



WELLSPRING

We Make A Difference

Useful Support Services & Children's Activities in Leeds



Support Services

Finding support in a mental health crisis

Leeds has a range of services that can support you, if you're in crisis or feeling emotional distress.

Keep this sheet handy in your bag or purse, or, for online information go to MindWell: www.mindwell-leeds.org.uk/help

Under 18? Go to www.mindmate.org.uk and search 'Urgent help'.




What is a mental health crisis?

Each person's experience of crisis is personal to them. It can feel like reaching a breaking point. Or, the world crashing down on you and feeling like you can no longer cope.



It's important to know that you're not alone. There's always someone to talk to.

Places to call

Connect helpline is a survivor-led service offering emotional support to people in Leeds. Open every night 6pm to 2am. Call 0808 800 1212 (free phone).

Connect BSL helpline is on Mondays at 7pm to 11pm, facetime/skype/glide with BSL trained staff. Call 07500 870 987.



West Yorkshire 24 hour mental health helpline offers support, advice and information for anyone in Leeds. Open 24/7. Call 0800 183 0558 (free phone).

Samaritans is always open to talk about whatever you're going through. Open 24/7. Call 116 123 (free phone).

Leeds and York Partnership NHS Foundation Trust's Single Point of Access (SPA) accepts referrals for anyone needing urgent care or treatment for a mental health crisis. Open 24/7. Call 0800 183 1485 (if you're deaf or have hearing loss, text 07983 323867).

NHS 111 (freephone) is open 24/7 if you have a problem with your physical or mental health and you're not sure what to do.



MIC
Money Information
Centre



www.leeds.gov.uk/leedsmic



BreezeLeeds.org is the website for all children and young people aged **0-19** from Leeds (and their families) who are looking for positive things to do.

We gather all the places together so that they are at your finger tips.

www.breezeleeds.org/about-breeze



LDVS
LEEDS DOMESTIC VIOLENCE SERVICE

The 24 hour Leeds Domestic Violence Service helpline:
0113 246 0401

Support Services

Face-to-face help

GP emergency appointment - ask to talk to the 1st available GP. GPs see many people every week who are worried about their mental health.

Well-Bean 'Hope in a Crisis' Cafe offers a safe and confidential space for people (16+) experiencing crisis in Leeds. Open 7 nights a week, 6pm to 12am. Face-to-face support and by phone. Call or text 1st on 07760 173 476 if you want to access the Cafe.

Dial House is a place of sanctuary offering emotional and practical support to people (16+) in crisis. Open Monday, Wednesday, Friday, Saturday and Sunday, 6pm to 2am. Face-to-face support, phone and video chat. Call 0113 260 9328 or text 07922 249 452.

Dial House@Touchstone offers support to people from Black and Minority Ethnic groups (16+). Support by phone. Open Tuesdays and Thursdays, 6pm to 12am. Call 0113 249 4675 or text 07763 581 853.

Support by text or online chat

Email the Samaritans - sometimes writing down your thoughts can help. Email Jo@samaritans.org. Response time is 24 hours.


Connect online is a local survivor-led online chat service for people in distress. Open every night 6pm to 2am via website homepage: www.lslcs.org.uk

Signhealth Crisis Text Service for Deaf people Text DEAF to 85258 (free). Messages are anonymous and won't appear on your phone bill.

Shout text service struggling to cope? Text SHOUT to 85258 (free) any time 24/7 for support. Messages are anonymous and won't appear on your phone bill.

NHS111 talk online if you have a medical problem and you're not sure what to do: www.111.nhs.uk

Have you injured yourself or taken an overdose? Are you at immediate risk of hurting yourself or taking your own life? Call 999 and ask for an ambulance or go to A&E



WHM Women's Health Matters **0113 276 2851**



LEEDS WOMEN'S AID

Every woman deserves respect and support

1972 Celebrating 50 years 2022

24 Hour Helpline: 0113 246 0401

Support Services



If you are in need of assistance with food or gas / electric payments, we encourage you to call the **Leeds Welfare Support Scheme** on **0113 376 0330**.

You can also call the national Citizen's Advice line, which run in partnership with the Trussell Trust, on **0808 208 2138**.

