

Self-referral information

Leeds Improving Access to Psychological Therapies (IAPT)

[IAPT](#) offers a wide range of therapies that can help people experiencing common mental health problems like [anxiety, stress, panic and depression](#) to support themselves and make positive changes. Leeds IAPT provides group, online and one-to-one talking therapies. If you are over 17 years of age and registered with a Leeds GP you can self-refer through an [online form](#) - a number of questions will pop-up - these are to make sure you are being directed to the right service. The [Stress Control Course](#) can be booked through an [online bookings](#) page. Your GP can also refer you to IAPT. This service is not appropriate for people who are already receiving treatment from another mental health service or who have a severe or long-term mental health problem.

www.mindwell-leeds.org.uk

Tel 0113 843 4388 (local-rate charges)

www.leedscommunityhealthcare.nhs.uk/iapt

Social prescribing services

[A social prescribing service](#) can help you to connect with a range of non-medical services and activities in your local area which can support your health and wellbeing. Your local service could help you, for example, get support to improve your physical health, find employment or volunteering opportunities, tackle money or housing issues or access befriending schemes and [peer support](#). Your GP may refer you to a social prescribing service in Leeds or [you can refer yourself](#).

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

Connect Helpline

[Connect](#) is a telephone helpline for people living in Leeds. The service provides emotional support and information for people in distress. People call Connect who are feeling anxious, lonely, angry, experiencing mental health problems or a 'life crisis' or just need to talk. The service is also there for carers who need to talk to someone. Trained volunteers and workers provide compassionate, non-judgemental support and can give information about other services, if needed. Whatever your problems, Connect can help. You can also talk to Connect through [instant chat](#).

Open 6pm-2am every night of the year.

Tel 0808 800 1212 (freephone)

www.slcs.org.uk/services/connect-helpline

Dial House

[Dial House](#) is an out-of-hours Leeds service for people in times of crisis. It is a place of sanctuary where visitors can relax in a homely environment and have an hour of one-to-one support from the team of crisis support workers. You may be feeling anxious or lonely, experiencing mental health problems or money worries or going through a 'life crisis' like the break-down of a relationship.

Visitors who are attending for the first time, can just turn up from 6pm. If you have been before you will need to ring **0113 2609328** or text **07922 249452** from 6pm on the night you

want to request a visit (it's best to ring before 7.30pm if possible). Dial House has a family room, so parents can bring children with them. Taxis to and from the service are provided.

Open Monday, Wednesday, Friday, Saturday and Sunday - 6pm-2am.

[12 Chapel Street, Halton, Leeds, LS15 7RW](#)

www.lslcs.org.uk/services/dial-house

Dial House@Touchstone

[Dial House@Touchstone](#) is an out-of-hours crisis service in Leeds for people from Black and Minority Ethnic (BME) groups. When you are finding it hard to cope - it's a place you can go for emotional support and information. Dial House@Touchstone is a confidential service and all staff are from BME groups. Refugees and asylum seekers are welcome. Call **0113 249 4675** or text **07763 581 853** on the night you wish to request a visit.

Open Tuesdays and Thursdays, 6pm-11pm.

[53-55 Harehills Avenue, Leeds, LS8 4EX](#)

www.lslcs.org.uk/services/dial-house-touchstone

Well-Bean Hope in a Crisis Café

[Well-Bean Hope in a Crisis Café](#) is open to people in Leeds who are experiencing a crisis. The cafe can offer emotional one-to-one support for up to one hour, support in a safe social space as well as practical help. Support focuses on loneliness, isolation, emotional health and wellbeing. You can self-refer to this service - visitors should ring or text first on **07760 173476** each time they would like to go to the cafe. If you turn up without calling first you will need to be assessed beforehand and then asked to wait to see if you are allocated a place. Refreshments and hot food are served every evening. Professionals can refer on 07760 173505.

Open on Saturday, Sunday, Monday and Bank Holiday evenings 6pm-12am.

[Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB](#)

Open on Tuesday and Wednesday evenings 6pm-12am.

