

Where to get support over the Christmas break



ND WELLBEING HUB

SUPPORTING YOU TO BE THE BEST YOU CAN BE

www.notredamecoll.ac.uk/ndhub

The Market Place 

MindMate

LEEDS
SURVIVOR-LED
CRISIS SERVICE

Safe Zone

Crisis support for 11-17 year-olds in Leeds every
Monday, Wednesday and Thursday 6-9pm

Monday: Northpoint Wellbeing, LS10 1JN

Wednesday: Touchstone Support Centre, LS8 4EX

Thursday: Dial House, LS15 7RW

To make a referral call 0113 819 8189
or 07593 529367

The phone line will be open 5.00–8.30pm
Referrals run on a first come first serve basis

shout

85258

Text Shout to
85258

Call **0808 800 1212**
Text **07984355251**
or Online chat

LEEDS
SURVIVOR-LED
CRISIS SERVICE
TEENCONNECT.ORG.UK



NIGHT OWLS

Overnight West Yorkshire
Listening/Advice Service

Call: 08001 488 244
Text: 07984 392 700
Chat online

www.wynightowls.org.uk