Are you experiencing low mood, stress or anxiety?

NHS South West Yorkshire Partnership NHS Foundation Trust

Problems like mild depression, anxiety, stress, panicking, nervousness, isolation and loss of sleep make it difficult for us to cope with life's daily demands. You do not need to try and cope on your own. If you live in Kirklees and are over the age of 17, the Improving Access to Psychological Therapies (IAPT) can help.

Self referral - www.kirkleesiapt.co.uk 01484 343700

Recovery College Kirklees offers courses to help learners be well and stay well. Open to all - simply enrol or for more info visit:

www.kirkleesrecoverycollege.co.uk 01924 481060

WELL-BEAN Cafe

Mental health support is available in a safe and confidential space, out of hours of frontline services. Providing one to one support, in a relaxed social space.

HUDDERSFIELD: 07741900395

Huddersfield Café is open Saturday, Sunday & Monday (8pm until midnight)

The Basement Project, 3A Union Bank Yard, Huddersfield HD1 2BP

DEWSBURY: 07867028755

Dewsbury Café is open Tuesday, Wednesday & Thursday (8pm until midnight)

The Basement Project, Union House, Union Street, Dewsbury, WF13 1AS

SAMARITANS Huddersfield

Whatever you're facing - we're here to listen.

Call **116 123** or visit **www.samaritans.org**

#Talkingsaveslives

SUICIDE PREVENTION

#ITSOKAYTOTALK

One man every two hours, that's twelve men every day commit suicide - the single biggest killer of men under 45. Let's show men all across the world that it's OK to talk.

Regular meetings in various locations around Kirklees - see website

www.andysmansclub.co.uk

huddersfield@andysmanclub.co.uk

dewsbury@andysmanclub.co.uk

West Yorkshire and Harrogate Suicide Bereavement Service

Support for anyone who has been bereaved or impacted by suicide of someone they care about in Kirklees. Information on how to access help and the range of support available can be found on our website: **www.wyhsbs.org.uk**

Queries and questions can be directed to **info@wyhsbs.org.uk or 0113 3055 800**

THE EX-MEN

A peer to peer support group for men who are managing a long term mental health condition. Venues in Dewsbury and Huddersfield offer support, information and social opportunities.

Stuart Hawkes 07391 868752

exmenkirklees@gmail.com

Huddersfield Mission

We offer practical help and support with housing, benefits, physical and mental health and finances. Free advice drop-in at our community cafe from 10-2pm Monday - Friday.

Call 01484 421461

CHART KIRKLEES Choices for Health in Addiction Recovery and Treatment

Providing services for individuals, families and communities affected by substance misuse.

Huddersfield 01484 353333

Dewsbury 01924 438383

COMBAT STRESS FOR VETERANS' MENTAL HEALTH

Provide free specialist clinical treatment and support to ex-servicemen and women.

0800 138 1619

www.combatstress.org.uk

Kirklees RASACC

Work with any individuals male or female over the age of 13+ who have been affected by any sexual violence or domestic abuse.

Counselling Centre 01484 450040

www.krasacc.co.uk

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the PENNINE DOMESTIC VIOLENCE GROUP

We provide support, advice, information and safe accommodation to anyone who is a victim of domestic abuse, 'honour based' violence, forced marriage or female genital mutilation.

24hr helpline 0800 0527222

Your first port of call for severe symptoms is your GP - make an appointment today.

www.kirklees.gov.uk

Feel like you've had enough?

Kirklees COUNCIL

Feeling Suicidal?

NHS South West Yorkshire Partnership NHS Foundation Trust

Calderdale and Kirklees Single Point of Access for Referrals into Secondary Care Mental Health Services

Call 01924 316830

PAPYRUS PREVENTION OF YOUNG SUICIDE

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact:

Call 0800 068 4141

www.papyrus-uk.org

Support to help you stay mentally well

WORKING TOGETHER BETTER

Are you looking for mental health & wellbeing support in Kirklees?

We are the commissioned, community adult mental health service providers from the voluntary sector, working together to provise a better mental health service in Kirklees.

