

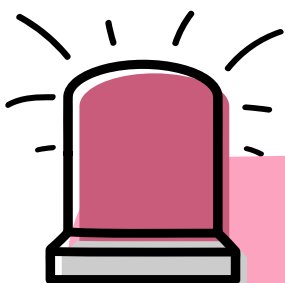
How to find help in a mental health crisis

MindWell

The mental health website
for people in Leeds

produced in partnership with

healthwatch
Leeds



**Are you, or someone else, in immediate danger? Call 999 or go to A&E.
Is someone with you? Can you call someone you trust?**

Are you struggling to cope or feeling emotional distress?

Talking to someone can help you see beyond how you are feeling right now.



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

**? What is a
mental health
crisis?**

Each person's experience of crisis is personal to them. It can feel like reaching a breaking point. Or, the world crashing down on you and no longer being able to cope. The causes of crisis are very individual as well. Some people find their mental health getting worse very quickly. While other people may find themselves facing a difficult life event, or, being overwhelmed by life stresses. Leeds offers a range of support services to help people in different situations and with different needs: www.mindwell-leeds.org.uk/help

**i How can I seek
help from NHS
services?**

Call NHS 111
Not sure what
to do? Call 111

(open 24/7) when you need help urgently, but it's not life threatening.

Talk to your GP

Ask your GP surgery for an emergency appointment with the first available GP. Your GP can talk to you about your mental health and refer you to another service if necessary. If you're waiting for an appointment you can still access the other kinds of support on this page.

What if I'm receiving care from Leeds and York Partnership NHS Foundation Trust (LYPFT)?

You should already have a contact for your Care Co-ordinator or another health professional in the team looking after you. This might be written in your crisis/safety plan. If you cannot find this or need urgent help accessing LYPFT services, you can call their Single Point of Access on **0300 300 1485**.

**Who can I
talk to?**

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

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) or go to www.lslcs.org.uk for online chat.

Teen Connect is for anyone aged 13-18. Tel: **0808 800 1212**, text **0771 566 1559** or go to www.lslcs.org.uk/teen-connect for online chat.

Leeds Nightline is a confidential listening and information service for students. Open 8pm-8am every night of university term time. Tel: **0113 3801285** or [instant messaging](http://instantmessaging.com). Web: <https://leeds.nightline.ac.uk>

Go to www.mindwell-leeds.org.uk/help to find other helplines & services for a range of issues such as money, housing, work & benefit problems, bereavement, relationship breakdown, alcohol & drug use and gambling.

**Where can I go
for support?**

Dial House is a safe place for people (16+) in crisis offering emotional & practical support. Open Monday, Wednesday, Friday, Saturday and Sunday, 6pm-2am. If it's your first visit, just turn up 6-7pm. If you've been before ring **0113 2609328** or text **07922 249452** between 6-7pm on the night. 12 Chapel Street, Halton, LS15 7RW.

Dial House@Touchstone is for Black and Minority Ethnic (BAME) groups (16+). Refugees and asylum seekers welcome. Open Tuesdays & Thursdays, 6pm-12am in Harehills. Tel: **0113 249 4675** or text **07763 581 853** on the night you wish to visit.

Well-Bean 'Hope in a Crisis' Cafe can offer one-to-one support and a safe social space for people (16+) in crisis. Ring or text first on **07760 173476** each time you want to visit. Open 6pm-12am; Saturday-Monday evenings in Lincoln Green, Tuesday-Wednesday in Beeston & Thursday-Friday in New Wortley. www.touchstonesupport.org.uk/well-bean-cafe-hope-in-a-crisis

The Market Place offers mental health services in Leeds city centre to 11-25 year olds including regular drop-in sessions & **Safe Zone**, a crisis service for 11-17 year olds on Monday evenings. Tel: **0113 2461659** www.themarketplaceleeds.org.uk

