

How are you feeling?

Mental health information for people in Leeds

I'm having
money
problems

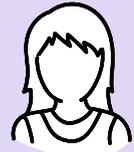


I'm going
through a
bereavement



I'm stressed
at work

I'm a new
parent

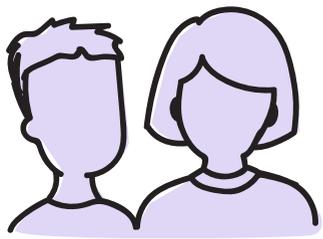


I'm worried
about
someone



I'm feeling
low





Anyone can feel anxious or struggle with their mental health.

There are times when we all feel down or stressed. Usually these feelings pass, but sometimes they can continue and start to affect day-to-day life. This could happen to anyone, at any time in their life.

If you're feeling low or struggling with your mental health, there might not be any obvious reason why. Or, you could be going through a bereavement, having money or relationship problems, or trying to cope as a new parent. Life can be tough. The challenges we face can have a big impact on our mental wellbeing.

If you need to find information or help for yourself, or someone you're worried about, it can be difficult to know where to turn.

This guide is for adults in Leeds aged 18 and over. It can help you find:

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	Self-care tips to take care of your mental health	16

If you're under the age of 18, go to page 15 for information for children and young people.

Support and services in Leeds

How can I find help for a common problem like stress or anxiety?

MindWell is the mental health website for adults in Leeds. It has self-help resources and tools to help you understand and manage problems like anxiety, stress and low moods.

Web: www.mindwell-leeds.org.uk/myself

Leeds Mental Wellbeing Service offers free online courses that can help you to cope better with problems such as stress and anxiety, panic attacks and depression. The service also provides psychological therapies including group and face-to-face sessions and workshops. If you're over 17 years of age and registered with a Leeds GP, you can self-refer on the service website. Leeds Mental Wellbeing Service replaced the service known as IAPT in November 2019.

Web: www.leedsmentalwellbeingservice.co.uk

Tel: 0113 843 4388 Email: leeds.mws@nhs.net

When should I go to my GP?

If you've been feeling low or very anxious and this is affecting your day-to-day life, you should consider going to see a GP (doctor). GPs see many people every week who are concerned about their mental health. They can support you and give advice on the best next steps to take.



Find help preparing for an appointment at www.mindwell-leeds.org.uk/doctor

How can I access services or support in my local area to improve my wellbeing?

Linking Leeds is the city-wide social prescribing service for people in Leeds, aged 16 years and over. Social prescribing can help you access a range of local non-medical services or activities to improve your health or wellbeing. It could, for example, help you to improve your physical health, join local groups or find help for money or housing worries.

You can self-refer to the service by calling 0113 336 7612 or go to www.commlinks.co.uk/linking-leeds for a form.

Email: linking.leeds@nhs.net

Web: www.mindwell-leeds.org.uk/social-prescribing

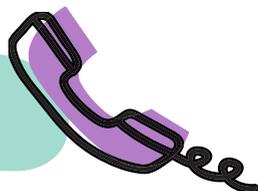
Live Well Leeds is a community-based mental health support service for people in Leeds aged 18 and over who have mild to moderate mental health support needs. The service covers the whole of Leeds and offers a range of services that include one-to-one support, group support, befriending, volunteering, social groups and wellbeing activities. If you're registered with a Leeds GP, you can self-refer to the service at www.livewellleeds.org.uk
Tel: 0113 219 2727

Who can I talk to for emotional support?

Samaritans helpline is open at any time of the day or night to talk about whatever you're going through. Tel: 116 123 (free phone).

Connect Helpline offers emotional support to people in Leeds every night 6pm-2am. Whatever your problems are, Connect can help. Tel: 0808 800 1212 (free phone) or go to www.lslcs.org.uk/connect-helpline for online chat.

