

FEEL LIKE YOU'VE HAD ENOUGH?



citizens advice Leeds

Can help with legal, money, welfare and housing issues by providing free, independent and confidential advice.

0113 223 4400



If you're having problems with money or need support dealing with debt, contact Money Buddies for free, confidential, impartial advice.

0113 2350276



All the services listed on this poster are LGBT+ inclusive.

Find local and national organisations that support LGBT+ communities at:
www.mindwell-leeds.org.uk/lgbt

Switchboard
LGBT+ helpline

A place for calm words when you need them most.

0300 330 0630

Open 10am - 10pm (every day)



LEEDS HOUSING OPTIONS

Advice service for people who are homeless, at risk of homelessness, or would like advice about housing.

0113 222 4412

07891 273 939*

*out of hours 5pm - 8am, emergency only

If you are worried about money problems, find help and support at:

www.mindwell-leeds.org.uk/money-worries

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.

www.mindwell-leeds.org.uk

childline

Childline is the phone, anything, any time, any day, 24 hours a day, 7 days a week.

If you are 19 or under, you can contact Childline about anything. No problem is too big or too small. Speak to a counsellor straight away on **0800 1111** (Freephone).



Support, information and counselling for young people in Leeds aged 11-25.

0113 2461659

www.themarketplaceleeds.org.uk



Advice, information and support if you are concerned about your alcohol or drug use or someone else's. You can also call to refer yourself to services in Leeds.

Open Monday and Friday, 9am - 5pm
Tuesday to Thursday, 9am - 7pm
0113 887 2477



IS PROBLEM GAMBLING AFFECTING YOU OR THOSE CLOSE TO YOU?

Speak to an advisor on the **National Gambling Helpline**
Freephone 0808 8020 133
24/7
www.gamcare.org.uk

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.



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
info@andysmanclub.co.uk

MindMate

If you're a young person, MindMate can help you understand the way you're feeling and find the right advice and support. MindMate also has information for parents and carers.

www.mindmate.org.uk

SAMARITANS

Call free day or night on
116 123

Email
jo@samaritans.org

samaritans.org



Support in times of crisis

Dial House

A place of sanctuary, a social space, one-to-one support.

Open every day except Tuesday and Thursday 6pm-2am.
Call **0113 260 9329** or text **07922 249 452** to make a referral. Taxis provided, parents in crisis able to bring children. BSL support available.

Dial House @ Touchstone

Support and sanctuary for people from Black and Minority Ethnic backgrounds.

Open Tuesdays and Thursdays 6pm-12am.
Call **0113 249 4675** or text **07763 581 853** to make a referral.

Connect

Need to talk about things? Need to hear a friendly and understanding voice?

Confidential, non-judgmental emotional support over the phone and online, provided by staff and volunteers.

Open every day 6pm-2am. Call **0808 800 1212** (freephone) or go to tslcs.org.uk to find the online chat.

Feeling anxious or stressed? Need to talk about things? Need to vent about school? Anything else on your mind?



Confidential, non-judgmental emotional support for 13-18 year olds in Leeds, over the phone, online, or by text.

Open Monday - Friday: 3.30pm-2am
Saturday and Sunday: 6pm-2am

Call **0808 800 1212** (freephone), go to teenconnect.org.uk, or text **0771 566 1559**.



Deaf Connect

Is open Mondays 7-11pm.
Glide/ Text: **07500 870 987**
Skype/ FaceTime:
survivor.led@tslcs.org.uk



WELL-BEAN 'HOPE IN A CRISIS' CAFÉ

The café is a safe space open to all experiencing crisis.

SATURDAY, SUNDAY, MONDAY 6pm-12am

Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB

TUESDAY, WEDNESDAY 6pm-12am

Touchstone House, 2-4 Middleton Crescent, Beeston, LS11 6JU

THURSDAY, FRIDAY 6pm-12am

New Wortley Community Centre, 40 Tong Rd, Leeds LS12 1LZ

Ring or text **07760 173 476** on the day you'd like to visit.

In a medical emergency

CALL 999

When you need urgent medical help but you're not sure what to do

CALL NHS 111

Are you struggling after the death of someone close?



Cruse Bereavement Care provides support, information and practical advice.

www.cruse.org.uk

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 Domestic Violence Service

Provides confidential support, information, and access to emergency accommodation.

24 hour Helpline **0113 246 0401**



SARSVL

provide confidential emotional support for women and girls affected by sexual violence of any kind.

CALL 0808 802 3344

TEXT 07860 022 880

EMAIL support@sarsvl.org.uk

Developed by Public Health, Leeds City Council.

If you are a professional and would like to order more posters please ring the Public Health Resource Centre on 0113 37 86200. Information correct as of February 2020