**Helplines**

**Samaritans**
116 123

The [Samaritans](http://www.samaritans.org/)offer support, at any time of the day, to anyone in the UK who is in distress – including those who may feel suicidal. **24 hours a day, 365 days a year**.

**Connect Helpline**
0808 800 1212

[Connect](http://www.lslcs.org.uk/services/connect-helpline/) is a telephone helpline for people living in Leeds. The service provides emotional support and information for people in distress. **Open 6pm-2am, 365 days a year.**

**SANEline**
0300 304 7000

[SANE](http://www.sane.org.uk/home) runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. **7 days a week 4.30pm to 10.30pm**

**CALM**
0800 58 58 58

The Campaign Against Living Miserably (CALM) provides a helpline for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.  **5pm–midnight, 365 days a year**.

**Leeds Domestic Violence Service**
0113 2460401

Domestic violence and abuse is a serious problem**.** It includes physical, emotional, sexual and financial abuse. Physical signs such as injuries may be easier to recognise than the emotional forms of abuse. This is the Leeds Helpline which is open **24 hours a day, 365 days a year.**

**National Domestic Violence Helpline**
0808 2000 247

The Freephone National Domestic Violence Helpline, run in partnership with Women’s Aid. **24 hours a day, 365 days a year**.

**Services for Young People.**

## **Kooth Online Counselling**

Kooth has been commissioned by Leeds CCG from December 2018 and is a free, safe and anonymous service for 11-18 year olds where young people can chat 1-2-1 with counsellors, access self-help articles 24/7 and connect with peers through live moderated forums.

Young people can access this through this link [www.KOOTH.com](https://kooth.com/)

## **The Market Place**

The Market Place is a drop in, counselling and support centre for 11 – 25 year olds in Leeds city centre.

18A New Market Street, Leeds, LS1 6DG (Opposite the Corn Exchange, above Hair City.)
Tel. 0113 246 1659

## **Teen Connect**

Out of hours support for young people in Leeds (11-18years) who feel they are in mental health crisis.  **Open 6 p.m. – 2 a.m.**every night of the year – young people can call or get online support.

[**Teen Connect webpage**](https://www.lslcs.org.uk/services/connect-helpline/teen-connect/)at

<https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>

Provided by Leeds Survivor Led Crisis Services in partnership with The Market Place.

## **Safe Zone**

Safe Zone offers crisis support for 11-17 year olds in Leeds every Monday, Thursday and Sunday 6-9pm. To make a referral, call **0113 8198189**. The phone line will be open 5.00 -8.30. Referrals run on a first come first service basis.

More information is available at:

<https://www.themarketplaceleeds.org.uk/safezone/>

**Emergency Contacts**

In the case of**immediate danger**call **999**

**Dial House**
**Tel:** 0113 260 9328  **Text:** 07922 249 452

[Dial House](http://www.lslcs.org.uk/) is a place of sanctuary which visitors can access when they are in crisis. Visitors can relax in a homely environment and can also have an hour of one-to-one support from the in-house team of Crisis Support Workers. Open 6pm–2am Friday, Saturday, Sunday, Monday and Wednesday evenings.**If you want to visit call between** **6pm and 7pm**.

During the COVID-19 lockdown, the Dial House non-medical, holistic place of sanctuary is not seeing people in person, like many other services. Instead, phonelines are open all night, and they are offering video support via Zoom. Please see [the website](https://www.lslcs.org.uk/) for more details.

**Dial House @ Touchstone**
**Tel:** 0113 249 4675  **Text:** 07763 581 853

Crisis Service for people from Black and Minority Ethnic (BME) groups. A safe and confidential service staffed by people from BME groups. A place of sanctuary and support. **Open** **6pm-11pm Tuesday and Thursday**.

During the COVID-19 lockdown, Dial House @Touchstone is operating phone support only in order to protect visitors’ physical health.

**Leeds Crisis Assessment Service**
0300 300 1485

The Leeds Crisis Assessment Service (CAS) offers assessment to people 18 years and over who are experiencing acute mental health problems that may pose a risk to themselves and/or others, who require an assessment that day or within the next 72 hours. You can access this service by calling the Single Point of Access number (as above). **24 hours a day, 7 days a week.**

**Leeds Social Care Emergency Duty Team**
0113 240 9536

For social care emergencies out of office hours please contact the Social Care Emergency duty team on the number above.

**Monday to Thursday 5pm-8am and Friday to Monday 4.30pm-8am.**

**NHS Direct**
111

[NHS Direct](http://www.nhsdirect.nhs.uk/) offers health advice and reassurance. **24 hours a day, 365 days a year**.

**Other useful resources**

**MindWell -** <https://www.mindwell-leeds.org.uk/>

[MindWell](https://www.mindwell-leeds.org.uk/)is the single ‘go to’ place for mental health information in Leeds. MindWell can help you access up-to-date information about help and support available in the city and a range of self-help resources and tool.

**National Mind**

National Mind’s ‘[How Can We help You](http://www.mind.org.uk/information-support/)‘ has information on:

* Diagnosis
* Treatments
* Rights & Legislation
* Mental Health Statistics
* Support & Social Care
* Communities & Social Groups
* Society & the Environment
* Money & Mental Health

at <https://www.mind.org.uk/information-support/>