Deaf Connect is open Mondays at 7-11pm. Glide/ Text: 07500 870 987. Skype/ FaceTime: survivor.led@lslcs.org.uk



Teen Connect helpline is for anyone aged 11-18 years old. It's open every Monday to Friday 3.30pm-2am and Saturdays and Sundays 6pm-2am. Tel: 0808 800 1212, text 07715 661 559 or go to www.lslcs.org.uk/teen-connect for online chat.

The Mix offers free emotional support and information to young people under 25 years old. They also offer support via text message, email and online chat. Tel: 0808 808 4994. Web: www.themix.org.uk

Find more services and helplines at www.mindwell-leeds.org.uk/help

How can I find counselling?



Counselling involves discussing personal experiences and issues with a person who is trained to listen in a safe and confidential place. The following local services provide counselling (some costs may apply):

Northpoint Wellbeing offers a range of services including therapy and counselling across West Yorkshire. Tel: 0113 245 0303. Web: www.northpoint.org.uk

Leeds Mind offers low cost counselling and group therapy. Tel: 0113 305 5800. Web: www.leedsmind.org.uk/our-services/counselling-all

The Marketplace provides a range of free and confidential drop-in and counselling services to young people aged 11-25 years old. Tel: 0113 246 1659. Web: www.themarketplaceleeds.org.uk

Kooth is a free, safe and anonymous service for 10-18 year olds where they can chat one-to-one with counsellors and connect with peers through live moderated forums. Web: www.kooth.com

Find more counselling services at www.mindwell-leeds.org.uk/counselling

Where can I find peer support or a support group?

Peer support brings people with similar experiences together so that they can share knowledge, emotional support and practical help in a safe, supportive environment.



Leeds Mind Peer Support offers a range of peer-led social and support groups, courses and workshops.
Tel: 0113 305 5800.
Web: www.leedsmind.org.uk/our-services/peer-support

Go to www.mindwell-leeds.org.uk/support-groups for a wide range of support groups. These include groups for carers, people of different ages and diverse cultural and ethnic backgrounds, LGBT+ people, women and men, including Andy's Man Club.

How can I find support for a bereavement?

Leeds Bereavement Forum offers information about bereavement and can signpost you to the most appropriate local service.
Tel: 0113 225 3975. Web: www.lbforum.org.uk

Leeds Cruse Bereavement Care provides support for bereaved people aged over 18 to help them understand their grief and cope with their loss. Tel 0113 234 4150. Web: www.cruse.org.uk

Leeds Suicide Bereavement Service provides one-to-one, group and family support and counselling to those who have lost someone through suicide. Tel: 0113 305 5800.
Web: www.leedssbs.org.uk

Find more information about grief and loss at www.mindwell-leeds.org.uk/bereavement



Where can I find support as a new parent or parent-to-be?

Being pregnant or becoming a parent isn't always the happy time that people imagine. Many people often put off asking for help when they feel low or anxious because they're worried about being judged as a failure or a bad parent. If you're struggling, talk to your midwife, health visitor or GP about support available to help you feel better.



Find lots more information and help at www.mindwell-leeds.org.uk/baby

How can I find help or support as a carer?

If you're helping a friend or family member due to their illness, mental health or a substance misuse problem then you're an unpaid carer.

Carers Leeds provides information and advice as well as social and emotional support for unpaid carers in Leeds.
Tel: 0113 380 4300. Web: www.carersleeds.org.uk

What support is available for LGBT+ people?

Yorkshire MESMAC is a sexual and mental health organisation supporting LGBT+ communities in Leeds.
Tel: 0113 244 4209. Web: www.mesmac.co.uk

Switchboard - LGBT+ helpline

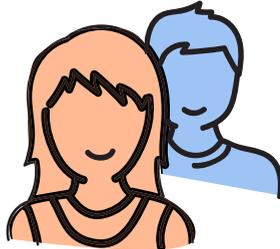
Call 0300 330 0630 with whatever you want to talk about. Open 10am-10pm every day.