[Touchstone House, 2-4 Middleton Crescent, Beeston, LS11 6JU](#)

www.lslcs.org.uk/services/well-bean-hope-in-a-crisis-cafe

Safe Zone

The **[Safe Zone](#)** is a service for young people aged 11-17 experiencing a crisis, based in Leeds city centre on Monday evenings. If you're aged 11-17, Safe Zone is a place you can go that's supportive and relaxing. It's run by **[The Market Place](#)** and is staffed by youth workers and counsellors who can offer around 40 minutes of emotional and practical support. There is also a social space where you can unwind for 20 minutes after your support session to use the facilities including games, crafts, food and drink.

If you're aged 16 or 17, you can either drop-in or refer yourself. The latest they can accept a drop-in appointment is 9.30pm. If you're aged 11 to 15, referrals are needed. You can refer yourself that day or be referred by a parent/carer or professional. Call 0113 819 8189 for

referrals (open from 5pm – 6pm every Monday). Safe Zone will need details of how you will get to and be picked up. 11 and 12 year olds will need parental/carer permission to attend. Safe Zone will need to collect some basic information from you to ensure they can provide you with the best service and support. Referrals will run on a first come, first served basis.

Open on Monday evening from 7pm to 10pm.
[18a New Market Street, Leeds, LS1 6DG](#)

www.themarketplaceleeds.org.uk/safezone/

Leeds Mental Health Drop-in

People experiencing problems with their mental health can go along to a weekly drop-in session in a safe space in the city centre for emotional and practical support. Come and find out more about mental health services, receive advice on how to manage your mental health from professionals, talk to someone about how you're feeling and get practical support with tasks like arranging hospital appointments or completing forms. You do not need to be a mental health service user to attend. Please note, the drop-in sessions are not for people experiencing a mental health crisis or those under the influence of drugs or alcohol.

Fridays 12.30-2.30pm
Room 5, Civic Hall, Leeds

Aspire

[Aspire](#) is the Leeds Early Intervention in Psychosis Service, providing support to people aged 14 – 65 who are, or may be, experiencing their first episode of psychosis. They can support families and friends as well. Referrals are accepted from professionals, from concerned family/friends or from the person experiencing difficulties.

Tel 0113 200 9170 (local-rate charges)
www.commlinks.co.uk/services/leeds/aspire/

Forward Leeds

[Forward Leeds](#) is the alcohol and drugs service for adults, young people and families living in Leeds. You can call Forward Leeds for advice, information and support if you are concerned about your alcohol use or drugs use or someone else's. You can also call to refer yourself or someone else to alcohol or drug services in Leeds or download a [referral form](#) from the website.

Tel 0113 887 2477 (local-rate charges)
www.forwardleeds.co.uk

The Marketplace

[The Market Place](#) offers a range of services to young people in Leeds aged 13-25 years old for mental health and sexual needs and to provide support in times of crisis. All services are free and confidential. The Market Place have regular drop-in sessions when you won't need an appointment to see a youth worker and can get some support for any issue that's affecting you. If you're interested in accessing one-to-one support or counselling, you need

to first book an 'Intro session.' Intro sessions are limited - call The Market Place to find out more or come to a drop-in session. Intro sessions are your opportunity to find out about services and discuss what support you feel you need.

18A New Market Street, Leeds, LS1 6DG

Tel 0113 246 1659

www.themarketplaceleeds.org.uk

NHS111

[NHS 111](#) is the NHS non-emergency number. Call 111 (free phone) and speak to a highly trained adviser, supported by healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care for you or someone you are concerned about. Open 24 hours every day.

Leeds and York Partnership NHS Foundation Trust's (LYPFT) Single Point of Access (SPA) Team

The Single Point of Access (SPA) Team provides an access point for referrals by health care professionals to specialist mental health services in Leeds. They are available 24 hours a day, seven days a week. People can call the SPA to make a referral for someone if that person has previously been under the care of LYPFT.

Tel 0300 300 1485 (local-rate charges)

www.leedsandyorkpft.nhs.uk/contact-us/urgent-referrals/

The Samaritans

[The Samaritans](#) helpline is open at any time of the day or night to talk about whatever you are going through. You don't have to be suicidal to call.

Tel 116 123 (freephone)

www.samaritans.org