

# Mental Health & Wellbeing Signposting – WD Local

## MH Single Point of Access Services – Crisis

Target Group: All  
Tel: 01924 316 900 / 01924 316 265 (out of office hours)  
Crisis point support

## Turning Point Talking Therapies

Target Group: Adults registered with a GP in Wakefield district  
Self-referral

Tel: 01924 234860  
Email: [Wakefield.talking@turning-point.co.uk](mailto:Wakefield.talking@turning-point.co.uk)  
[www.talking.turning-point.co.uk/wakefield](http://www.talking.turning-point.co.uk/wakefield)  
57 Kirkgate, Wakefield WF1 1HX  
133 Carlton St, Castleford WF10 1EF

Support for those feelings anxious, low or stressed  
Opening times:  
Mon-Fri 8am-8pm, Sat 9am-4pm, Sun 10am-4.30pm

## IAPT (Improving Access to Psychological Therapies) - Managed by Turning Point

Target Group: 16 yrs or above and registered with a GP in the Wakefield district

Tel: 01924 234 860  
<https://talking.turning-point.co.uk/wakefield/>  
Email: [Wakefield.talking@turning-point.co.uk](mailto:Wakefield.talking@turning-point.co.uk)

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

## 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  
5A Cheapside, Wakefield WF1 2SD  
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

## Catch a Falling Star - Wakefield Adult MH Support Group

Target Group: Adults

Facebook  
St Swithuns Community Centre  
Group meets to share experiences and offer support around MH related topics, checking in and supporting each other in a relaxed environment. Free to attend  
Check Facebook for up to date event information  
Group meets at 6.30pm-8.30pm dates vary

## The Richmond Fellowship MH Support Service

Target Group: Adults aged 16 yrs and above and reside in Wakefield area

Tel: 01924 339157  
[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)  
Email: [wakefield.support@richmondfellowship.org.uk](mailto:wakefield.support@richmondfellowship.org.uk)  
Drop-in sessions across the WD to access advice and guidance, signposting and on-the-spot listening on a 1-2-1 basis

## Well Woman Centre

Target Group: Women  
Self-referral

Tel: 01924 211114  
[www.wellwomenwakefield.org.uk](http://www.wellwomenwakefield.org.uk)  
Email: [info@wellwomenwakefield.org.uk](mailto:info@wellwomenwakefield.org.uk)  
24 Trinity Church Gate, Wakefield WF1 1TX

Drop-in session Monday 5pm-7.30pm, Friday 10am-12.30pm (except Bank Holidays)

Holistic service supporting women with multiple and complex needs, including IAPT, counselling, EMDR therapy, practical support, advocacy services, complementary therapies, groups and courses

## 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