

# Other Services & Charities

All of the below charities can be found online, and aim to help people with their mental health needs.

## Night Owls

A confidential support line and online chat function for young people up to age 25 who require someone to talk to about their mental health (available 8am-8pm).



**NIGHT OWLS**  
Overnight West Yorkshire  
Listening/Advice Service

Call: **0800 148 8244** Text: **07984 392700**

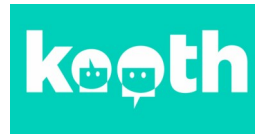
## Samaritans

A charity providing emotional support for anyone in times of emotional distress or suicidal feelings and behaviours.



## Kooth

An online mental health and wellbeing community. A free, safe, and anonymous place to find mental health support, advice and counselling. Sign up required. Also find on TikTok, Instagram, and Podcasting platforms.



## Young Minds

Information and advice for young people, parents, and carers.



## Shout

The UK's first and only 24/7 text service for anyone in crisis offering free, confidential, mental health support anytime from anywhere.



## Lifeline

Free and confidential telephone support service for children and young people.



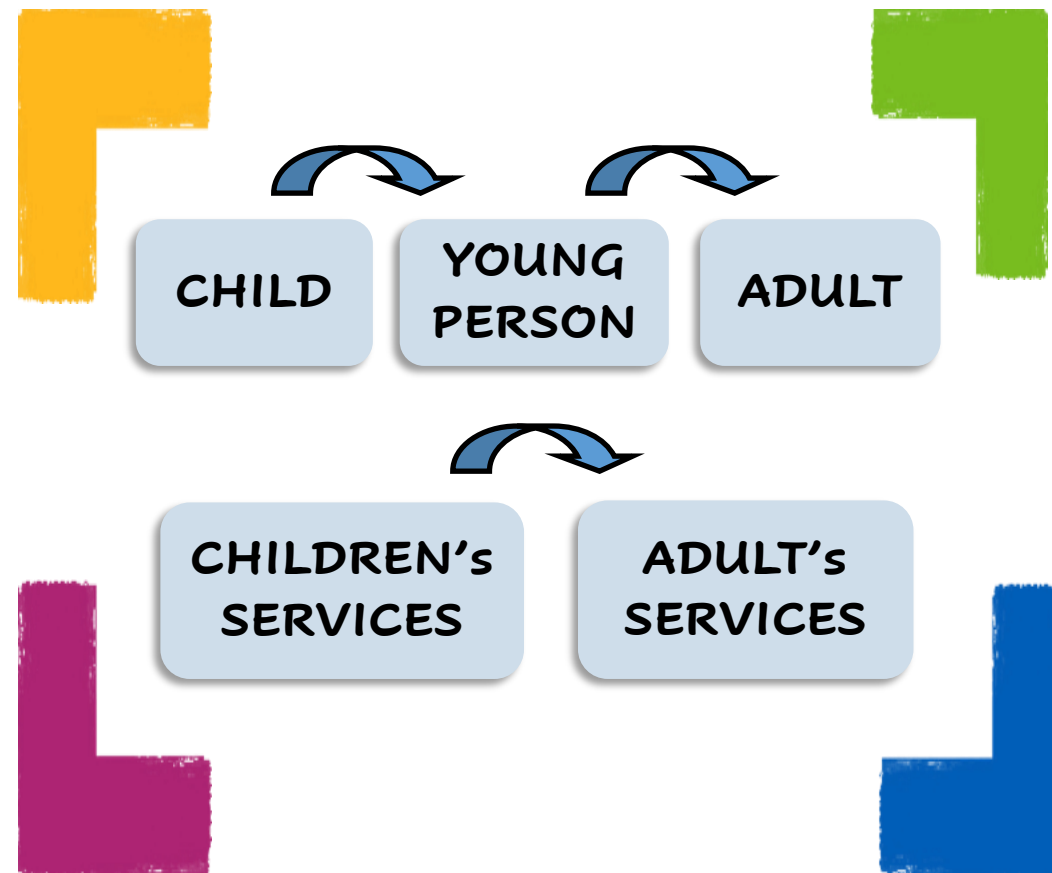
## Mind

A mental health charity offering education, resources, support, and a helpline.



