

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.

To find out about the different services in Leeds call **0113 223 4400**

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



0113 2350276

www.leedsmoneybuddies.weebly.com

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

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

If you are 19 or under, you can contact Child-Line 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 13-25.

0113 2461659
www.themarketplaceleeds.org.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.

www.mindmate.org.uk

Are you struggling to cope or feeling overwhelmed? Talk to someone now about how you are feeling.

**YOU ARE NOT ALONE.
YOU ARE IMPORTANT.
AND IT IS OK TO ASK FOR HELP.**



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 to Friday, 9am - 5pm
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
(7 days a week, 8am - midnight)
www.gamcare.org.uk



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

CONNECT HELPLINE

Emotional support and information for people in Leeds, open 6pm-2am every night of the year.

0808 800 1212

Call Connect if you are feeling anxious, lonely, angry or just need to talk.
Run by Leeds Survivor-Led Crisis Service

SAMARITANS

Need to talk to someone?
Confidential and emotional support 24 hours a day.

116 123 (Freephone)
jo@samaritans.org



Support in times of crisis

Feeling desperate and need a friendly face? Visitors can access Dial House when they are in crisis. It is a place of sanctuary. Open 6pm - 2am on Friday, Saturday, Sunday, Monday and Wednesday.

Call **0113 260 9328** or text **07922 249 452** on the night you wish to request a visit. Parents in crisis can bring children with them. We can support deaf visitors using BSL. **12 Chapel Street, Halton, Leeds, LS15 7RW**

Dial House @ Touchstone

Crisis service for people from Black and Minority Ethnic groups.
Open 6pm - 12am on Tuesdays and Thursdays.
53-55 Harehills Avenue, Leeds, LS8 4EX
Call **0113 249 4675** or text **07763 581 853** on the night you wish to visit.

www.lslcs.org.uk

Teen Connect

Emotional support for 13-18 year olds in Leeds
(open every night 6pm - 2am)
Call **0808 800 1212**
Text **0771 566 1559**
Online support www.teenconnect.org.uk

In a medical emergency
CALL 999
If you need medical help in a non-emergency
CALL NHS 111



WELL-BEAN HOPE IN A CRISIS CAFÉ

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

Open **Saturday, Sunday, Monday** and all Bank Holiday evenings. **6pm - 12am**
Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB

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



SARSVL

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

CALL 0808 802 3344
TEXT 07797 803 211

EMAIL support@sarsvl.org.uk

Are you struggling after the death of someone close?

Cruse Bereavement Care

Somebody to turn to when someone dies provides support, information and practical advice.

0113 234 4150
0808 808 1677

www.cruse.org.uk

LEEDS SUICIDE BEREAVEMENT SERVICE

Compassionate support for people bereaved by suicide

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 5803



Leeds Domestic Violence Service

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

24 hour Helpline

0113 246 0401