

Support to help you stay mentally well

Problems like mild depression, anxiety, stress, panicking, nervousness, isolation and loss of sleep can make it difficult for us to cope with life's daily demands.



You don't need to cope alone. If you live in Kirklees and are over the age of 17, the **NHS Kirklees Talking Therapies** can help. For self referral:

www.kirklees-talkingtherapies.nhs.uk **01484 343700**

Calderdale & Kirklees Recovery & Wellbeing College

Offering courses to help learners be well and stay well. Open to all - simply enrol or for more info visit our website at: www.calderdalekirkleesrc.nhs.uk Call: **07717 867911**
Email: ckrecovery.wellbeing@swyt.nhs.uk



If you or somebody you know are struggling with feeling down, worried, overwhelmed, or are having thoughts of self-harm and suicide, **Here For You** is available to you every night of the year from 6pm until midnight.

We work in Kirklees to provide free, confidential, face-to-face or telephone support. Please call **07741 900395** on the night when you need support, or if you would like, come to one of our spaces.

For more information, please visit: www.touchstonesupport.org.uk/hereforyou or follow **@HereForYouTS** on social media.



Supporting adults 18 years+ on a 1-to-1 and group basis to develop personally tailored health and wellbeing goals such as stopping smoking, weight management and improving physical and mental health.

Tel: **01484 234095**

Email: wellness.service@kirklees.gov.uk

Web: kirkleeswellnessservice.co.uk



#ITSOKAYTALK

One man every two hours, that's twelve men every day, die by suicide – the single biggest killer of men under 54. Let's show men all across the world that it's okay to talk. Regular meetings in various locations around Kirklees – see website for more information.

www.andysmanclub.co.uk

Email: info@andysmanclub.co.uk

Personalised Care Kirklees

Social Prescribing Link Workers will talk with you about what matters to you – about any issues and challenges you are experiencing (including financial, housing, employment, mental wellbeing). To book an appointment, contact your GP surgery.

www.kirklees.gov.uk/beta/health-and-wellbeing/personalised-care



Call **01484 421461**

We offer practical help and support with housing, benefits, physical and mental health and finances. Free advice drop-in at our community cafe between 9:30-12:00pm Mon, Tue, Thur, Fri.



Combat Stress is the UK's leading charity for veterans' mental health.

24-hour Helpline
0800 138 1619

www.combatstress.org.uk



The Community Health and Social Care Hub

Get in touch if you would like further information or advice on adult social care and support services available in Kirklees.

Call **0300 304 5555**

www.kirklees.gov.uk/beta/social-care/contact-adult-social-care-services.aspx



Helping to reduce isolation/loneliness, and connecting you with groups, activities, volunteering, training and employment opportunities.

Get in touch by telephone **01484 225224** or online form.

Web: kirkleescommunityplus.co.uk



Kirklees Citizens Advice provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities on a wide range of issues including benefits, debt, employment, housing, relationships, immigration and much more.

Call **0808 278 7896**



Hub of Hope is the UK's leading mental health support database and signposting tool. Type in your postcode or city to find local organisations.

www.hubofhope.co.uk



Provide Counselling and psychological support for:

- People living with or affected by HIV
- Men needing support with their sexual orientation
- Gay and Bisexual men
- Female partners in relationships with men who are attracted to or having sex with men

Call:

01484 469 691

TCD – Tackling social isolation in the community through diverse activities. We are dedicated to transforming lives and breaking down barriers for people with learning disabilities, mental health issues and older people through dance, exercise, and wellbeing chats.

Email: charitytcd@gmail.com



RASAC offers therapeutic and advisory services for anyone, aged 13+, who have experienced rape, sexual and domestic abuse, at any time in their lives, living in Kirklees, Calderdale and Wakefield.

Telephone: **0300 303 4787**

Email: helpline@kcrasac.co.uk
www.kcrasac.co.uk



Suicide Bereavement Services

West Yorkshire Suicide Bereavement Service

Support for anyone who has been bereaved or affected by suicide across West Yorkshire. In Kirklees, we also work with children and families. www.leedsmind.org.uk/sbs

Queries and questions can be directed to

Sbs@leedsmind.org.uk or **0113 305 5800**

Feeling suicidal?

If you or someone you know is in immediate danger, please call 999

www.suicidepreventionwestyorkshire.co.uk

Calderdale and Kirklees Single Point of Access for Adult Referrals (18+) into Secondary Care Mental Health Services.

Call: **01924 316830**



PAPYRUS
PREVENTION OF YOUNG SUICIDE

If you are a young person under 35 having thoughts of suicide or are concerned for a young person who might be, you can contact PAPYRUS HOPELINE247 for confidential support and practical advice.

