on drugs and alcohol use, debt management and mental health

carers advice line
0113 380 4300



WEBSITES & HELPLINES

Helplines

Service: **Families Anonymous**

Telephone: 0207 4984 680

Website: <http://famanon.org.uk/>

A nationwide service supporting people affected by another person's drug use

Service: **Drink line**

Telephone: 0300 123 1110

Website: www.patient.co.uk/support/Drinkline.htm

Supporting people affected by another person's drinking and people concerned about their own drinking

Service: **Gasped (Wakefield service)**

Telephone: 0845 146 0002

Website: www.gasped.org.uk

24hour helpline

Support service for families and significant others of people using drugs

Service: **Al-Anon**

Telephone: 020 7403 0888

Website: www.al-anonuk.org.uk/

Supporting people whose life is, or has been, affected by another person's drinking

Service: **Connect Helpline (Leeds service)**

Telephone: 0808 800 12 12

Website: www.lslcs.org.uk/

Open 6pm-2am every night of the year.

For anyone who feels distressed and needs to talk, or wants information on mental health services and resources in Leeds. Offers support and information about services to people who care for friends or family members with mental health difficulties.

Service: **Dial House (Leeds service)**

Telephone: 0113 260 9328

Website www.lslcs.org.uk/services/dial-house/

Dial House is a place of sanctuary open 6pm–2am every Monday, Wednesday, Friday, Saturday and Sunday evenings. Visitors can access Dial House when they are in crisis, and have an hour of one-to-one support from the team of Crisis Support Workers. If you wish to visit, call 0113 260 9328 or text 07922 249 452 between 6pm and 7pm on the night you want to come.

Service: **Grandparents Plus**

Telephone: 0300 123 7015

Website: www.grandparentsplus.org.uk/

Monday to Friday 10am to 3pm

A national charity supporting grandparents who have taken on a caring role in difficult family circumstances

Websites about drugs and alcohol, prisons, mental health and kinship carers

www.addaction.org.uk/

Drug and alcohol fact sheets to download in the families and friends section

<http://www.drugwise.org.uk/>

Information on drugs and related topics

<http://learn.genetics.utah.edu/content/addiction/>

Information about how drugs affect the brain

www.drinkaware.co.uk/

Information on alcohol and related topics

<https://www.mindwell-leeds.org.uk/>

MindWell is the mental health website for people in Leeds. Funded by the NHS, MindWell brings together information from the NHS, Leeds City Council and the third sector into one single 'go to' place.

www.mind.org.uk/

National service with information covering all areas of mental health

www.rethink.org/diagnosis-treatment/conditions/drugs-alcohol-and-mental-health

Rethink Mental Illness website with information about Dual Diagnosis

<http://www.prisonersfamilies.org.uk/>

For families who have a family member in prison

<http://www.kinshipcarers.co.uk/Home.php>

For family members who have taken on the care of children due to difficult family circumstances

<http://www.grandparents-association.org.uk/>

For grandparents with information on legal rights, benefits and kinship caring

www.grandparentsplus.org.uk

For grandparents who are involved in supporting their grandchildren

Websites for family members and Concerned Others

<http://famanon.org.uk/>

A nationwide service supporting people affected by another person's drug use

<http://www.sfad.org.uk/>

Scottish Families Affected by Drugs. This website has information for families affected by drugs.

<http://leapoffaith21103.wordpress.com/2007/01/>

Ten ways family members can help a person with drug and alcohol problems

<http://www.adfam.org.uk/>

A national organisation supporting families affected by drug or alcohol use

www.al-anonuk.org.uk/

Supporting people whose life is, or has been, affected by another person's drinking



LEEDS SUPPORT SERVICES

Service: **Carers Leeds: 6 to 8 The Headrow, Leeds, LS1 6PT**

Telephone: 0113 380 4300

Website: <http://www.carersleeds.org.uk/our-support-service/drug-and-alcohol-use/>

Email: info@carersleeds.org.uk

Carers Leeds provides confidential support, information and advice to people who care for a person with a health issue. Staff teams from Mental Health Carers, Touchstone Carers Support, Age UK Older Carer Support Service and Carers Leeds work together to offer one support service for carers. Carers Leeds offers support to adult family members and significant others who are affected by the drug or alcohol use of an adult.

Service: **Aspire, Leeds Early Intervention in Psychosis Service**

Telephone: 0113 273 7660

Website: www.commlinks.co.uk

Email: info@communitylinks.co.uk

Aspire work with people from 16 to 30 years of age who are experiencing the early stages of psychosis. The service also supports family members of people experiencing psychosis.

Service: **Willow Young Carer Service**

Telephone: 0113 249 1634

Website: www.barnardos.org.uk/willow.htm

Willow Young Carers is a support service for young carers aged 5-18 years old living in Leeds. The service works with children and young people who care for a family member affected by a physical or mental health illness, disability or substance misuse problem.

