

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



Calm Harm – Help to reduce self-harm



SAM – Anxiety management



Headspace - Mindfulness and sleep



Daylio – Mood tracker



Stay Alive – Support



Notre Dame
CATHOLIC SIXTH FORM COLLEGE

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: Tel: 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: Tel: 0113 305 5803, info@leedssbs.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 specifically 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/lgbt-youth 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.