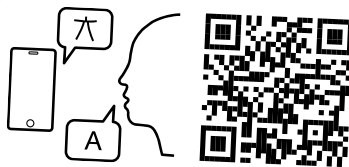




**MindWell**

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](http://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



### 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](http://www.andysmanclub.co.uk)

[info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

If you, or someone you're worried about, needs urgent care or treatment for a mental health crisis

### Call 111

and select the mental health option.

You can speak to health care professionals who can refer you to specialist mental health services in Leeds.

If there is a medical, police or fire emergency,  
**Call 999**

### NHS NORTHERN GAMBLING SERVICE

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



Opening hours: **Monday to Friday 8:30- 4:30**  
[www.northerngamblingservice.nhs.uk](http://www.northerngamblingservice.nhs.uk)  
Tel: **0300 3001490**



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](http://www.leeds.gov.uk/leedsmic)

### The Deaf Connect helpline

Emotional support by text or video call  
Mondays, Wednesday, Saturdays  
Text **07984 396 001** between 6.30pm and 7.30pm to request a callback.



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.**



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](mailto:info@leedssbs.org.uk)

[leedssbs.org.uk](http://leedssbs.org.uk)

**0113 305 5800**



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



Telephone support for anyone identifying as LGBTQ+

**0300 330 0630**

Open 10am - 10pm (every day)



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**

**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](http://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](http://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](http://mindmate.org.uk/time-for-yp)

## Online support

[kooth.com](http://kooth.com)  
Anonymous online counselling / live chat  
10 - 18 year olds



# Here For You

Out Of Hours Support In A Safe Space



If you or somebody you know are struggling with thoughts of feeling down, worried, overwhelmed, or may have thoughts of self-harm and suicide, Here For You have local teams available every night of the year from 6pm until midnight.

The service offers free, safe, and confidential face-to-face support for anybody aged 16 years or older.

1 to 1 support is available if you have something you feel you need to talk about privately, or if you prefer support around other people, we offer a social space for up to 6 people each evening.

To access support, text or call  
**07760 173476**



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

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



Supporting anyone affected by self-harm with face-to-face, virtual, online and phone peer support services.  
[www.battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)



Leeds Domestic Violence Service  
Provides confidential support, information, and access to emergency accommodation.  
24 hour Helpline  
**0113 246 0401**



**SARSVL** provides confidential emotional support for women, girls and trans inclusive affected by sexual violence of any kind.

**CALL 0808 802 3344**  
**TEXT 07860 022 880**  
EMAIL [support@sarsvl.org.uk](mailto:support@sarsvl.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 [Iscls.org.uk](http://Iscls.org.uk) to find the online chat.



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](http://carersleeds.org.uk) for more support.

# SAMARITANS

Call free day or night on

**116 123**

Email  
[jo@samaritans.org](mailto:jo@samaritans.org)

[samaritans.org](http://samaritans.org) A registered charity

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 November 2024

Get help  
in Leeds





**MindWell**

**Mental health information  
for everyone in Leeds**

[www.mindwell-leeds.org.uk/help](http://www.mindwell-leeds.org.uk/help)