Service: **The Market Place Project for Young People**

Telephone: 0113 246 1659

Website: www.themarketplaceleeds.org.uk

Email: admin@themarketplaceleeds.org.uk

The Market Place offers support to young people who are 13 to 25 years old and live in Leeds. The project offers a number of different support and counselling services to young people and is a free and confidential service.

Service: **North Point** (Formally known as **Leeds Counselling**)

Telephone: 0113 245 0303

Website: <http://www.northpoint.org.uk/>

This service offers counselling to individuals who want to improve their emotional health and well-being. Further details about costs can be discussed individually with the service.

This website is helpful if you are interested in finding a private counsellor or psychotherapists
<http://www.itsgoodtotalk.org.uk/counselling-leeds>

Service: **NHS Improving Access to Psychological Therapies (IAPT)**

Telephone: 0113 843 4388

Website:

www.leedscommunityhealthcare.nhs.uk

The primary care mental health teams offer assessment and short-term psychological treatment and support for anyone over the age of 17 in Leeds. There is no upper age limit to access the service. The service is for people with common mental health problems such as: depression, anxiety and panic attacks, stress and difficulty coping with life events. Referrals can be made to the service by a GP or any another health professional. People can also refer themselves by contacting the service on the above number.

Service: **Well Bean Café**

Telephone: 07760 173 476 (to self-refer)

Website: <https://www.touchstonesupport.org.uk/services/well-bean-cafe-hope-in-a-crisis/>

This crisis café is open Saturday, Sunday and Monday evenings 6pm-12 midnight. It is open for anyone in a crisis and is a non-clinical alternative to A&E to reduce distress and work with people to resolve or better manage a crisis. One to one emotional support is available based on a person centred approach. There is also food and refreshments available.

Service: **Leeds Citizens Advice Bureau**

Telephone: 0113 223 4400

Website: <http://www.leedscab.org.uk/>

Leeds CAB offers advice on a wide range of subjects and is open to people living or working in Leeds. The main subjects CAB can advise on are: benefits & tax credits, debt, housing and employment rights.

Service: **Jigsaw – HMP Leeds**

Telephone Number(s): 0113 203 2771

Website: www.jigsawvisitorscentre.org.uk

Jigsaw is open 9am to 5pm 7 days a week for support and advice for those visiting a family member or relative in HMP Leeds.

Leeds Domestic Violence and Abuse Services

Service: **Leeds Domestic Violence Service**

Telephone: 0113 246 0401

Website: <https://ldvs.uk/>

Leeds Domestic Violence Service works with women, men and families in Leeds, offering emergency accommodation, support, advice and advocacy.

Service: **Behind Closed Doors**

Telephone: Women - 0113 2460401 // Men - 0113 222 4202

Website: <http://www.behind-closed-doors.org.uk/>

Behind Closed Doors supports women and men across Leeds who have, or are, experiencing domestic abuse.

Service: **Leeds Women's Aid**

Telephone: 0113 246 0401 (**24 hour number**)

Text phone: 07825 156 087

Website: www.leedswomensaid.org.uk/

Email: administration@leedswomensaid.org.uk

The service is a women's organisation, run by women for women. The service aims to protect women and children from the damage that domestic abuse can inflict on their lives.

Service: **HALT** (Help, advice and the law team)

Telephone: 0113 246 0401 (advice line including legal advice)

Website: <http://www.halt.org.uk>

Email: info@halt.org.uk

HALT is an independent charity working in partnership with other services in Leeds addressing issues of violence and abuse against women and children.

Service: **SARSVL** (Support After Rape & Sexual Violence Leeds)

Telephone: helpline 080 880 23344 (free to call from any number)

Text: 07797 803 211 *text messages charged at your usual network rate*

Website: <http://supportafterrapeleeds.org.uk/>

An organisation supporting women and girls who have been affected by sexual violence at any time in their lives through free phone, text, email and face to face support.

Service: **West Yorkshire Police:**

Website: www.westyorkshire.police.uk

West Yorkshire Police non-emergency number- 101

West Yorkshire Police emergency number- 999



NATIONAL SUPPORT SERVICES

Service: **National Debtline**

Telephone: 0808 808 4000

Website: www.nationaldebtline.co.uk

The service provides free confidential and independent advice on how to deal with debt problems.

Service: **Victim Support**

Telephone: 0845 30 30 900

Website: <http://www.victimsupport.org.uk/>

Email: supportline@victimsupport.org.uk

Victim Support are the national charity giving free and confidential help to victims of crime, witnesses, their family, friends and anyone else affected across England and Wales.

Service: **Samaritans**

Telephone: 08457 90 90 90

Website: www.samaritans.org

Samaritans are available 24 hours a day 365 days a year and offer free confidential support.

