

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

moneybuddies

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)

Forum Central

NHS

Leeds CITY COUNCIL

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 - 8 am, 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

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

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)**.

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.

The Market Place
here to listen, here to help today's young people

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

0113 2461659
www.themarketplaceleeds.org.uk

FORWARD LEEDS
INSPIRING CHANGE

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

GAMCARE

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

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 A registered charity

LEEDS SURVIVOR-LED CRISIS SERVICE
WWW.LSLCS.ORG.UK

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 9328** 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** (free-phone) or go to lsics.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?

LEEDS SURVIVOR-LED CRISIS SERVICE
TEENCONNECT.ORG.UK

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**.

BSL

Deaf Connect
Is open Mondays 7-11pm.
Glide/ Text: **07500 870 987**
Skype/ FaceTime: survivor.led@lsics.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	TUESDAY, WEDNESDAY 6pm-12am	THURSDAY, FRIDAY 6pm-12am
Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB	Touchstone House, 2-4 Middleton Crescent, Beeston, LS11 6JU	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
Somewhere to turn when someone dies

provides support, information and practical advice.

0113 234 4150
0808 808 1677
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

LDVS
LEEDS DOMESTIC VIOLENCE SERVICE

Leeds Domestic Violence Service

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

24 hour Helpline **0113 246 0401**

SARSVL
Support After Rape & Sexual Violence Leeds

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