



WELLSPRING

We Make A Difference



# Useful Support Services & Children's Activities in Leeds



# Support Services

## Finding support in a mental health crisis

Leeds has a range of services that can support you, if you're in crisis or feeling emotional distress.

Keep this sheet handy in your bag or purse, or, for online information go to MindWell: [www.mindwell-leeds.org.uk/help](http://www.mindwell-leeds.org.uk/help)

Under 18? Go to [www.mindmate.org.uk](http://www.mindmate.org.uk) and search 'Urgent help'.

MindWell

healthwatch  
Leeds



### Places to call

**Connect helpline** is a survivor-led service offering emotional support to people in Leeds. Open every night 6pm to 2am. Call 0808 800 1212 (free phone).

**Connect BSL helpline** is on Mondays at 7pm to 11pm, facetime/skype/glide with BSL trained staff. Call 07500 870 987.



**West Yorkshire 24 hour mental health helpline** offers support, advice and information for anyone in Leeds. Open 24/7. Call 0800 183 0558 (free phone).

## What is a mental health crisis?



Each person's experience of crisis is personal to them. It can feel like reaching a breaking point. Or, the world crashing down on you and feeling like you can no longer cope.



**It's important to know that you're not alone. There's always someone to talk to.**

**Samaritans** is always open to talk about whatever you're going through. Open 24/7. Call 116 123 (free phone).

**Leeds and York Partnership NHS Foundation Trust's Single Point of Access (SPA)** accepts referrals for anyone needing urgent care or treatment for a mental health crisis. Open 24/7. Call 0800 183 1485 (if you're deaf or have hearing loss, text 07983 323867).

**NHS 111** (freephone) is open 24/7 if you have a problem with your physical or mental health and you're not sure what to do.



**MIC**  
Money Information  
Centre



[www.leeds.gov.uk/leedsmic](http://www.leeds.gov.uk/leedsmic)



**BreezeLeeds.org** is the website for all children and young people aged **0-19** from Leeds (and their families) who are looking for positive things to do.

We gather all the places together so that they are at your finger tips.

[www.breezeleeds.org/about-breeze](http://www.breezeleeds.org/about-breeze)



**LDVS**

LEEDS DOMESTIC VIOLENCE SERVICE

**The 24 hour Leeds Domestic Violence Service helpline:**

**0113 246 0401**

# Support Services

## Face-to-face help



**GP emergency appointment** - ask to talk to the 1st available GP. GPs see many people every week who are worried about their mental health.

**Well-Bean 'Hope in a Crisis' Cafe** offers a safe and confidential space for people (16+) experiencing crisis in Leeds. Open 7 nights a week, 6pm to 12am. Face-to-face support and by phone. Call or text 1st on 07760 173 476 if you want to access the Cafe.

**Dial House** is a place of sanctuary offering emotional and practical support to people (16+) in crisis. Open Monday, Wednesday, Friday, Saturday and Sunday, 6pm to 2am. Face-to-face support, phone and video chat. Call 0113 260 9328 or text 07922 249 452.

**Dial House@Touchstone** offers support to people from Black and Minority Ethnic groups (16+). Support by phone. Open Tuesdays and Thursdays, 6pm to 12am. Call 0113 249 4675 or text 07763 581 853.



## Support by text or online chat

**Connect online** is a local survivor-led online chat service for people in distress. Open every night 6pm to 2am via website homepage: [www.lslcs.org.uk](http://www.lslcs.org.uk)

**Shout text service** struggling to cope? Text SHOUT to 85258 (free) any time 24/7 for support. Messages are anonymous and won't appear on your phone bill.

**Email the Samaritans** - sometimes writing down your thoughts can help. Email [Jo@samaritans.org](mailto:Jo@samaritans.org). Response time is 24 hours.

**Signhealth Crisis Text Service for Deaf people** Text DEAF to 85258 (free). Messages are anonymous and won't appear on your phone bill.

**NHS111** talk online if you have a medical problem and you're not sure what to do: [www.111.nhs.uk](http://www.111.nhs.uk).

