



MENTAL HEALTH RESOURCES

OCTOBER 2020

DIAL HOUSE @ TOUCHSTONE

Support for BME communities

Tuesdays and Thursdays only. Referrals from 6pm.

Call: 0113 249 4675. Text: 07763 581 853.

ELHFA/BETTER TOGETHER

Range of wellbeing groups + activities

01132484880

HOPELINE UK

Support for under 35's

Call: 0800 068 41 41. Text: 07860039967

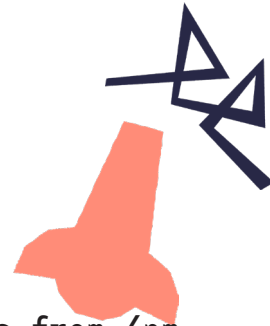
LEEDS BEREAVEMENT FORUM

01132253975

LEEDS MENTAL WELLBEING SERVICE

Wide range of support

0113 843 4388



LIVE WELL LEEDS

Wide range of support

0113 219 2727

MENTALLY HEALTHY LEEDS

1:1 phone calls + virtual groups

0113 248 4880

SAMARITANS

CRISIS SUPPORT

116 123

WELL BEAN CRISIS CAFE

crisis support

07760 173476

YOUR SPACE

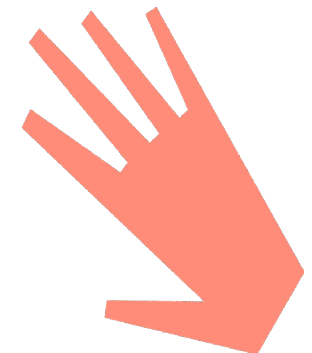
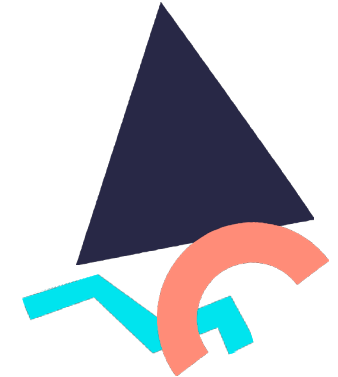
Support in LS8/9/10/11

01134261141

CRISIS ASSESMENT CENTRE

Crisis support

0300 300 1485



MENTALLY HEALTHY LEEDS

1:1 phone calls + virtual groups

0113 248 4880

SAMARITANS

CRISIS SUPPORT

116 123

WELL BEAN CRISIS CAFE

crisis support

07760 173476

YOUR SPACE

Support in LS9, LS10 + LS11

07753872693

CRISIS ASSESMENT CENTRE

Crisis support

0300 300 1485