

FEEL LIKE YOU'VE HAD ENOUGH?

citizens advice Leeds

Can help with legal, money and other problems by providing free, independent and confidential advice.

To find out about the different services in Leeds call **0113 223 4400**



If you're having problems with money or need support dealing with debt, visit Money Buddies for free, confidential, impartial advice.

0113 2350276

www.leedsmoneybuddies.weebly.com



If you need emergency food parcels, contact Leeds Food Aid Network

www.leedsfoodaidnetwork.co.uk

07557 331519

mary@leedsfoodaidnetwork.co.uk



A collective voice for the health and care third sector



Leeds CITY COUNCIL

LEEDS HOUSING OPTIONS

Advice service for people who are homeless, at risk of homelessness, or simply want advice about housing options.

0113 222 4412

07891273939*

*out of hours 5pm - 8am, emergency only

If you are worried about money problems, find help and support at:

www.mindwell-leeds.org.uk/money-worries

MindWell

MindWell is the mental health website for people in Leeds. Funded by the NHS, it brings together information about local and national services, as well as self-help tools and resources.

www.mindwell-leeds.org.uk

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

If you are 19 or under, you can contact ChildLine about anything. No problem is too big or too small. Speak to a counsellor straight away on **0800 1111 (Freephone)**.



Support, information and counselling for young people in Leeds aged 13-25.

0113 2461659

www.themarketplaceleeds.org.uk

MindMate

If you're a young person, MindMate can help you understand the way you're feeling and find the right advice and support.

www.mindmate.org.uk



Advice, information and support if you are concerned about your alcohol or drug use or someone else's. You can also call to refer yourself to services in Leeds.

Open Monday to Friday, 9am - 5pm

0113 887 2477

Are you struggling to cope or feeling overwhelmed? Talk to someone now about how you are feeling.

YOU ARE NOT ALONE.

YOU ARE IMPORTANT.

AND IT IS OK TO ASK FOR HELP.



www.lslcs.org.uk

Support in times of crisis

Feeling desperate and need a friendly face? Visitors can access Dial House when they are in crisis. It is a place of sanctuary. Open 6pm - 2am on Friday, Saturday, Sunday, Monday and Wednesday. Call **0113 260 9328** or text **07922249452** on the night you wish to request a visit. Parents in crisis can bring children with them. We can support deaf visitors using BSL. BSL users can contact Dial House through Glide on 07922 249 452 or Skype (dialhousebsl). **12 Chapel Street, Halton, Leeds, LS15 7RW**

Dial House @ Touchstone

Crisis service for people from Black and Minority Ethnic groups. Open 6pm - 11pm on Tuesdays and Thursdays.

53-55 Harehills Avenue, Leeds, LS8 4EX

Call **0113 249 4675** or text **07763 581 853**

on the night you wish to visit.

www.lslcs.org.uk

CONNECT HELPLINE

Emotional support and information for people in Leeds open 6pm-2am every night of the year.

0808 800 1212

Call Connect if you are feeling anxious, lonely, angry or just need to talk.

Run by Leeds Survivor-Led Crisis Service

In a medical emergency

CALL 999

If you need medical help in a non-emergency

CALL NHS

111



WELL-BEAN HOPE IN A CRISIS CAFÉ

The café is a safe space open to all experiencing crisis.

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

Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB

Ring or text **07760173476** on the day you'd like to visit.



Leeds Domestic Violence Service

Provides confidential support, information, and access to emergency accommodation.

24 hour Helpline

0113 246 0401



Compassionate support for people bereaved by suicide

If someone you were close to has ended their own life you can access one-to-one support, group support, or counselling.

info@leedssbs.org.uk

leedssbs.org.uk

0113 305 5803



SARSVL

provide confidential emotional support for women and girls affected by sexual violence of any kind.

CALL 0808 802 3344

TEXT 07797 803 211

EMAIL support@sarsvl.org.uk