**Have you injured yourself or taken an overdose? Are you at immediate risk of hurting yourself or taking your own life? Call 999 and ask for an ambulance or go to A&E**



**WHM**

Women's Health Matters

**0113 276 2851**



**Every woman deserves respect and support**



**24 Hour Helpline: 0113 246 0401**

# Support Services



## Leeds Food Aid Network

If you are in need of assistance with food or gas / electric payments, we encourage you to call the **Leeds Welfare Support Scheme** on **0113 376 0330**.

You can also call the national Citizen's Advice line, which run in partnership with the Trussell Trust, on **0808 208 2138**.



## Leeds Community Healthcare

NHS Trust

### Our Services – 0-19 Public Health Integrated Nursing

- Parents from Leeds
- Public Health Nursing
- Group Support
- ChatHealth
- School Immunisation
- Infant Mental Health
- Oral Health

### Headquarters

First Floor  
Stockdale House  
Headingley Office Park  
Victoria Road  
Leeds LS6 1PF

Tel: **0113 220 8500**

[www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)



Building  
stronger  
families

### Family Action, Families Together Leeds

Cottingley Childrens Centre,  
Cottingley Drive, Leeds LS11 0JP

Tel: **0113 532 6587** Email: [leeds.admin@family-action.org.uk](mailto:leeds.admin@family-action.org.uk)

# Support Services



**Supporting Parents & Families  
in and around Leeds**

Hope House, 65 Mabgate, Leeds LS9 7DR

Tel: **0113 244 2419**

Email: **[office@home-startleeds.co.uk](mailto:office@home-startleeds.co.uk)**

**[www.home-startleeds.co.uk](http://www.home-startleeds.co.uk)**



**Forward Leeds** provide support for adults, young people and families needing help with alcohol and drug use in Leeds.

Tel: **0113 887 2477** **[www.forwardleeds.co.uk](http://www.forwardleeds.co.uk)**



**MindEd  
for Families**

Safe and reliable advice about young people's mental health,  
created by experts and parents together!

**[www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)**


# Support Services



## Safe space for men to talk

We accept self-referrals via phone or email

 [mend@leedsmind.org.uk](mailto:mend@leedsmind.org.uk)

 **0113 305 5800**  
(Clarence House reception)

 **Men'd on Facebook**



**For brothers and sisters  
of disabled children and adults**

**You're not alone!**

Do you have a brother or sister who is disabled, has special educational needs or a serious long-term condition?

To find out more go to:  
[www.sibs.org.uk/youngsibs](http://www.sibs.org.uk/youngsibs)

**Respect**  
Men's advice line

The Helpline for male victims of domestic abuse.

**Talk it over!**

Freephone:

**0808  
8010327**



**#ANDYSMANCLUB**



**#ITSOKAYTOTALK**

To find your nearest group go to:  
[www.andysmanclub.co.uk/  
find-your-nearest-group](http://www.andysmanclub.co.uk/find-your-nearest-group)

# Support Services



**Domestic Violence & Abuse**

**Employment & Training**

**Health & Wellbeing**

**Housing & Homelessness**

Leeds – 0113 380 8900

13 Park Square East  
Leeds, West Yorkshire LS1 2LF

[central@togetherwomen.org](mailto:central@togetherwomen.org)

**LEEDS.GOV.UK**



## Help with food and household bills

To find out more go to:

[www.leeds.gov.uk/benefits/  
help-with-food-and-bills](http://www.leeds.gov.uk/benefits/help-with-food-and-bills)

 **GOV.UK**



## Carers Allowance Advice & How to Apply

To find out more go to:

[www.gov.uk/carers-allowance/  
how-to-claim](http://www.gov.uk/carers-allowance/how-to-claim)

**LASSN**

Leeds Asylum Seekers'  
Support Network



At its heart, LASSN is about the relationships and the connections we nurture between the people of Leeds: between people who are settled, and people who have just arrived.

To find out more go to:

<https://lassn.org.uk/our-work>

# Support Services



## Leeds Directory

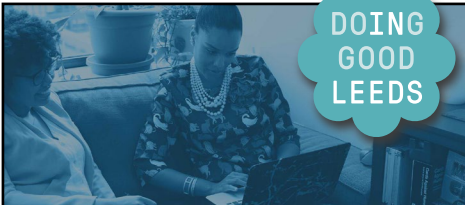
The Leeds Directory is an online source of information for services that can support you to live well in Leeds.