**Remember, you are never alone in your mental health struggles. Please reach out for support if you are struggling to cope. Call 01924 316830 if you require immediate support.**

# Post-18 Support



# Accessing SWYT Adult Services



When you become an adult and leave CAMHS, it can be difficult to know where to go if you need support with your mental health.

Below are the options available for accessing mental health support through **South West Yorkshire Partnership NHS Foundation Trust (SWYT)** for people aged 18 and over. All of which can be found online and either operate via an online or telephone referral.

## Kirklees Talking Therapies

NHS Kirklees Talking Therapies offer 1-1 therapy sessions that can help with problems like mild depression, anxiety, OCD, stress, panicking, and isolation.

Counselling

Cognitive Behaviour  
Therapy (CBT)



Stress Control Course

Couples Therapy

Online Silvercloud self-help

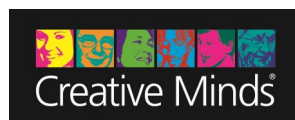
Call: **01484 343700** Email: [kirklees.talkingtherapies@swyt.nhs.uk](mailto:kirklees.talkingtherapies@swyt.nhs.uk)

## Kirklees 24-Hour Single Point of Access

If you are in need of more immediate support regarding your mental health, you can contact the Kirklees 24-Hour Single Point of Access Team on **01924 316830**.

## Kirklees Creative Minds

Creative Minds delivers creative activities for good wellbeing. These include the arts, gardening, recreational, physical activity and sport.



Call: **01924 316 285** Email: [creativeminds@swyt.nhs.uk](mailto:creativeminds@swyt.nhs.uk)

## Kirklees Recovery College

The Recovery & Wellbeing College works in partnership with volunteers and other supporting organisations to run a range of online and in-person workshops and courses which promote good mental health.



- Living well
- Managing Stress
- Joyful Journaling
- Autism Awareness
- Mindfulness

Call: **07717 867911** Email: [ckrecovery.wellbeing@swyt.nhs.uk](mailto:ckrecovery.wellbeing@swyt.nhs.uk) to enrol

# Other Kirklees Services

## Kirklees Community Plus



Provides personalised support in your home, by telephone, a local venue or a mixture of all three. They operate in Huddersfield, Batley/Spennings and Dewsbury/Mirfield.

Call: **01484 225224** Email: [community.plus@kirklees.gov.uk](mailto:community.plus@kirklees.gov.uk)

## Northorpe Hall

Offers a range of support for children and young people between the ages of 5 and 25, including workshops, support groups, youth mentoring, and 1-1 counselling. Please note that some of these services require payment.



Call: **01924 492183**

## S2R Support to Recovery

Provides support through a range of social wellness opportunities, nature based and creative activities (e.g., gardening, walking, the 'Great Outdoors' project). Fill out a referral form online.



Call: **07933 358 800**

## The LGBTQ+ yOUTH Service

Working across Kirklees to provide support for young people aged 11-21 in the LGBTQ+ community. Services include: 1-1 support, family support & youth groups. Fill out a referral form online.



## Community Links Engagement and Recovery Service



CLEAR offers dynamic, creative and inspiring groups and courses to support people with their mental health and wellbeing (e.g., building confidence, making new connections, art groups).

Call: **01484 519097**

## Hoot Creative Arts

A mental health and arts charity that help people to develop their confidence, self-esteem, and creativity through music, dance, art, drama and digital arts.



Call: **01484 516 224**

## Here For You: Out of Hours Support in a Safe Space

Touchstone Here For You offers confidential 1-1 support for anyone aged 16 and over from 6pm until midnight every night of the year in safe spaces across Kirklees, Leeds, and Wakefield. The safe spaces also provide free food and refreshments. To access support, call your local team on the night that you would like support.

Kirklees: **07741900395** Wakefield: **07776962815** Leeds: **07760173476**

Email: [hereforyou@touchstonesupport.org.uk](mailto:hereforyou@touchstonesupport.org.uk)