

## **Information regarding Local and National Mental Health Support Services (Updated: 01/07/2022)**

**If you have concerns for your mental state and you feel there is an immediate and serious danger to yourself or another person:**

- call 999 immediately for an ambulance or the police**
  - or you can also call 111 when you need medical advice fast but it's not a 999 emergency**
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- Disclaimer: this list is indicative only and non-exhaustive. There are many other services that may be appropriate.**

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## 1.National Directories for accessing support



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### **NHS Therapists**

NHS therapist therapy is provided through the NHS and should be free of charge. It is possible for victims/ survivors to be referred for therapy through their GP. Alternatively, it is possible to contact some services directly for self-referral.

Improving Access to Psychological Therapies (IAPT) is an NHS programme offering talking therapies for common mental health problems.

IAPT services can be found by searching a postcode here: [https://www.nhs.uk/Service-Search/Psychological-therapies-\(IAPT\)/LocationSearch/10008](https://www.nhs.uk/Service-Search/Psychological-therapies-(IAPT)/LocationSearch/10008)

### **The British Association for Counselling and Psychotherapy (BACP)**

The BACP is a professional association for members of the counselling profession in the UK. The BACP website holds a directory of members and services that are registered with or accredited by them. Most of these are private and will charge for their services.

It is possible to search their directory via postcode here: <https://www.bacp.co.uk/search/Therapists>

### **Counselling Directory**

Counselling Directory holds details of individual counsellors and psychotherapists that are personally registered as a member of a relevant professional body, and of counselling/ psychotherapy practices at which at least one of their therapists is registered, or the practice itself is.

The list of the professional bodies they recognise is available at: <https://www.counselling-directory.org.uk/accreditation.html>

However, they do not monitor changes and therefore it is the responsibility of the person or organisation accessing the service to confirm that the accreditation is still valid.

It is possible to search Counselling Directory by postcode, town or country, here:

<https://www.counselling-directory.org.uk/adv-search.html>

### **UK Council for Psychotherapy (UKCP)**

Psychotherapy offers a non-judgmental, confidential and safe space for you to reflect on any emotional difficulties with a trained therapist. Psychotherapists and psychotherapeutic counsellors are trained to help you express your thoughts and feelings and explore what comes up when you do. The UKCP holds details of registered psychotherapists and psychotherapeutic counsellors. Their register is accredited by the Professional Standards Authority.

It is possible to search their directory by postcode or location here:

<https://www.psychotherapy.org.uk/find-a-therapist/>

## **Mind – Peer Support Directory**

Peer support is when people use their own experiences to help each other. Forms of peer support include: community groups, mentoring, befriending, self-help groups, online communities and support groups. Support is based on sharing experiences and agreeing a reason for meeting. How you choose to meet up or connect with people is very flexible and depends on your personal preferences. Peer support can improve your emotional health, wellbeing and sense of belonging. A vital part of peer support is mutual respect; peer support aims to help both those giving and receiving support. Everyone's experiences are treated as equally important, so you might find this gives you a different experience to more traditional support options.

For local support groups in your area visit : <https://www.mind.org.uk/information-support/peer-support-directory/find-peer-support-where-you-live/?Postcode=leeds&Radius=#localmind-results>

## **Hub of Hope –**

A mental health support network and useful resource of local, national, peer, community, charity, private and NHS mental health support and services. Whether your concerned about yourself or a loved one, find out how you can get help from a mental health charity or organisation.

This is available here: <https://hubofhope.co.uk/>

## **Helplines Partnership**

Helplines Partnership holds a database of helplines that may be suitable for victims/ survivors. The search tool allows for a keyword search and for helplines to be filtered by topic and region.

This is available here: <https://helplines.org/helplines/>

## 2. Mental Health and Well-Being Services



## 2.1 National Mental Health Support Services

### Samaritans



Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline. Whatever you're going through, a Samaritan will face it with you. Samaritans are open 24 hours a day, 365 days a year.

**Helpline:** 116 123

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

**Website :** <https://www.samaritans.org/>

### Mind Infoline

Mind provides confidential mental health information services.

With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services.

**Telephone:** 0300 123 3393 (9am-6pm Monday to Friday) or text 86463

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Website:** <https://www.mind.org.uk/information-support/helplines>

### Rethink Mental Illness Advice Line

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England.

**Telephone:** 0300 5000 927 (9.30am - 4pm Monday to Friday)

**Email:** [advice@rethink.org](mailto:advice@rethink.org)

**Website:** <https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/>

### Papyrus- Prevention of Young Suicides

If you are under 35 and feel that life is not worth living any more, call Papyrus's HopelineUK from 9am to 10pm weekdays and 2pm to 10pm on weekends.

**Call HopelineUK on:** 0800 068 41 41

**Website :** <https://www.papyrus-uk.org/>

### Saneline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

**Telephone:** 0300 304 7000 (4:30pm-10:30pm)

**Website:** [www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

## SHOUT



Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. **Text:** 85258

**Website:** <https://www.giveusashout.org/>

## AGE UK



Age UK tackle loneliness, get older people active, and support people to stay independent for longer.

