

Where to get help and support



Information & Support

Support available from your GP, if you don't have a GP you can dial 111

MindWell - www.mindwell-leeds.org.uk

Horizons - 0113 275 3498 – Advice, Advocacy, & Support – For those experiencing hardship crisis (housing, relationships, financial)

Connect Helpline – 0808 800 1212 – 6pm-2am daily – emotional support and information

MindMate – www.mindmate.org.uk – support for young people

Counselling

St Vincent's – 0113 248 4126 – up to 20 sessions of free counselling

Northpoint Wellbeing - 0113 245 0303 – call to discuss services available

The Market Place – 0113 246 1659 – support for young people aged 13-25

Mind – 0113 305 5800 – call to discuss services available

IAPT – 0113 843 4388 – short term NHS support

BARCA – 0113 255 9582 – For people living in LS12, LS13 & LS28

Relate – 01302 347 444 – Relationship counselling

More services listed at Leeds directory:

www.leedsdirectory.org/service/advice-information-and-support/emotional-support/counselling/

Crisis

[The SPA Team](#) – call 0300 300 1485 or Text 07983 323 867 – If you feel you are in mental health crisis you can self-refer to the crisis team, click the link for more information

The Samaritans – 0113 245 6789 or 116 123 – 24hr telephone support, or face-to-face support at 93 Clarendon Road, LS2 9LY

Dial House – 0113 260 9328 – 6pm-2am Fri to Mon & Weds – crisis service

Dial House @ Touchstone – 0113 249 4675 – 6pm to 11pm Tue & Thu – crisis service for Black and Minority Ethnic groups.

Women's Services

Support after Rape & Sexual Violence Leeds (SARSVL) – 0808 802 3344 – for women and girls

Pregnancy Support – www.mindwell-leeds.org.uk/baby

Leeds Women's Aid – 0113 246 04 14 - 24 hr helpline – for women affected by domestic violence

DOSTI – 0113 203 8893 - Mental health support service for Asian women in Leeds

Miscarriage Association helpline – 01924 200799 – Monday to Friday 9am-4pm

Self Harm Support

Self Injury Support – www.selfinjurysupport.org.uk, helpline CASS & TESS (see below)

CASS - 0808 800 8088 - Tue to Thurs 7pm-9.30pm – self injury helpline for women

TESS – 0780 047 2908 - www.selfinjurysupport.org.uk/tessform - Tue to Thurs 7pm-9.30pm – text & online chat self injury support for women

Harmless - <http://onlinesupport.org.uk/> - online support (including live chat)and online resources

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Bereavement Support

Cruse Bereavement Support – 0113 234 4150

Leeds Suicide Bereavement Service – 0113 305 5803

Other Services

Solace – 0113 487 8360 – support for asylum seekers and refugees

Leeds Mental Health Recovery Service - 0113 336 7709 – practical help and support (such as with housing needs, finding activities, building support networks)

Forward Leeds – 0113 887 2477 – support if you are concerned about your drug or alcohol use or someone else's.

BEAT - 0808 801 0677 – 3pm to 10pm daily – help@beateatingdisorders.org.uk – Helpline & email support about eating disorders.

Students

Nightline helpline - 0113 380 1381- 8pm to 8am term time telephone, online and email listening service for all higher education students in Leeds www.leedsnightline.co.uk

Nightline information service - 0113 380 1380

Leeds University:

- LUU student advice centre - free, confidential advice for students www.luu.org.uk/helpandadvice
- Leeds University counselling service - <http://students.leeds.ac.uk/info/100001/counselling>

Leeds Beckett:

- Wellbeing Team - a range of wellbeing services www.leedsbeckett.ac.uk/studenthub/student-wellbeing-team/
- Leeds Beckett Counselling service - free, confidential counselling www.leedsbeckett.ac.uk/studenthub/counselling

Leeds Trinity:

- Leeds Trinity counselling service-free, confidential counselling www.leedstrinity.ac.uk/counselling

Useful Apps

Colorfy (adult colouring app) www.colorfy.net

SAM (anxiety) www.sam-app.org.uk

Headspace (mindfulness) www.headspace.com