

Mental Health & Wellbeing Signposting – LD Local

MH Single Point of Access Services – Crisis

Target Group: All
Tel: 0300 300 1485
Crisis point support

Leeds Mental Wellbeing Service

Target Group: All
Tel: 0113 843 4388

www.leedsmentalwellbeingservice.co.uk

Email: leeds.mws@nhs.net

Provides support and psychological therapies for common MH problems, such as stress, anxiety, low moods & depression.

This service is not appropriate for people who are already receiving treatment from another MHS or who have a severe or long-term MH problem

Northpoint Wellbeing (formerly Leeds Counselling)

Target Group: All
Referral process varies
Tel: 0113 245 0303

www.northpoint.org.uk

Email: info@northpoint.org.uk

Registered charity with a mission to help people experiencing emotional distress.

Website has links to various services

MindWell

Target Group: All
Self-referral

www.mindwell-leeds.org.uk/

Online MH information for everyone in Leeds

Well-Bean 'Hope in a Crisis' Café

Target Group: 16yrs +
Self-referral - 07760 173 476

Professionals referral - 07760 173 505

Tel: 07760 173 476

www.touchstonesupport.org.uk/well-bean-cafe-hope-in-a-crisis

Email: kimberley@touchstonesupport.org.uk

One-to-one support and a safe social space for people in crisis

Telephone/Text first each time before you visit.

Open 6pm-12am Sat-Mon evenings in Lincoln Green,

Open 6pm-12am Tue-Wed in Beeston &

Open 6pm-12am Thu-Fri in New Wortley

Community MH team

Target Group: Adults

Tel: 0113 855 0600 / 0113 271 8277

Drop-in sessions for people experiencing problems with their mental well-being or feeling isolated.

Dewsbury Rd Community Hub, Beeston - 1st Tues of every month 11am-12.30pm

Armley One Stop, Town t, Armley - 2nd Tues of every month 1pm-2.30pm

Reginald Centre Community Hub, Chapeltown - 3rs Tues of every month 1pm-2..30pm

Seacroft Community Hub, Deacon House, Seacroft - 4th Tues of every month 11am-12.30pm

Leeds MIND

Target Group: Adults

Referral process varies

www.leedsmind.org.uk

Email: info@leedsmind.org.uk

Tel: 0113 305 5800

Open Mon-Thu 9am-5pm, Fri 9am-4pm

Leeds Mind offers many services including: counselling, group therapy, social support, peer support, self-directed support, social prescribing, housing support, employment support, suicide bereavement support and MH training

Leeds Group Therapy

Target Group: Adults

Referral by initial telephone consultation

Tel: 0113 245 0303

<http://leedsgrouptherapy.org.uk/>

Group support to help improve people's emotional wellbeing, helping them to feel better about themselves and their relationships with others

Connect Helpline

Target Group: Adults

Tel: 0808 800 1212 (free)

www.lslcs.org.uk/services/connect-helpline

Email: survivor.led@lslcs.org.uk

Offers emotional support and information to people in distress

Available every night 6pm-2am

Aspire

Target Group: 14-65 yrs

Referral via GP, practice nurse, counsellors, teachers etc. & concerned family/friends/self

Tel: 0113 200 9170

www.commlinks.co.uk/services/leeds/aspire/

Provides support to people who are, or may be experiencing their first episode of psychosis

**IAPT (Improving Access to Psychological Therapies)
Now known as Leeds Mental Wellbeing Service**

Target Group: 17 yrs or over and registered with a Leeds GP
Self-referral online/calling

Tel: 0113 843 4388

0113 200 9188 (17-21 yr olds)

03000 555 0324 (13-17 yr olds)

0113 216 3000 (BME Community)

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/>

Email: leeds.mws@nhs.net

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

Dial House

Target Group: 16yrs +

Tel: 0808 800 1212

Tel: 0113 260 9328

Text: 07922 249452

www.lslcs.org.uk/services.dial-house

Email: survivor.led@lslcs.org.uk

Safe place for people in crisis, offering emotional & practical support.

Open Mon/Wed/Fri/Sat/Sun 6pm-2am.

If it is your first visit just turn up at 6-7pm.

If you have been before ring or text between 6-7pm on the night.

12 Chapel Street, Halton, Leeds LS15 7RW

Live Well Leeds

Target Group: 18+ (or 17+ if they are transitioning from children's MH services)

Self-referral or professional referral

Tel: 0113 219 2727

<https://livewellleeds.org.uk>

Email: info@livewellleeds.org.uk

Support for those who have mild to moderate MH support needs and registered with a Leeds GP

Andy's Man Club

Target Group: Men

www.andysmanclub.co.uk

email: info@andysmanclub.co.uk

FB: andysmanclub

Instagram: andysmanclubuk Twitter: @andysmanclub

Meet every Monday at 7pm except Bank Holidays
Leeds College of Building, North St, Leeds LS2 7QT

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

Great Minds

Target Group: Men

Email Paula or Nicola: swy-tr.greatminds@nhs.net
Currently offering online support to men regarding

Dial House@Touchstone

Target Group: Black & Minority Ethnic (BAME) groups 16yrs +
Refuge & asylum seekers welcome

Tel: 0808 800 1212

Tel: 0113 249 4675

Text: 07763 581 853

www.lslcs.org.uk/services/dial-house-touchstone

Open Tue/Thu 6pm-11pm

53-55 Harehills Ave, Harehills, Leeds LS8 4EX.

Telephone or Text on the night you wish to visit

The Market Place

Target Group: 11-25 yrs

Tel: 0113 246 1659

www.themarketplaceleeds.org.uk

18a New Market Street, Leeds LS1 6DG

Call first to see if Drop-in is available

Regular drop-in sessions every day of the week (times vary) & Safe Zone.

Crisis service for 11-17 yr olds on Monday evenings

Teen Connect

Target Group: 13-18 yrs

Tel: 0808 800 1212 Text: 0771 566 1559

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

Emotional support for 13-18 yr olds.

Open Mon-Fri 3.30pm-2am, Sat-Sun 6pm-2am

Leeds Nightline

Target Group: Students

Tel: 0113 3801285 or IM

<https://leeds.nightline.ac.uk/>

Confidential listening and information service for students.

Open 8pm-8am every night of university term time