They put people in control of the care they receive, while sharing best practice to improve services. Age UK help millions of people to know their rights and make the best choices for later life.

**Website:** <https://www.ageuk.org.uk/>

**Call Advice Line on:** 0800 168 65 65

## 2.2 Local Mental Health 24 Hr Helplines

### Barnsley, Calderdale, Kirklees and Wakefield.

There is now a **24 hour mental health helpline** for anyone registered with a GP in Barnsley, Calderdale, Kirklees and Wakefield. The service supports people who are: At risk of developing mental health problems, diagnosed with common mental health problems, accessing mental health support, experiencing mental health distress and/or seeking information, advice and support

**You can now access this service on: 0800 183 0558.**

If you do not receive any of the services and want to contact directly about either yourself or someone you know you can also use the numbers below.

### Barnsley

In **Barnsley** 24/7 open access to mental health services:

Adults (aged 18+) – **01226 645000**

Children and young people (CAMHS) – **01226 644829**

People with a learning disability- **01226 645237**



## **Calderdale**

In **Calderdale** 24/7 open access to mental health services:

Adults (aged 18+) – **01924 316830**

Children and young people (CAMHS) – **01422 300001**

People with a learning disability — **07795 884879**

## **Kirklees**

In **Kirklees** 24/7 open access to mental health services:

Adults (aged 18-65) – **01924 316830**

Older adults – **0300 304 5555**

Children and young people (CAMHS) **0300 304 5555**

People with a learning disability – **01924 316714**

## **Wakefield**

In **Wakefield** 24/7 open access to mental health services:

Adults (aged 18+) – **01924 316900**

Children and young people (CAMHS) – **01977 735865**

People with a learning disability – **01977 465435**

## **Bradford**

The First Response crisis service offers support 24 hours a day, seven days a week to people of all ages living in Bradford, Airedale, Wharfedale or Craven experiencing a mental health crisis.

Telephone: 01274 221181

Website: <https://www.bdct.nhs.uk/services/first-response/>

## **North Yorkshire**

Crisis services for Children, working aged adults and older people. If you are experiencing difficulties with your mental health and would like some support, please contact one of the local services below:

Mental health services for social care support and assessments: **01609 780780**

North Yorkshire mental health crisis support: **0800 0516 171**

Helpline for those struggling with emotional wellbeing - Hear to help: **01423 856 799**

**Website** : <https://www.tewv.nhs.uk/services/crisisadvice/>

## **Leeds**

If you, or someone you're worried about, needs urgent care or treatment for a mental health crisis call the Single Point of Access (SPA).

Freephone: **0800 183 1485** (open 24/7, every day).

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

Website : <https://www.leedsandyorkpft.nhs.uk/advice-support/help-in-a-crisis/>

## 2.3 Additional Websites

### Leeds



Mental health information  
for everyone in Leeds

The MindWell website is the single 'go to' place for information about mental health in Leeds. It allows anyone living or working in Leeds, including GPs and other professionals, to get quick, easy and direct access to up-to-date mental health information.

Website : <https://www.mindwell-leeds.org.uk/>

### Bradford



The Healthy Minds website is the single point of access for all in Bradford District and Craven to look after their minds. The website was created to bridge the gap between those looking for support and services struggling to reach and help the right people. Home to the Healthy Minds Wellbeing Assistant, Services Index and Wellbeing Resources, the website is easy to use, opening the door to mental health and wellbeing support services, resources and information.

Mind in Bradford delivers the website's directory, which helps you to find support services via the Service Index or Wellbeing Assistant. The Services Index lists a wide range of wellbeing support services available in Bradford District and Craven, from workshops to peer support groups, and the Wellbeing Assistant offers tailored suggestions on services and self-help apps based on how the user is feeling, so people can find what they need, when they need it – quickly and easily.

Wellbeing resources cover a range of topics and provide self-help materials to help people understand and improve their thoughts and feelings.

Website : [www.healthyminds.services](http://www.healthyminds.services)

## 2.4 Downloadable Apps for support and self help

### Stay Alive



#StayAlive

The Stay Alive app is packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. The app also links you directly to local and national crisis resources and if a resource isn't listed, you can simply add in your own.

The app is available on [Google Play](#) and the [iTunes App Store](#).

### Calm Harm



Calm Harm is an app that provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.

The app is available on [Google Play](#) and the [iTunes App Store](#)

Both apps are free to download and while these are useful aids in treatment they should not replace it.

**Every Mind Matters** - Every Mind Matters can help with expert advice, practical tips and personalised actions to help stay on top of your mental health and wellbeing. You can also create a free personalised mind plan which is designed to help you feel more in control, deal with stress and anxiety, boost your mood and improve your sleep

Website : <https://www.nhs.uk/every-mind-matters/>

### For Children and Young People - Think Ninja



ThinkNinja is a mental health app designed for 10-18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional well-being, and develop skills they can use to build resilience and stay well.

[https://play.google.com/store/apps/details?id=com.thinkninja&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=com.thinkninja&hl=en_GB&gl=US)