

MONEY ON YOUR MIND

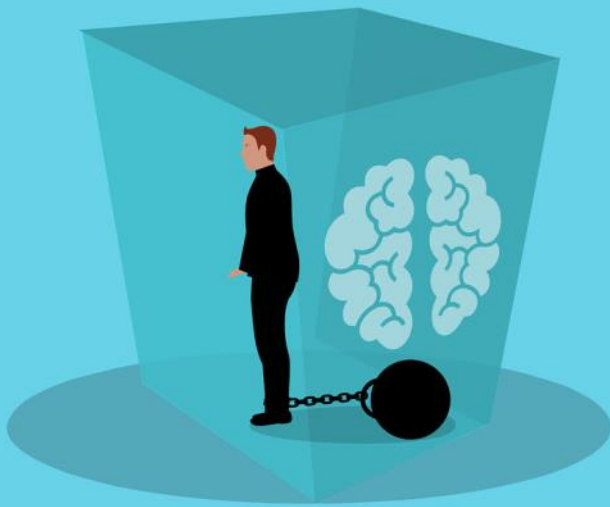
Find independent financial advice and mental health support that's local to you...



Support to Recovery
PROMOTING POSITIVE MENTAL HEALTH



 **Kirklees**
COUNCIL



If you had a leak in your bathroom, or your car broke down on the motorway then what would you do? Most likely you would call a plumber to stop the leak or a recovery service to fix your car.

But what about if you have money problems, or are struggling to cope with growing debts? Or you are feeling anxious or depressed and your mental health is suffering? Would you know where to turn to for help and support?

We know that having financial worries and poor mental health are both risks that may lead some men to self-harm, or to try to take their own lives. Yet there are many local organisations that can help with things like debt and money advice, and support with improving mental health and wellbeing.

So let's work together to make sure that no man feels like he has nowhere to turn to in a crisis.



These organisations all offer free and confidential support to help make debts manageable and build more resilient mental health:

Local Financial Help:

- ◆ **Debt Advice at Kirklees Council** can help with council tax debt and links to lots of other sources of support. [Visit their website](#).
- ◆ **Better Off Kirklees** offer lots of advice about managing debts and support with household budgeting. [Visit their website](#).
- ◆ **Emergency Help: Local Welfare Provision Team** will help with energy costs; emergency food, furniture and white goods as well as debt and benefits advice and budgeting. [Visit their website](#) or call 01484 414782 (weekdays 10am - 4pm, excluding Bank Holidays).
- ◆ **Kirklees Citizens Advice and Law Centre** can help with all aspects of debt management. [Visit their website](#) or call 01924 679732 to speak to the debt team.
- ◆ **Kirklees Council Cost of Living Support** - [find out more here](#).
- ◆ **The Bread and Butter Thing** help to make life more affordable for people on low incomes. [Visit their website](#) to find out more.

National Financial Help:

- ◆ **Money Helper** offer advice and support on managing debts and applying for debt relief orders. [Visit their website](#).
- ◆ **StepChange Debt Charity** offer a full debt advice and support service with personalised action plans. Call 0800 138 1111 or use their [online debt advice service](#) which is available 24 hours a day, 7 days a week.
- ◆ **Krysallis Gamcare** offer help, advice and support to anyone affected by problem gambling. [Visit their website](#) or call 01423 857939.
- ◆ **National Gambling Helpline** freephone 0808 80 20 133 or [live chat online](#). The helpline is available 24 hours a day, 7 days a week.





Mental Health Support:

- ◆ **IAPT - Improving Access to Psychological Therapies** help people get quick and easy access to therapy for their individual needs. [Visit their website](#), call 01484 343700 or email IAPT.Admin@swyt.nhs.uk.
- ◆ **Support to Recovery (S2R)** is an independent mental health charity offering a range of wellbeing, creative and outdoor workshops. [Visit their website](#), call 01484 539531 or email contact@s2r.org.uk.
- ◆ **Community Links - CLEAR Service** provide support for people with a range of mental health needs. [Visit their website](#), call 01484 519097 or email clear.huddersfield@commlinks.co.uk.
- ◆ **Richmond Fellowship - Kirklees Employment Service** help people find employment, volunteering or education opportunities. [Visit their website](#), call 01484 434866 or email info.kirkleeses@richmondfellowship.org.uk.
- ◆ **Hoot Creative Arts** offer creative activities for people experiencing issues with their mental health or wanting to maintain their wellbeing. [Visit their website](#), call 01484 516224 or email info@hootmusic.co.uk.
- ◆ **Cloverleaf Advocacy - Carers Count Service** support people caring for those with mental health needs. [Visit their website](#), call 0300 012 0231 or email info@carerscount.org.uk.
- ◆ **Touchstone - Kirklees Advocacy & Peer Brokerage Services** provide advocacy for Kirklees which includes mental health. [Visit their website](#), call 01924 460211 or email advocacy@touchstonesupport.org.uk.
- ◆ **Platform 1** offer mental health support to men from all backgrounds and experiences. [Visit their website](#) or call 0800 066 28 28.
- ◆ **West Yorkshire Suicide Bereavement Service** provide support to people affected by suicide. [Visit their website](#) or call 0113 305 5800.
- ◆ **Andy's Man Club** is a national organisation with local groups giving men a space to talk and connect. [Visit their website](#).
- ◆ **Samaritans** offer free, confidential support for anyone struggling to cope or feeling suicidal. Call 116 123 (free), email jo@samaritans.org or write to Samaritans, 14 New North Parade, Huddersfield, HD1 5JP.