

# Are you experiencing low mood, stress or anxiety?

Problems like mild depression, anxiety, stress, panicking, nervousness, isolation and loss of sleep can 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](http://www.kirkleesiapt.co.uk) **01484 343700**



**South West  
Yorkshire Partnership**  
NHS Foundation Trust

**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](http://www.kirkleesrecoverycollege.co.uk) **01924 481060**



Out of hours mental health support is available every night from 6pm until midnight. The Well-bean Crisis Café provides a safe and confidential space, offering a mix of telephone, online and face-to-face support and a relaxed social space, for people aged 18 and over. Please ring to make a referral. Calls are taken from 6pm on:

**07741 900395** (Fri-Mon) or **07867 028755** (Tue-Thur)

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



#ITSOKAYTOTALK

One man every two hours, that's twelve men every day die by 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 for more information.

[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)  
[info@andysmanclub.co.uk](mailto:info@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, available to young people and adults. Information on how to access help and the range of support available can be found on our website: [www.wyhsbs.org.uk](http://www.wyhsbs.org.uk)

Queries and questions can be directed to [Sbs@leedsmind.org.uk](mailto:Sbs@leedsmind.org.uk) or **0113 3055 800**

## Kirklees Wellness Service

Kirklees Wellness Service delivered to anyone over 16 in Kirklees. Call: **01484 234095**

email: [wellness.service@kirklees.gov.uk](mailto:wellness.service@kirklees.gov.uk)  
visit: [www.kirkleeswellnessservice.co.uk](http://www.kirkleeswellnessservice.co.uk)



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**



Kirklees Befriending Scheme is a service that provides support to individuals (18+) who are living in the Kirklees Area and have a mental health diagnosis.

The service has a focus on social support and helps those that are lonely and isolated to build confidence in accessing their local community, with the help of a Volunteer.

**For more info call: 01924 468344**

[kbs@st-annes.org.uk](mailto:kbs@st-annes.org.uk) [www.st-annes.org.uk](http://www.st-annes.org.uk)



**Huddersfield 01484 353333 Dewsbury 01924 438383**  
[www.chartkirklees.co.uk](http://www.chartkirklees.co.uk)

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



**Combat Stress is the  
UK's leading charity for  
veterans' mental health.**

**24-hour Helpline  
0800 138 1619**

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



**24/7 National Gambling  
Helpline: 0808 802 0133**



Supporting survivors of sexual violence and domestic abuse. First point of contact for all our services is the helpline.

**Counselling Centre 01484 450040**

[www.kcrasac.co.uk](http://www.kcrasac.co.uk)

[referralsandhelpline@kcrasac.co.uk](mailto:referralsandhelpline@kcrasac.co.uk)



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**



Providing counselling, bereavement, mental health, wellbeing, crisis support and practical assistance.

St Georges Square, (Next to The Head of Steam), Huddersfield HD1 1JF

**01484 421143 01484 535960**

[www.platform-1.co.uk](http://www.platform-1.co.uk)

## Feeling Suicidal?

**If you or someone you know is in immediate danger, please call 999**



**South West  
Yorkshire Partnership**  
NHS Foundation Trust

Calderdale and Kirklees Single Point of Access for Adult Referrals (18+) into Secondary Care Mental Health Services.

**Call 01924 316830**



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

If you are a young person under 35 having thoughts of suicide or are concerned for a young person who might be, you can contact PAPYRUS HOPELINEUK for confidential support and practical advice.

**Call 0800 068 4141**

**Opening hours:**

**9am-10pm weekdays**

**2pm-10pm weekends/bankholidays**

[www.papyrus-uk.org](http://www.papyrus-uk.org)

[www.kirklees.gov.uk/mentalhealth](http://www.kirklees.gov.uk/mentalhealth)



# Support to help you stay mentally well

Last updated: July 2022



## 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 provide a better mental health service in Kirklees.



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



Women's Centre offers a variety of emotional and practical support around wellbeing specifically for women both in person and online. 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.womenscentre.org.uk  
info@womenscentre.org.uk  
Huddersfield 01484 450866  
Dewsbury 07714 489445



Creative activities for adults who want to look after their mental health or wellbeing. Fun and friendly group activities including creative writing, visual arts, singing, music making and digital music. Activities are free and absolutely no previous experience is needed to join in.

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

Community Links have seven services in Kirklees for adults experiencing mental health issues including dementia, addiction and other complex needs. We offer group work/one to one and have community services supporting people in their own homes.

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



S2R is a mental health and wellbeing charity, providing a service to individuals and communities across Kirklees. Offering a diverse range of early intervention and prevention support activities and self-learning opportunities. Our projects include environmental experiences, creative activities, wellbeing sessions and mental health specific training. Our projects aim to destigmatise, build confidence, resilience and social connections, in order to improve and maintain positive health and life wellbeing.

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



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

Call 01924 460211  
www.touchstonesupport.org.uk

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



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 • One-to-ones

Call 07534 075388  
info@thebrunswickcentre.org.uk



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

Young people can call: 07520 618866  
Parents and carers can call: 07520 618867

www.kooth.com offers online counselling for young people



## 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

#Talkingsaveslives

SUICIDE PREVENTION



We offer help and support, however you need it

0808 196 3833 (8am-8pm)  
griefandlosswyh.co.uk



suicidepreventionwestyorkshire.co.uk



YoungMinds is the UK's leading charity fighting for a future where all young minds are supported and empowered, whatever the challenges.

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



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



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



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 Children Partnership