Call **0800 068 4141**

24 hour service including weekends and bank holidays

Text: **07860039967**

Email: pat@papyrus-uk.org

www.papyrus-uk.org

Don't forget, you can always talk to your GP about your wellbeing.

www.kirklees.gov.uk/mentalhealth

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Last updated: March 2024

WORKING TOGETHER BETTER

Are you looking for mental health and wellbeing support in Kirklees?

We are the commissioned, community adult mental health service providers from the voluntary sector, working together to provide a better mental health service in Kirklees.



Cloverleaf Advocacy - Carers Count Service

We support carers whose loved ones are experiencing, or who are in recovery from mental ill health, including those with dementia or neurodiverse conditions, those experiencing problematic substance misuse, including alcohol problems, or where an individual is experiencing both co-existing mental health and substance misuse issues. We provide 1:1 emotional support, carers groups, short carer breaks, and information and advice. We also provide advocacy support to help carers speak up for themselves.

T: **0300 012 0231**

E: info@carerscount.org.uk
www.carerscount.org.uk



Women Centre offers a variety of emotional and practical support around wellbeing specifically for women both in person and online. This includes group work, counselling and a variety of therapies as well as providing a safe place to be part of a learning community.

www.womencentre.org.uk

info@womencentre.org.uk

Huddersfield **01484 450866**

Dewsbury **07714 489445**



Free creative group activities for adults who want to look after their mental health or wellbeing including creative writing, visual arts, singing, music making and digital music. Find out more and sign up online.

www.hootcreativearts.co.uk

Call: **01484 516224** Email: info@hootcreativearts.co.uk

S2R
CREATE SPACE
PROMOTING POSITIVE MENTAL HEALTH

S2R is a mental health and wellbeing charity, providing a service to individuals and communities across Kirklees. Offering a diverse range of early intervention and prevention support activities and self-learning opportunities. Our projects include environmental experiences, creative activities, wellbeing sessions and mental health specific training. Our projects aim to destigmatise, build confidence, resilience and social connections, in order to improve and maintain positive health and life wellbeing.

Call **01484 539 531**

www.s2r.org.uk contact@s2r.org.uk



Our employment service supports people with mental health problems to find meaningful paid employment, volunteering opportunities, education or training, encouraging the development of a sense of independence, purpose and fulfilment.

Call: **01484 434866**

Email: kirkleesES@richmondfellowship.org.uk
www.rfkirkleesemployment.org.uk



Community Links have seven services in Kirklees for adults experiencing mental health issues including dementia, addiction and other complex needs. We offer group work/one-to-one and have community services supporting people in their own homes.

Please visit our website to find out more about the services and support we can offer you.

www.commlinks.co.uk



Providing confidential support for LGBTQ+ young people aged 11-21 who are living, studying, or working in Kirklees.

- Group work • One-to-ones

Call **07534 075388**

info@thebrunswickcentre.org.uk



A free, safe and anonymous online mental health support platform.

Kooth is a free online counselling and emotional well-being platform for children and young people.

It gives children and young people, aged 11-18, easy access to an online community of peers and a team of experienced counsellors.

www.kooth.com

Email: kel@kooth.com



YoungMinds is the UK's leading charity fighting for a future where all young minds are supported and empowered, whatever the challenges.

www.youngminds.org.uk



Change Grow Live

The Base

Kirklees

A free, confidential drug and alcohol service for young people up to the age of 21.

The Base also provides information, advice and guidance for professionals, families and carers who are concerned about a young person's substance use.

Call **01484 541 589**

www.changegrowlive.org/the-base-kirklees/info

We provide specialist support, advice, information and safe accommodation to anyone affected by or experiencing domestic abuse. This includes 'honour based' abuse, forced marriage or FGM.

24hr helpline 0800 0527222



Providing tailored one-to-one counselling, schools packages and crisis support for our local community.

01484 421143

www.platform-1.co.uk



Cruse
Bereavement Support

Cruse Bereavement Support is here to help anyone who is experiencing grief. Ensuring that you get the support you need, when you need it. Free service.

Call **01484 536318**

E: KirkleesArea@cruse.org.uk www.cruse.org.uk

Incha



24 hour Mental Health Helpline

Telephone: **0800 183 0558**



Change Grow Live

Drug and Alcohol Service

Kirklees

Providing services for individuals, families and communities affected by substance misuse.

Refer yourself: www.changegrowlive.org

Call **01484 353333**

Locala
Health & Wellbeing

For emotional health and wellbeing support, contact Locala 24/7 on

0300 304 5555

www.locala.org.uk

#Talkingsaveslives

SUICIDE PREVENTION



We offer specialist counselling with trained practitioners who will not judge, for anyone facing unplanned pregnancy, baby loss or pregnancy-related issues.

For more information or to book a counselling appointment please phone the office on

01484 515137



Find self-help resources for yourself and the people you care about on the Kirklees Council website.

www.kirklees.gov.uk/beta/mental-health/self-help-resources.aspx



Kirklees
Safeguarding Adults Board

