**Local crisis support:**

**Leeds area:**

The link below has lots of listed support for the Leeds area which includes:

<https://livewellleeds.org.uk/crisis-support/>

* **Leeds & York NHS Crisis Team** - 0300 300 1485
* **Connect Helpline** (This is a telephone helpline available between 6pm – 2am NB this service is NOT connected to the CONNECT eating disorder service)
	+ Telephone 0808 800 1212 (Freephone from landline/ mobile)
	+ <http://www.lslcs.org.uk/services/connect-helpline/>
* **Dial House:** Call 0113 260 9328 or text 07922 249452 between 6-7pm to visit that evening (open between 6pm-2am)
* **Mindwell:** for up to date information of local and national services offering support [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)
* **Battle Scars**

This is a self-harm support service which runs adult survivor led [groups](https://www.battle-scars-self-harm.org.uk/support-groups-adults.html)in Leeds and Wakefield, to support anyone who self-harms, their families, friends and carers, professionals, or anyone who is trying to understand self-harm. <https://www.battle-scars-self-harm.org.uk/>

**Harrogate area:**

* **Harrogate Crisis Intensive Resolution and Home Treatment Team** - 01423 553778
* **North Yorkshire Mental Health Helpline** - 08005610076
* **Harrogate Mind**- 01423503335
* **IAPT Harrogate** -01423852137
* **Rethink Harrogate** - 07527103468

**Kirklees area:**

* **Turning Point Wakefield** - 01924234860
* **Livewell Wakefield** - 01924255363
* **Richmond Fellowship** - 01924339157
* **Wakefield Crisis** - 01924316900

**National Helplines:**

**Samaritans**

Confidential and non-judgmental emotional support whenever you need someone to talk to. Available **24 hours a day, every day of the year**.

Contact:

* Telephone: **116 123**
* Email: jo@samaritans.org
* Website: [www.samaritans.org](http://www.samaritans.org/)

**SANEline**

Saneline is an out-of-hours telephone helpline offering practical information, crisis care and emotional support to anybody affected by mental health problems.  They also provide a free text-based support service called Textcare. Available between **4.30pm – 10.30pm each evening**, every day of the year.

Contact:

* Telephone: **0300 304 7000**
* Textcare: [www.sane.org.uk/what\_we\_do/support/textcare](http://www.sane.org.uk/what_we_do/support/textcare)
* Website: [www.sane.org.uk](http://www.sane.org.uk/)

**Rethink**

Rethink is the largest severe mental illness charity in the UK and their information and advice service can be contacted on 0845 456 0455. The advice service offers practical help on a wide range of mental health issues. They can be contacted from **9.30am – 4pm from Monday to Friday**.

Contact:

* Telephone: **0300 304 7000**
* Website:<https://www.rethink.org/>

**Mencap Learning Disability Helpline**

The helpline provides information and advice on learning disability issues to callers including people with learning disabilities, their families and carers, and professionals.

Contact:

* Telephone: **0808 808 1111**
* Email: helpline@mencap.org.uk
* Website: https://www.mencap.org.uk/advice-and-support/our-services/learning-disability-helpline

**FRANK helpline**

The FRANK campaign helpline provides information and advice about drugs and information on local services. The service can take calls in over 120 languages via a three-way call with a translator. Available **24 hours a day, 7 days a week**.

Contact:

* Telephone: **0300 123 6600**
* Text: 82111
* Email: frank@talktofrank.com
* Website: <https://www.talktofrank.com/>

**Drinkline**

Drinkline is a national alcohol helpline providing confidential counselling, support, advice and information. The free helpline is available on **weekdays from 9am – 8pm** and on **weekends from 11am – 4pm**.

Contact:

* Telephone: **0300 123 1110**

**Beat Eating Disorders Helpline**

Beat is the UK’s eating disorder charity for people with eating disorders and their families. Beat provides helplines for adults and young people, online support and a UK-wide network of self-help groups to help people beat their eating disorder. The Helplines are open 365 days a year from 12pm – 8pm on weekdays and 4pm – 8pm on weekends and bank holidays.

Contact:

Telephone:

**0808 801 0677** (adult-line)

**0808 801 0811** (student-line )

**0808 801 0701**1 (youth-line)

Email: help@beateatingdisorders.org.uk (adults) studentline@beateatingdisorders.org.uk (students)

fyp@beateatingdisorders.org.uk (youth)

Website: <https://www.beateatingdisorders.org.uk/>

**Local Crisis Support:**

**Bradford area –**

* **First Response:** 01274 221 181
* **Mind in Bradford:** 0300 330 5468/ 01274 730815

 email: admin@mindinbradford.org.uk

**Craven/ Airedale area –**

* **First response:** 01274 221 181

**Kirklees and Calderdale area –**

* **Single Point of Access:** 01924 316830
* **Calderdale Safe Space:** 01422 345154

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