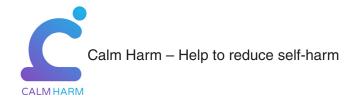
## GENERAL INFORMATION AND ADVICE

- Mon-Fri 3pm-6pm, Sat-Sun 2pm-4pm. 18a
  New Market Street, City Centre (opposite the Corn Exchange, above Hair City)
- The Mix Support for under 25's. www.themix.org.uk
- Teen Connect Telephone Counselling. Tel: 0808 800 121 (6pm-2am) Txt 0771 566 1559 www.teenconnect.org.uk
- Young Minds youngminds.org.uk. For crisis support text YM to 85258
- Mindwell Mental Health Information for everyone in Leeds.
- www.mindwell-leeds.org.uk
- Samaritans Available 24 hours a day all year round. Call 116 123 for free.
- Childline Free helpline (0800 1111) and a
  1-2-1 counsellor chat service open any day at any time if you're under 19. www.childline.org.uk/get-support/contacting-childline
- Kooth https://www.kooth.com/
- The Lucy Faithfull Foundation Child sexual abuse Stop It Now! Helpline 0808 1000 900

### **HELPFUL APPS**





SAM - Anxiety management



Headspace - Mindfulness and sleep



Daylio - Mood tracker





# MENTAL HEALTH SUPPORT



#### **SPECIFIC FOR MALES**

- CALM (Campaign against living miserably) Advice and support for men Tel: 0800 58 58 58
- https://www.cwmt.org.uk/ Charlie Waller focus on mental well-being
- Mankind https://www.mankind.org.uk/ male victims of domestic violence.

#### SPECIFIC FOR FEMALES

- Womens Counselling & Therapy Service 0113 245 5725 –counselling services
- Getaway Girls https://getawaygirls.co.uk/ empowering women aged 14-25

#### SPECIFIC TO RACE AND RELIGION

- Karma Nirvana helpline for forced marriage / honour abuse – 0800 599 9247
- Mulsim Youth Helpline 0808 808 2008

#### **ANXIETY / DEPRESSION**

- Papyrus Managing Suicidal thoughts: Tell: 0800 068 4141 papyrus-uk.org
- NHS Scotland Mood juice good, practical self-help guides on areas such as anxiety.

#### **EATING DISORDERS**

•Beat - Eating disorder info. Open every day 3pm – 10pm. Youthline 0808 801 0711 (under 18) www.beateatingdisorders.org.uk

#### **BEREAVEMENT**

- Leeds Suicide Bereavement Service: Tell: 0113 305 5803, info@leedsssbs.org.uk www.leedssbs.org.uk
- Cruse Support for those dealing with bereavement. You can call their helpline for free (0808 808 1677 Mon-Fri 9.30-5pm), email them, or take part in face-to-face group support. hopeagain. org.uk is specifical¬ly for young people experiencing loss.

#### **CARERS**

 Carers Leeds - Support for unpaid carers. Call/Txt: 0113 380 4300 www.carersleeds.org.uk

Drop-in Monday – Friday 9.30am – 3.30pm.

6-8 The Headrow, Leeds, LS1 6PT

Please refer all young carers to Debbie O'Connor

#### Drugs/ Alcohol abuse

- Change, Grow, Live support for drug and alcohol abuse
- Forward Leeds Drugs and Alcohol service. Tel: 0113 887 2477 info@forwardleeds.co.uk

www.forwardleeds.co.uk

#### MEDICAL SUPPORT

- Med Heads information about prescribed drugs e.g. anti-depressants
- DOC Ready help to prepare for GP and. Or counselling appointments.

#### PEER TO PEER ABUSE

- Paladin https://paladinservice.co.uk/ coercive control/ stalking information and advice
- Mankind https://www.mankind.org.uk/ male victims of domestic violence

#### SELF-HARM

 Battle Scars – Support for people who self harm info@battle-scars-self-harm.org.uk

Info Tel: 07410 380747 (this is not a crisis number).

www.battle-scars-self-harm.org.uk

- Self harm UK www.selfharm.co.uk
- Harmless help for self-harm including distractions sheet

#### **SEXUALITY / GENDER**

- •MESMAC HIV testing, LGBTQ+ Youth Support. www.mesmac.co.uk/resources/lgbtyouth 22-23 Blayds Yard, Leeds, LS1 4AD Tel: 0113 244 4209 Email: leeds@mesmac.co.uk
- •Mermaids support for issues about transgender
- •Banardos support for issues about transgender

#### **COLLEGE LIBRARY**

The Reading Well book list on college library website offer all the mental health related fiction and Non-Fiction available. Subjects covered include: Grief, anxiety, low mood, and self-help.