Service: **ChildLine**

Telephone: Free phone 0800 1111

Website: www.childline.org.uk

The website is helpful for children and young people and can answer some of their questions about what is it like to talk to ChildLine. This service supports children and young people who may be feeling worried, scared, stressed or need to talk to someone. The service also offers support to adults who may be worried about a child on telephone number 0808 800 5000

Service: **Gingerbread**

Telephone: Free phone on 0808 802 0925

Website: <http://www.gingerbread.org.uk>

Gingerbread provides advice and practical support for single parents. Advisers are available on the helpline and the website offers useful information.

National Domestic Violence and Abuse Services

Service: **Men's Advice Line**

Telephone: 0808 801 0327

Website: <http://www.mensadviceline.org.uk/>

Email: info@mensadviceline.org.uk

A free phone line offering emotional and practical support as well as signposting to local services for men experiencing domestic violence

Service: **The National Domestic Violence Helpline**

Telephone: 0808 2000 247 (24 hour free phone help line)

Website: <http://www.nationaldomesticviolencehelpline.org.uk/>

The free phone 24 Hour National Domestic Violence Helpline is run in partnership between Women's Aid and Refuge, and is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

Service: **Karma Nirvana Honour Network**

Telephone: 0800 5999 247 (helpline)

Website: <http://www.karmanirvana.org.uk/>

Karma Nirvana is a service that supports victims and survivors of forced marriage and honour based abuse.

Service: **Muslim Community Helpline UK**

Telephone: 020 8904 8193 or 020 8908 6715 (Monday to Friday 10am to 1pm)

Website: <http://muslimcommunityhelpline.org.uk/>

The Muslim Women's Helpline aims to provide any Muslim girl or woman in a crisis with a free, confidential listening service and referral to Islamic consultants, plus practical help and information where required.

Service: **Jewish Women's Aid**

Telephone: 0808 801 0500 9.30am – 9.30pm on Monday, Tuesday, Wednesday and Thursday. Outside of these hours calls are recorded, monitored and responded to. (In the event that you require emergency accommodation and are unable to reach JWA, please contact the National Domestic Violence Helpline on 0808 2000 247)

Website: <http://www.jwa.org.uk/>

The service is a women's organisation for Jewish women facing domestic violence.



LEEDS DRUG AND ALCOHOL SERVICES

Service: **Forward Leeds**

Telephone: 0113 887 2477

Website: <http://www.forwardleeds.co.uk/>

A drug and alcohol service in Leeds. The service support adults and young people to reduce the harm associated with substance use and to make choices about reducing or stopping substance use. Forward Leeds is one service yet has 3 locations across Leeds, including a young person's service:

The three locations are:

**East and North East
Leeds Hub**
Irford House,
Seacroft Crescent
LS14 6PA

**West and North
West Hub**
Armley Park Court,
9 Stanningley Road,
LS12 2AE

City and South Hub
74 Kirkgate
LS2 7DJ

Service: **Forward Leeds Young Person's Service**

Telephone: 0113 887 2477

Website: www.forwardleeds.co.uk/for-young-people-home/

Forward Leeds has staff that are specially trained to work with young people who are using drugs or alcohol.

Service: **5 Ways**

Telephone: 0113 887 2749

Website: www.forwardleeds.co.uk/venue/5-ways-the-recovery-academy/

5 WAYS to Wellbeing @ the Recovery Academy is the Leeds service for those in recovery from alcohol and/or drugs. Recovery from alcohol and/or drugs means the person is not using alcohol or drugs. More information is available on the website or by calling the service

Service: **The Space**

Telephone: 0113 244 0008

Website: www.facebook.com/thespaceleeds/

A community for people in recovery from drug / alcohol use and / or mental health difficulties. The Space is a safe place to go for support and to identify with people in recovery. Groups and activities are run daily, or you can just call in for a cuppa and a chat.

Service: **Spacious Places**

Telephone: 0113 247 0153

Website: <http://www.spaciousplaces.org.uk>

Spacious Places offers 15 hours per week of structured day treatment in Leeds for both men and women who want to stop using drugs or alcohol.

Service: **WY-FI (West Yorkshire Finding Independence)**

Telephone: 0113 887 0054

Website: <https://wy-fi.org.uk/>

West Yorkshire – Finding Independence (WY-FI) is made up of a partnership of 7 organisations across West Yorkshire. WY-FI supports people who are not engaging effectively with other services and are experiencing entrenched needs in at least three of the following areas:

Homelessness

Addiction to drugs and/or alcohol

Reoffending

Mental ill-health

Service: **CGL at Mabgate Mills**

Telephone: 0113 394 5400

Website: www.changegrowlive.org/content/dars-leeds

The Leeds team offers a pathway to support those involved in the criminal justice system.

The service offers a wide range of community-based support that can be tailored to individual needs. This can include access to drug and alcohol treatment, referrals to specialist support services, advice and information on a wide range of issues such as housing, benefits, employment and training and support for concerned others.