Find more support and helplines at www.mindwell-leeds.org.uk/lgbt

Where can I find help for an alcohol, drugs or gambling problem?

Forward Leeds is the alcohol and drug service for adults, young people and families. It offers advice and support if you're concerned about your alcohol or drugs use or someone else's. You can refer yourself through the website. Tel: 0113 887 2477. Web: www.forwardleeds.co.uk

Leeds Community Gambling Service offers help to anyone experiencing gambling harm across Leeds, including people affected by the gambling behaviour of a family member or friend. You can access support face-to-face, online or over the phone and all services are free and completely confidential. Tel: 0113 388 6466 or self-refer at www.gamcare.org.uk/leeds



How can I find help as a student?

It's important to register with a local GP. You can find a GP near you at www.nhs.uk/service-search/find-a-gp



You can also contact your university/college student wellbeing team to discuss support for your mental health. The services featured in this booklet can also be accessed by students in Leeds.

For self-care tools and more help for students go to www.mindwell-leeds.org.uk/students

Where can I find support after experiencing a crime?

You can talk to **Victim Support** in confidence if you need emotional or practical support with any crime that you've experienced. Victim Support is independent of the police and the helpline is open 24 hours a day. Tel: 0808 168 9111. Web: www.victimsupport.org.uk

Support After Rape & Sexual Violence Leeds (SARSVL) offers support to all women and girls who have been affected by sexual violence, of any kind, at any time in their lives. Tel: 0808 802 3344. Web: www.supportafterrapeleeds.org.uk

Survivors West Yorkshire provides support to men and women who have been affected by sexual violence. Web: www.survivorswestyorkshire.org.uk

Find more support and services at www.mindwell-leeds.org.uk/help

How can I find support for domestic abuse or violence at home?

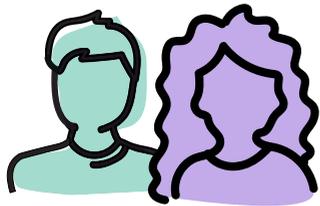
Leeds Domestic Violence Service helpline is open 24 hours a day for confidential support, information and access to emergency accommodation for women and men experiencing violence, fear or abuse at home. Tel: 0113 246 0401. Web: www.ldvs.uk

Find more support and services at www.mindwell-leeds.org.uk/help



How can I find support, if I or someone I care about, self-harms?

Self-harm is when someone hurts themselves, on purpose, as a way of coping with or releasing strong emotions that feel overwhelming. It's possible for all kinds of people with different backgrounds, experiences and ways of life to self-harm at times. If you feel you need support for your self-harming, or someone else's, there is help available.



Go to www.mindwell-leeds.org.uk/self-harm for tools to help manage self-harm including the Calm Harm mobile phone app, and information about support such as Battle Scars, a Leeds charity, which runs several survivor-led support groups in different areas of Leeds: www.battle-scars-self-harm.org.uk

I was hurt or abused as a child. Where can I go for support?

If you're an adult who experienced sexual abuse as a child you may never have felt able to talk to someone about what happened. Or, you may have tried to talk to someone and not felt heard. Whatever the difficulties that you're experiencing now, there is help and support available in Leeds and you're not alone.

Find more information at www.mindwell-leeds.org.uk/childhood-abuse

Find quick techniques to help you feel calmer:
www.mindwell-leeds.org.uk/calm



Help with money, housing and work issues



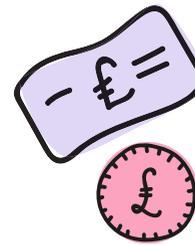
Leeds Welfare Rights can offer independent advice and support for your individual situation. Tel: 0113 376 0452. Web: www.leeds.gov.uk/residents/council-tax-and-benefits/welfare-rights

Find more help at www.mindwell-leeds.org.uk/benefits



Leeds Housing Options is a free service for people who are homeless or at risk of becoming homeless. Tel: 0113 222 4412. Web: www.leeds.gov.uk/housing

Find more help at www.mindwell-leeds.org.uk/housing



Citizens Advice Leeds can offer advice on benefits, debt and money problems. Tel: 0113 223 4400. Web: www.citizensadviceleeds.org.uk

You can find a number of organisations in Leeds that give free independent money advice at www.mindwell-leeds.org.uk/money

Help for work-related issues

Go to www.mindwell-leeds.org.uk/work-issues for information about looking after your mental health at work, work-related stress and resolving work-place issues.