Support Services



**Supporting Parents & Families
in and around Leeds**

Hope House, 65 Mabgate, Leeds LS9 7DR

Tel: **0113 244 2419**

Email: **office@home-startleeds.co.uk**

www.home-startleeds.co.uk



Leeds Community Healthcare
NHS Trust

Our Services – 0-19 Public Health Integrated Nursing

- Parents from Leeds
- Public Health Nursing
- Group Support
- ChatHealth
- School Immunisation
- Infant Mental Health
- Oral Health

Headquarters

First Floor
Stockdale House
Headingley Office Park
Victoria Road
Leeds LS6 1PF

Tel: **0113 220 8500**

www.leedscommunityhealthcare.nhs.uk



Forward Leeds provide support for adults, young people and families needing help with alcohol and drug use in Leeds.

Tel: **0113 887 2477** **www.forwardleeds.co.uk**



Safe and reliable advice about young people's mental health, created by experts and parents together!

www.mindedforfamilies.org.uk



Family Action, Families Together Leeds

Cottingley Childrens Centre,
Cottingley Drive, Leeds LS11 0JP

Tel: **0113 532 6587** Email: **leeds.admin@family-action.org.uk**


Support Services



Safe space for men to talk

We accept self-referrals via phone or email

 mend@leedsmind.org.uk

 **0113 305 5800**
(Clarence House reception)

 Men'd on Facebook



**For brothers and sisters
of disabled children and adults**

You're not alone!

Do you have a brother or sister who is disabled, has special educational needs or a serious long-term condition?

To find out more go to:
www.sibs.org.uk/youngsibs

Support Services



Domestic Violence & Abuse

Employment & Training

Health & Wellbeing

Housing & Homelessness

Leeds – 0113 380 8900

13 Park Square East
Leeds, West Yorkshire LS1 2LF

central@togetherwomen.org

LEEDS.GOV.UK



Help with food and household bills

To find out more go to:
[www.leeds.gov.uk/benefits/
help-with-food-and-bills](http://www.leeds.gov.uk/benefits/help-with-food-and-bills)

Respect
Men's advice line

The Helpline for male victims of domestic abuse.

Talk it over!

Freephone:

**0808
8010327**

#ANDYSMANCLUB



#ITSOKAYTOTALK

To find your nearest group go to:
[www.andysmanclub.co.uk/
find-your-nearest-group](http://www.andysmanclub.co.uk/find-your-nearest-group)

 **GOV.UK**



Carers Allowance Advice & How to Apply

To find out more go to:
[www.gov.uk/carers-allowance/
how-to-claim](http://www.gov.uk/carers-allowance/how-to-claim)

LASSN

Leeds Asylum Seekers'
Support Network



At its heart, LASSN is about the relationships and the connections we nurture between the people of Leeds: between people who are settled, and people who have just arrived.

To find out more go to:
<https://lassn.org.uk/our-work>

Support Services

LEEDS.GOV.UK

Helping with the cost of living

Together Leeds
Helping with the cost of living.

Together Leeds
Where to get help and support.

To find out more go to:
www.leeds.gov.uk/campaign/cost-of-living

Delivering beds to children in poverty

Zarach
eat sleep learn

Providing beds and provide bedding bundles.

To find out more go to:
<https://zarach.org>

Support Services

THE LEEDS COMMUNITY TRUST
Making A Difference

The Leeds Community Trust

Providing grants to Leeds residents

To apply for a grant go to:
www.leedscommunitytrust.org/grants

Leeds and Moortown Furniture Store

Providing used furniture

To find out more go to:
www.leedsandmoortown.org.uk



Family Fund
Helping disabled children

BBC Children in Need Emergency Essentials Programme Family Fund

Providing grants for essential items.
To find out more go to:
www.familyfund.org.uk/bbc-children-in-need-emergency-essentials-programme

LEEDS BABY BANK

Providing equipment and clothing for babies and young children in Leeds

To find out more go to:
<https://leedsbabybank.org/news/donations-needed-to-help-cost-of-living-crisis-response>

ZERO WASTE LEEDS

We're building a movement to help make Leeds a zero waste city by 2030

- School uniform exchange
- Together for sport
- Free winter coats

To find out more go to:
www.zerowasteleeds.org.uk

Support Services



Leeds Directory

The Leeds Directory is an online source of information for services that can support you to live well in Leeds.

