

# Mental Health & Wellbeing Signposting – KD Local

## MH Single Point of Access Services – Crisis

Target Group: All  
Tel: 01924 316 830  
Crisis point support

## IAPT (Improving Access to Psychological Therapies)

Target Group: Adults  
Self-referral online/calling  
Tel: 01484 343 700

<https://kirkleesiapt.co.uk>

IAPT is a NHS programme for people with depression or anxiety disorders

## Perinatal MH Team

Target Group: Pregnant women or those with a baby under 1yr

Tel: 01924 316009  
Open Mon-Fri 9am-5pm

<https://www.southwestyorkshire.nhs.uk/services/perinatal-mental-health-team/>

Complete the online referral form or tel: 01924 316009 Mon-Fri 9am-5pm

Service works with women who are pregnant or have a baby up to the age of 1yr who cannot be effectively managed by Primary care services such as IAPT, GP, Midwives/Health Visitors etc.

## Andy's Man Club

Target Group: Men

[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

email: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

FB: andysmanclub

Instagram: andysmanclubuk

Twitter: @andysmanclub

Meet every Monday at 7pm except Bank Holidays  
Huddersfield Fire Station, Community Room, Outcote Bank,  
Huddersfield HD1 2JT or  
Union House, Dewsbury WF13 1AS

Peer-to-peer support group which provides a place for men to come together in a safe environment to talk about issues/problems they may have faced or are currently facing

## Luke's Lads

Target Group: Men

[www.lukeslads.co.uk](http://www.lukeslads.co.uk)

Studio 93, Jo Cox House, 90 Commercial St  
Batley WF17 5DS

Free male only, 45 minute circuit training and 30 minute support session, offering a safe place to speak  
Every Tuesday evening from 7.30pm

## Great Minds

Target Group: Men

Email Paula or Nicola: [swy-tr.greatminds@nhs.net](mailto:swy-tr.greatminds@nhs.net)

Currently offering online support to men regarding suicide prevention

## Kirklees CAMHS

Target Group: Up to 18 yrs old

Referral via professionals

Tel: 01484 343783 Mon-Fri 9am-5pm

<https://www.southwestyorkshire.nhs.uk/services/camhs-kirklees/>

CAMHS offer assessment and interventions to children and young people who present with persistent and significant difficulties relating to MH & learning disabilities

## Thriving Kirklees

Target Group: 0-19yrs

Referral process varies

0300 304 5555 24 hrs per day, 7 days a week

[www.thrivingkirklees.org.uk](http://www.thrivingkirklees.org.uk)

A partnership of local health and wellbeing providers all working together to support children, young people and their families to thrive and be healthy

## ChEWS counselling service

Target Group: 5-18yrs

Referral by telephone

Tel: 01924 492183 Email: [info@northorpehall.co.uk](mailto:info@northorpehall.co.uk)

Northorpe Hall, 53 Northorpe Lane, Mirfield WF14 0QL

ChEWS is the Children's Emotional Wellbeing Service, providing trained, experienced workers to support young people aged 5-18 whose emotional and mental health difficulties are impacting on their day to day lives, to help them back to health