Leeds employers can access a workplace wellbeing guide at www.mindwell-leeds.org.uk/employers



How to find help in a mental health crisis

Web: www.mindwell-leeds.org.uk/help

If you're under the age of 18 go to www.mindmate.org.uk and search 'Urgent help'.

A mental health crisis often means that you no longer feel able to cope or be in control of your situation. If you're feeling very distressed or hopeless it's important to know that you're not alone.

Helplines offering listening and emotional support

Samaritans is open **24/7** to talk about whatever you're going through. Tel: 116 123 (free phone).

Connect Helpline offers emotional support to people in Leeds **every night 6pm-2am**. Tel: 0808 800 1212 (free phone) or go to www.lslcs.org.uk/connect-helpline for online chat. **Teen Connect** is for anyone aged 11-18 years old; **Deaf Connect** offers help for BSL users (see page 5 for opening times and details of these services).

Help from the NHS

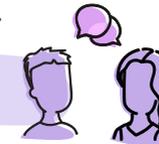
Ring NHS 111 (open 24/7) if you, or someone you know, needs urgent care but it's not life threatening. Or talk online at www.111.nhs.uk

Talk to a GP - ask for an emergency appointment with the first available GP. A GP can talk to you about your mental health and refer you to another service if necessary.

Leeds and York Partnership NHS Foundation Trust (LYPFT)'s Crisis Resolution Intensive Support Service (CRISS) provides assessment and intensive support to adults aged 18-65 years who are experiencing a mental health crisis. It's **open 24/7, every day**. If you need help urgently call the LYPFT Single Point of Access (SPA) on 0300 300 1485.

What if I'm already receiving care from LYPFT? You should have contact details for your Care Co-ordinator, or another health professional, in your crisis/safety plan who you can contact initially. However, if they're not available and you need help urgently call the LYPFT SPA on 0300 300 1485.

Places you can go in a crisis



Well-Bean 'Hope in a Crisis' Cafe is open to people in crisis (aged 16 and over). The cafe can offer emotional one-to-one support, a safe social space, refreshments and practical help. You can self-refer on 07760 173 476 (call or text) each time you wish to visit. Web: www.touchstonesupport.org.uk/well-bean-cafe-hope-in-a-crisis

- **Saturday, Sunday and Monday evenings 6pm-12am** at Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB
- **Tuesday and Wednesday evenings 6pm-12am** at Touchstone House, 2-4 Middleton Crescent, Beeston, LS11 6JU
- **Thursday and Friday evenings 6pm-12am** at New Wortley Community Centre, 40 Tong Rd, Leeds LS12 1LZ

Dial House is a place of sanctuary that offers one-to-one support for people in crisis (16 and over). It's open **every Monday, Wednesday, Friday, Saturday and Sunday, 6pm-2am**. Call 0113 260 9328 or text 07922 249 452 from 6pm on the night you wish to visit (as early as possible). Taxis are provided. BSL users please text 07922 249 452 at 6pm so that an interpreter can be arranged. 12 Chapel Street, Halton, Leeds, LS15 7RW. Web: www.lslcs.org.uk/dial-house

Dial House @ Touchstone offers support and sanctuary for people from Black & Minority Ethnic (BAME) backgrounds (16 and over). It's open **Tuesdays and Thursdays 6pm-12am**. Refugees and asylum seekers welcome. Call 0113 249 4675 or text 07763 581 853 on the night you wish to visit. Web: www.lslcs.org.uk/dial-house-touchstone



If you are at risk of taking your life call 999 for an ambulance or go to A&E.