To find out more go to:  
[www.leedsdirectory.org/  
about-leeds-directory/about](http://www.leedsdirectory.org/about-leeds-directory/about)

MindWell

## Leeds Mental Health Support

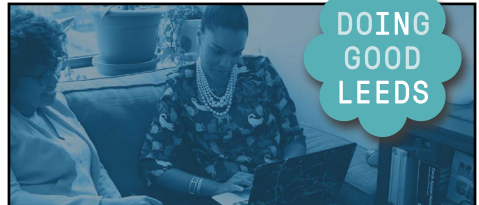
To find out more go to:  
[www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)



## Cost of living support for organisations

- Energy Bill Relief Scheme
- Relief from Business Rates

To find out more go to:  
[https://doinggoodleeds.org.uk/  
cost-of-living-and-the-third-sector-  
in-leeds/cost-of-living-support-  
for-organisations](https://doinggoodleeds.org.uk/cost-of-living-and-the-third-sector-in-leeds/cost-of-living-support-for-organisations)



## Cost of living support for individuals

Support and Resources to help you save money, and save the planet.

To find out more go to:  
[https://doinggoodleeds.org.uk/  
cost-of-living-and-the-third-sector-  
in-leeds/cost-of-living-support-  
for-individuals](https://doinggoodleeds.org.uk/cost-of-living-and-the-third-sector-in-leeds/cost-of-living-support-for-individuals)



# Useful Services

Who you can call this  
Mental Health Awareness Week



SAMARITANS

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY

If you're in Wales:



If you're under 25:

THE MIX

0300 123 3393  
Open 9am-6pm weekdays

116 123  
Always open

0800 58 58 58  
Open 5pm - midnight

0800 132 737  
Always open

0808 808 4994  
Open 4pm - 11pm



Leeds  
CITY COUNCIL

## Free School Meals

are available to all reception, Year 1 and Year 2 pupils and to children whose parents receive certain benefits.

To apply go to:

[www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals](http://www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals)



## Leeds SENDIASS

Special Educational Needs and Disabilities Information  
Advice and Support Services (SENDIASS) in Leeds.

We offer information, advice, and support to:

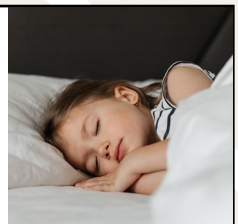
- Children and young people (up to 25 years) with SEND
- Parents and carers of children with SEND
- Practitioners (who might support children, young people, or parents to access our service)

Tel: **0113 378 5020** Email: <https://sendiass.leeds.gov.uk>



If you'd like to talk about your child's sleep problems, you can call between 7pm and 9pm, Sunday to Thursday

Tel: **03303 530 541**



# Useful Services



Tel: **0113 269 2985**

Email: [referral@leedsnorthandwest.foodbank.org.uk](mailto:referral@leedsnorthandwest.foodbank.org.uk)



Tel: **0113 277 2229**

Email: [info@leedssouthandeast.foodbank.org.uk](mailto:info@leedssouthandeast.foodbank.org.uk)

To find out more information on Leeds Food Aid Centres go to:  
[www.leeds.gov.uk/leedsmic/emergency-food](http://www.leeds.gov.uk/leedsmic/emergency-food)



## Leeds Community Healthcare NHS Trust

### 0-19 Public Health Integrated Nursing

Tel: **0113 8435 683**

To access services go to:

[www.leedscommunityhealthcare.nhs.uk/our-services-a-z](http://www.leedscommunityhealthcare.nhs.uk/our-services-a-z)

## LEEDS.GOV.UK

### Bereavement Services

To contact us go to:

[www.leeds.gov.uk/  
births-deaths-and-  
marriages/death/  
bereavement-services](http://www.leeds.gov.uk/births-deaths-and-marriages/death/bereavement-services)