To find out more go to:
www.leedsdirectory.org/about-leeds-directory/about



Leeds Mental Health Support

To find out more go to:
www.mindwell-leeds.org.uk




Cost of living support for organisations

- Energy Bill Relief Scheme
- Relief from Business Rates

To find out more go to:
<https://doinggoodleeds.org.uk/cost-of-living-and-the-third-sector-in-leeds/cost-of-living-support-for-organisations>



Cost of living support for individuals

Support and Resources to help you save money, and save the planet.

To find out more go to:
<https://doinggoodleeds.org.uk/cost-of-living-and-the-third-sector-in-leeds/cost-of-living-support-for-individuals>

Useful Services

Who you can call this Mental Health Awareness Week



0300 123 3393
Open 9am-6pm weekdays

116 123
Always open

0800 58 58 58
Open 5pm - midnight

If you're in Wales:
0800 132 737
Always open

If you're under 25:
0808 808 4994
Open 4pm - 11pm



Free School Meals

are available to all reception, Year 1 and Year 2 pupils and to children whose parents receive certain benefits.

To apply go to:
www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals




Leeds SENDIASS

Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS) in Leeds.

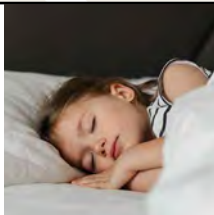
We offer information, advice, and support to:

- Children and young people (up to 25 years) with SEND
- Parents and carers of children with SEND
- Practitioners (who might support children, young people, or parents to access our service)

Tel: **0113 378 5020** Email: <https://sendiass.leeds.gov.uk>



If you'd like to talk about your child's sleep problems, you can call between 7pm and 9pm, Sunday to Thursday
 Tel: **03303 530 541**



Useful Services

Leeds North and West
foodbank
Tel: **0113 269 2985**
Email: ereferral@leedsnorthandwest.foodbank.org.uk

Leeds South and East
foodbank
Tel: **0113 277 2229**
Email: info@leedssouthandeast.foodbank.org.uk

To find out more information on Leeds Food Aid Centres go to:
www.leeds.gov.uk/leedsmic/energy-fuel-and-food/emergency-food


Leeds Community Healthcare
NHS Trust

0-19 Public Health Integrated Nursing
Tel: **0113 8435 683**
To access services go to:
www.leedscommunityhealthcare.nhs.uk/our-services-a-z

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Bereavement Services

To contact us go to:
www.leeds.gov.uk/births-deaths-and-marriages/death/bereavement-services


Family Information Services

Opening hours:
Monday to Friday: 10:00 - 15:30
PO Box 837
Family Information Service
Learning Systems
Leeds LS1 9PZ
Tel: **0113 378 9700**

Fun Activities and Short Breaks Annual Catalogue 2022

For Children and Young People with disabilities and special educational needs (SEND)

This directory lists in detail fun activities and short breaks currently available to children and young people aged 0-18 in Leeds. The directory is accompanied by a guide, which explains more about the different LCC Commissioned Fun Activities and Short Breaks available and how to access them. (updated V2 - May 2022)



To find out more go to:
<https://leedslocaloffer.org.uk/#!/directory>

Useful Services

Believe in children
 **Barnardo's**

To find out what services are in your area go to:
www.barnardos.org.uk



 **National Autistic Society**

Advice and guidance
In-depth advice and guidance pages on the major challenges autistic people and their families face, including behaviour, education and health issues.

Autism Services Directory
The UK's most comprehensive directory of services and support for autistic people, their families, and people who work with them.

Branches
We have 116 volunteer-led branches across the UK offering support, information and social activities for autistic children, adults and their families.

Online community
Our online community is a place for autistic people and their families to meet like-minded people and share their experiences.

To find out more go to:
www.autism.org.uk/what-we-do/help-and-support

Making Healthier Food Choices

Make a swap when you next shop



For more information search **change 4 life**