Where to find more information online

Searching online is often now the first way people look for information when they, or the people they care about, need help. You can also find a lot more information online.

If you need some support to help you get online, you can go into any library or community hub in Leeds and ask about learning computer skills. Staff will be able to signpost you to the best way of learning for you, and most libraries in the city hold weekly drop-ins.

If you are not able to talk to staff in person, please call 0113 378 5005, or find more information at www.leeds.gov.uk/leisure/libraries/learn-in-the-library

Information for adults

MindWell

MindWell is the mental health website for adults in Leeds. It's funded by NHS Leeds Clinical Commissioning Group (CCG) to give people and professionals in the city a single 'go to' place for information.

MindWell is simple and easy-to-use and can help you to access:

- Information about a wide range of support from across the NHS, Leeds City Council and the third sector.
- Self-help tools and techniques to help you look after your mental health.
- Resources to help manage common problems, such as anxiety, low moods and stress.
- Help for what to do in a crisis or mental health emergency.

Web: www.mindwell-leeds.org.uk
Twitter: follow @MindWellLeeds

Information for children and young people

MindMate

MindMate is a dedicated mental health and emotional wellbeing website in Leeds for children, young people, parents and professionals.

Developed with young people, MindMate offers tips and tools to support self-help and explains what support is available in Leeds and online for young people, along with specific pages on common issues.

MindMate offers clear signposting to local and national services and can help you find support for people under the age of 18, including:

- **Teen Connect**, a Leeds-based helpline for 11-18 year olds.
- **Kooth** online counselling for 10-18 year olds.
- **The Market Place** which offers a range of services for 11-25 year olds including drop-ins, group work and counselling.
- **Safe Zone**, a crisis service for young people aged 11-17, open on a number of nights a week in locations across Leeds.

You can also go to MindMate for information about the Leeds MindMate Single Point of Access (SPA). Young people (13-17 years) (as well as parents and carers of children aged 5-17 years and professionals) can refer into the SPA when they identify a need for support with their emotional wellbeing or mental health. MindMate SPA will work with local services to find the right support.

Web: www.mindmate.org.uk

Twitter and Facebook: follow @MindMateLeeds

Instagram: follow mindmateleeds

Developed by Public Health (Leeds City Council) and MindWell (funded by NHS Leeds CCG). If you're a professional and would like to order more booklets please call the Public Health Resource Centre on 0113 378 6200.

Self-help tips to take care of your mental wellbeing

Web: www.mindwell-leeds.org.uk/feel-better

Life can be busy and it's not always easy to find the time to look after yourself. Taking some small steps, however, can help you feel calmer, boost your mood and help combat the effects of stress and anxiety.



Look after your physical health:

- Take regular moderate exercise (30 minutes every day).
- Eat a well-balanced diet.
- Get a good night's sleep.
- Cut down on caffeine, smoking and drinking alcohol.

Talk through a problem with a friend – sharing a problem with someone you trust can relieve some of the pressure, help you feel more supported and see the problem in a different way.



Make a list to help break problems down – don't try to deal with everything at once. Ask yourself – what can wait, what's important and can anyone else help?

Create time for yourself each day – build in some time each day to shut off and do something you enjoy – read a book, watch your favourite TV programme, or call a friend.



Try something new – doing something different can help you switch off and relax. Give yourself a challenge – try a new activity, learn something new or start a new hobby.

Get creative – painting, drawing, photography, craft, and writing can be relaxing and calming and can help re-focus thoughts away from everyday worries and concerns.



Spend time in a green space – breathe the fresh air and listen to the birds. Why not visit one of the many local parks in Leeds?

Take notice – try to focus on the present moment. When doing everyday tasks – ask yourself what you can hear, feel, smell, taste.