## Family Information Services

### Opening hours:

**Monday to Friday: 10:00 - 15:30**

PO Box 837

Family Information Service

Learning Systems

Leeds LS1 9PZ

Tel: **0113 378 9700**

## Fun Activities and Short Breaks Annual Catalogue 2022



For Children and Young People with disabilities  
and special educational needs (SEND)

This directory lists in detail fun activities and short breaks currently available to children and young people aged 0-18 in Leeds. The directory is accompanied by a guide, which explains more about the different LCC Commissioned Fun Activities and Short Breaks available and how to access them.  
(updated V2 - May 2022)



To find out more go to:

<https://leedslocaloffer.org.uk/#!/directory>

# Useful Services

## Believe in children



# Barnardo's

To find out what services are in your area go to:

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



## National Autistic Society

### Advice and guidance

In-depth advice and guidance pages on the major challenges autistic people and their families face, including behaviour, education and health issues.

### Autism Services Directory

The UK's most comprehensive directory of services and support for autistic people, their families, and people who work with them.

### Branches

We have 116 volunteer-led branches across the UK offering support, information and social activities for autistic children, adults and their families.

### Online community

Our online community is a place for autistic people and their families to meet like-minded people and share their experiences.

To find out more go to:

[www.autism.org.uk/what-we-do/help-and-support](http://www.autism.org.uk/what-we-do/help-and-support)

## Making Healthier Food Choices

Make a swap when you next shop



For more information search

**change 4 life**

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# Activities for the Holidays



## The MAX Card

The Max Card is the UK's leading discount card for foster families and families of children with additional needs.

Families can use their Max Card at venues across the UK to get **free** or **discounted admission**.

To register for a card go to: [www.mymaxcard.co.uk](http://www.mymaxcard.co.uk)



The Card enables a disabled cinema guest to **receive a complimentary ticket** for someone to go with them when they visit a participating cinema.

To find out more go to: [www.ceacard.co.uk](http://www.ceacard.co.uk)



## FREE Healthy Activities



Healthy Holidays is for primary and secondary aged children who are eligible for free school meals. The council and our partners provide a fantastic range of clubs, activities and events. **Including free meal in a variety of locations across Leeds.**



To find out more go to:

[www.leeds.gov.uk/children-and-families/healthy-holidays](http://www.leeds.gov.uk/children-and-families/healthy-holidays)

# Activities for the Holidays



What's on  
in Leeds  
[www.millsqleeds.com](http://www.millsqleeds.com)

## VISITLEEDS

Ultimate Leeds Guide this Christmas

[www.visitleeds.co.uk/the-ultimate-guide-to-leeds-christmas-2022](http://www.visitleeds.co.uk/the-ultimate-guide-to-leeds-christmas-2022)



# Activities for the Holidays

## Kids eat for FREE or less during December 2022

### Angus Steakhouse

Kids under 10 can eat free from the children's menu when grown-ups order mains from the main menu. Available every day 12pm - 5pm including school holidays.

### ASDA Cafés

Kids eat for £1 All Day, Every Day with no adult spend required, until the end of the year.

### Bella Italia

Children can eat for £1 with any adult main. The offer is valid between 4-6pm Monday to Thursday.

### Future Inns

At Future Inns, under 5's always eat for free with any adult meal. During the school holidays, it's extended to under 12's.

### IKEA

From October 11th kids can enjoy Kids Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50 every day from 11am. \*Offers valid for IKEA Family members in participating stores. While stocks last.

### Morrisons

Kids eat free all day, every day in Morrisons cafes nationwide, daily from 3pm with every adult meal over £4.99. This offer is extended to all day during half terms.

### Pausa Cafés at Dunelm

Kids eat free everyday! With each paying adult spending £4 or more, get a kids meal deal free. Choose 1 main, 2 snacks and 1 drink. Offer runs from 23rd Dec 2022 to 23rd Jan 2023.

### SA Brains Pubs

Children can eat for £1 with any adult main. The offer is valid Wednesdays only but all day.

### Table Table

Two children under 16 years old can get a free breakfast every day with one paying adult!

### The REAL Greek

Kids eat FREE every Sunday for every £10 spent by an adult.

### Whitbread Inns

Purchase one great value £9.50 breakfast at any Whitbread Inns pub or restaurant and two kids under 16 eat for FREE.





