**Finding additional support with mental health in Leeds**

**Telephone Phone Support**

[**Connect Helpline**](https://www.lslcs.org.uk/services/connect-helpline/)

**What is it:**

* Connect is a telephone helpline open 18:00 – 02:00 every night of the year
* Connect supports people in crisis, as well as providing a preventative service, by supporting people before they reach crisis point.

**Who is if for:**

* Anyone in Leeds in distress, who wants to talk about it
* People can ring who are in crisis, anxious, depressed or lonely.
* Provides emotional support to people who are carers.

**What do they do:**

* Connect Helpline offer support and information.
* They operate out of hours

**How to contact:**

* 0808 800 1212
* 18:00 – 02:00 every night of the year

[**Samaritans**](https://www.samaritans.org/branches/samaritans-leeds)

**What is it**:

* Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

**Who is if for:**

Anyone

**What do they do:**

* They listen and talk through options

**How to contact:**

116 123 (Freephone)

**Drop in Support Services**

[**Dial House**](https://www.lslcs.org.uk/services/dial-house/)

**What is it:**

* Dial House is a place of sanctuary open 18:00 – 02:00 Friday, Saturday, Sunday, Monday and Wednesday Evenings.

**Who is if for:** Anyone in crisis

**What do they do:**

* A place of safety and relaxation.
* If visitors want to talk they can have an hour of one to one support from the team of Crisis Support Workers who may tell them about other services that are available.
* Visitors will be offered something to eat if they wish.
* At Dial House we have a family room, so parents in crisis can bring children with them.

**How to contact:**

* Leeds Survivor Led Crisis Service, Dial House, 12 Chapel Street. Halton, Leeds, LS15 7RW
* Telephone: 0113 260 9328
* Email: info@lslcs.org.uk

If it is your first visit, you can turn up at the door from 18:00

If you have visited before, you must ring 0113 260 9328, or text 07922 249 452, from 18:00 on the night you want to visit.

We also free transport visitors to and from the house by taxi, to make their journey safe and comfortable.

[**Dial House @ Touchstone**](https://www.lslcs.org.uk/services/dial-house-touchstone/)

**What is it:**

* Dial House @ Touchstone is a partnership between Leeds Survivor Led Crisis Service (LSLCS) and Touchstone. It brings together LSLCS’s expertise in providing crisis services and Touchstone’s in supporting people from BME groups.

**Who is if for:**

Crisis Service for people from Black and Minority Ethnic (BME) groups.

**What do they do:**

Open 18:00 – 02:00 Tuesday and Thursday

**How to contact:**

Call 0113 249 4675, or text 07763 581 853, Tuesdays and Thursdays between 18:00 – 02:00

[**The Well-Bean Hope in a Crisis Cafe**](https://www.touchstonesupport.org.uk/services/well-bean-cafe-hope-in-a-crisis/)

**What is it:** The Well Bean Café is open to people in Leeds on a weekend

**Who is if for:**

Anyone who is lonely or in distress

**What do they do:**

Offers emotional one-to-one support for up to one hour.

It also has a social space and practical support for loneliness, emotional health and wellbeing.

Hot food is served every evening. You need to phone before you visit.

**How to contact:**

* Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB
* Open Saturday, Sunday, Monday and Bank Holiday evenings 6pm-12am
* [07760 173476](tel:07760%20173476)

**Other Services**

[**Crisis Assessment service/Single Point of Access**](https://www.leedsandyorkpft.nhs.uk/our-services/services-list/crisis-assessment-service/)

**What is it:**

* The gateway to all mental health services in Leeds

**Who is if for:**

* Anyone

**What do they do:**

* A service open 24 hours a day whereby you can call and discuss the issue with a member of the team.
* Offer help and advice
* Able to refer to crisis Assessment Service if required

**How to contact:**

* 0300 300 1485
* Open 24 hours a day

[**Accident and Emergency (A&E) / 999**](http://www.leedsth.nhs.uk/a-z-of-services/emergency-medicine/)

**What is it:**

* 24/7 Emergency treatment
* Should be used when there is an extreme crisis e.g. Someone who is at immediate risk of suicide; at risk of harming self or others or is in serious crisis needs and needs help/support

**Who is if for:**

* Anyone

**How to contact:**

* Visit A&E department or dial 999

**Other Services that Support Refugees and Asylum Seekers Mental Health and Emotional Well-being**

**G.P.**

**IAPT** <http://www.touchstonesupport.org.uk/services/improving-access-to-psychological-therapies-iapt-service/>

**PAFRAS Mental Health Worker** <http://www.pafras.org.uk/>

**Bevan Health** <https://www.bevanhealthcare.co.uk/leeds/>

**Solace** <http://www.solace-uk.org.uk/>

**Online**

The Mindwell website for more information and support in Leeds. The website includes ideas you can try yourself to help improve how you are feeling, and information about where you can go for help in Leeds if you want it. [Mindwell Leeds](http://www.mindwell-leeds.org.uk/" \t "_blank)

There is also a website for children and young people called MindMate:  [MindMate](http://www.mindmate.org.uk/" \t "_blank)

There are free services in Leeds that offer talking therapies including some with specialist knowledge and experience for helping migrants, refugees and asylum seekers with their mental health.

**Improving Access to Psychological Therapies (IAPT)** is a service led by the NHS that offers psychological (talking) therapies to help people who are stressed, experiencing low mood (depressed) or are feeling nervous or anxious.

You don’t need to be feeling very unwell to see a therapist. Many people find the service very useful for just a short time, and then stop after a few weeks. You don’t need a professional to refer you, you can contact IAPT yourself.

[0113 8434388](tel:0113%208434388); [leedsiapt@nhs.net](mailto:leedsiapt@nhs.net)  
[IAPT](http://www.leedscommunityhealthcare.nhs.uk/iapt/home/)

**Touchstone IAPT** is a specialist service for people from Black and Minority Ethnic (BME) backgrounds. You can request an interpreter or a female or male therapist. They also offer classes and online treatments, as well as face to face therapy.

[0113 216 3000](tel:0113%20216%203000); [iapt@touchstonesupport.org.uk](mailto:iapt@touchstonesupport.org.uk)  
[Touchstone IAPT](http://www.touchstonesupport.org.uk/services/improving-access-to-psychological-therapies-iapt-service/)

**Solace** is a Leeds charity which provides psychotherapy (talking therapies) and other support to survivors of persecution and exile.  
[0113 487 8360](tel:0113%20487%208360); [info@solace-uk.org.uk](mailto:info@solace-uk.org.uk)  
[Solace](http://www.solace-uk.org.uk/)

**The Well-Bean Hope in a Crisis Cafe**is open to people in Leeds and offers emotional one-to-one support for up to one hour. It also has a social space and practical support for loneliness, emotional health and wellbeing. Hot food is served every evening. You need to phone before you visit.

 Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB (open Saturday, Sunday, Monday and Bank Holiday evenings 6pm-12am).  
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