

National and local helplines and support organisations

Childline

www.childline.org.uk

Freephone: 0800 1111

Free 24 hour helpline & online support for children and young people including information on your mental health, body issues, bullying, friends, family, relationships, school, plus and online toolbox of support



Kooth

www.kooth.com

Free online support & counselling for young people



Cruse Bereavement Care

Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. The number is 0808 808 1677 Email: helpline@cruse.org.uk

Young Minds

www.youngminds.org.uk

Support for young people's mental health and well-being including information on mental health symptoms, abuse, bullying, drug and alcohol use, self-harm and online pressures

YOUNGMINDS



Mind

www.mind.org.uk

Infoline: 0300123 3393 (Text 86463)

National Charity providing information on various mental health topics

Calm Harm

<https://calmharm.co.uk>

Calm Harm provides tasks to help you resist or manage the urge to self-harm.



Frank

www.talktofrank.com

Friendly, confidential drugs advice



Youth Access

www.youthaccess.org.uk

Phone: 020 8772 9900

Details of local advice & counselling agencies for children and young people.



NSPCC

www.nspcc.org.uk

Helpline (Adults): 0800 800 5000

Childline (Children): 0800 1111

Specialises in child protection & the prevention of cruelty to children.

NSPCC

Hub of Hope

<https://hubofhope.co.uk/>

Find local services by downloading the app



Leeds Domestic Violence

www.ldvs.uk

24 hour Tel: 0113 246 0401 Offers women & men emergency accommodation, support & advice.



SARSVL <https://www.womenslivesleeds.org.uk/service/sarsvl>

Helpline: 0808 802 3344 or text us on 07797 803 211 or e-mail support@rapecrisis.org.uk



Forward Leeds

<https://www.forwardleeds.co.uk>

The Alcohol and Drug service for Leeds 0113 887 2477
info@forwardleeds.co.uk



Housing Options

<https://www.leeds.gov.uk/housing/homeless-or-at-risk>

If you're homeless or at risk of becoming homeless, we may be able to help. If you need support please call 0113 868 9972

Teen Connect

Helpline: 0808 800 1212 Emotional Support for 11-18 year olds. Open every day of the year: Mon-Fri 3.30pm–2am; Sat-Sun 6pm–2am



CAMHS Crisis Call

Leeds Children and Adolescent Mental Health Service (CAMHS) Crisis Call is open 8am - 8pm, 7 days a week, 365 days a year in Leeds. Freephone: 0800 953 0505



FamilyLine

Family support and advice
9am-9pm
Telephone: 0808 802 6666
Text message: 07537 404 282
Email: familyline@family-action.org.uk
Live web chat: www.family-action.org.uk/familyline



Mindmate

www.mindmate.org.uk

Website with practical tips for emotional wellbeing, information and details of support services available in Leeds for young people age 12-25



Night Owls

If a child or young person you care for is in a crisis and you are concerned about their emotional wellbeing contact Night OWLS. Available 8pm–8am every day for children, young people, parents and carers. Call this number for free: 0300 2003900 Text us on: 07984 392700 or visit Leeds Survivor Led Crisis Service » West Yorkshire Night OWLS Helpline (lsics.org.uk) to talk on-line.



The Marketplace

Address: 18A New Market Street, Leeds LS1 6DG

Phone: 0113 246 1659

www.themarketplace.org.uk/contact

A range of free, confidential services for 11-25 year olds in Leeds, including one to one support, counselling, group work and a drop in.