Carers Count

Carers Count support unpaid carers in Kirklees who care for a friend or family member due to mental/physical illness or substance addiction.

Call 03000 120 231
info@carerscount.org.uk

S2R CREATE SPACE
PROMOTING POSITIVE MENTAL HEALTH

We offer a wide variety of creative, outdoors, well-being and mindfulness sessions with the aim of helping to improve your well-being and mental health.

We host regular exhibitions from local artists as well as a hosting courses, workshops, meeting and events for local community groups, educational institutions and local organisations.

Call 01484 539 531
www.s2r.org.uk contact@s2r.org.uk

womenCentre

WomenCentre offers a variety of emotional and practical support around wellbeing specifically for women. This includes group work, counselling and a variety of therapies as well as providing a safe place to be part of a learning community.

www.womencentre.org.uk
info@womencentre.org.uk
Huddersfield 01484 450866
Dewsbury 07590 445846

TOUCHSTONE

Supporting people (aged 18+) to understand their rights and to speak up for them.

Call 01924 460211
www.touchstonesupport.org.uk

RICHMOND FELLOWSHIP
MAKING RECOVERY REALITY

Our employment service supports people with mental health problems to find meaningful paid employment, volunteering opportunities, education or training, encouraging the development of a sense of independence, purpose and fulfilment.

Call 01484 434866
kirkleesES@richmondfellowship.org.uk
www.richmondfellowship.org.uk/yorkshire

HOOT creative arts

HOOT - For adults who are experiencing problems with their mental health or wanting to maintain their wellbeing. Activities are free and no previous experience is needed to attend. Arts include creative writing, visual arts, singing, music making and digital music.

www.hootcreativearts.co.uk
Call 01484 516224 info@hootmusic.co.uk

COMMUNITY LINKS
Inspiring hope. Inspiring change.

Community Links have seven services in Kirklees for vulnerable adults who suffer with mental health issues including dementia and other complex needs. We have community services supporting people in their own homes or in the community.

Please visit our website to find out more about the services & support we can offer you.

www.commlinks.co.uk

yOUTh
LGBT YOUTH OUT SERVICE

LGBT Youth Service delivered by The Brunswick Centre. Providing confidential support for LGBT young people aged 11 – 24 living, studying or working in Kirklees.

- Group work
- 121s

Call 01484 469691
info@thebrunswickcentre.org.uk

COMMUNITY FUND

Thriving Kirklees
Working together for healthy children, young people and families

A single point of contact in Kirklees, for anyone concerned about a child's emotional health and wellbeing.

Call 0300 304 5555
www.thrivingkirklees.org.uk

Kirklees COUNCIL

Housing Solutions

Helping people to find, keep and maintain affordable homes.

Call 01484 221350

Gateway to Care

Gateway to Care provides a single point of access for adult social care enquiries.

Call 01484 414933

YOUNGMiNDS

The UK's leading charity championing the wellbeing and mental health of young people.

www.youngminds.org.uk

The Basement Project

An award winning, independent, community based organisation.
We offer those in addiction to alcohol or drugs a new way of life, free from the need or desire to use any mood altering substance; we call this RECOVERY.

Halifax 01422 383063
Huddersfield 01484 512363
Dewsbury 01924 454167

www.thebasementproject.org.uk

The Base
Kirklees

A free, confidential drug and alcohol service for young people up to the age of 21. The Base also provides information, advice and guidance for professionals, families and carers who are concerned about a young person's substance use.

Tel 01484 541 589

www.changegrowlive.org/young-people/the-base-kirklees

Don't be afraid to ask for help!

the brunswick centre

Provide Counselling and psychological support for:

- People living with or affected by HIV
- Men needing support with their sexual orientation
- Gay and Bisexual men
- Female partners in relationships with men who are attracted to or having sex with men

Call 01484 469 691

citizens advice

Kirklees Citizens Advice provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities on a wide range of issues including benefits, debt, employment, housing, relationships, immigration and much more.

Call 0344 848 7970

Kirklees Safeguarding Adults Board

Kirklees COUNCIL