

# 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 17.5, the Improving Access to Psychological Therapies (IAPT) can help.

**Self referral - [www.kirkleesiapt.co.uk](http://www.kirkleesiapt.co.uk) 01484 343700**

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**



**South West  
Yorkshire Partnership**  
NHS Foundation Trust



Mental health support is available in a safe and confidential space, out of hours of frontline services. Providing one to one support, in a relaxed social space.

**HUDDERSFIELD: 07741 900395**

Huddersfield Café is open Friday, Saturday, Sunday & Monday (6pm until midnight)

The Basement Project, 3A Union Bank Yard, Huddersfield HD1 2BP

**DEWSBURY: 07867 028755**

Dewsbury Café is open Tuesday, Wednesday & Thursday (6pm until midnight)

The Basement Project, Union House, Union Street, Dewsbury WF13 1AS

## SAMARITANS

Huddersfield

Whatever you're facing - we're here to listen.

Call **116 123** or visit  
**[www.samaritans.org](http://www.samaritans.org)**



#ITSOKAYTALK

**[www.andysmansclub.co.uk](http://www.andysmansclub.co.uk)**  
**[info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)**

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.



**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. 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 **[info@wyhsbs.org.uk](mailto:info@wyhsbs.org.uk) or 0113 3055 800**

## THE EX-MEN

A peer to peer support group for men who are managing a long term mental health condition. Venues in Dewsbury and Huddersfield offer support, information and social opportunities.

**Stuart Hawkes 07391 868752**  
**[theexmen@outlook.com](mailto:theexmen@outlook.com)**



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**

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



**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

FOR VETERANS' MENTAL HEALTH

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)**



**Counselling Centre 01484 450040**  
**[www.kcrasac.co.uk](http://www.kcrasac.co.uk)**  
**[referralsandhelpline@kcrasac.co.uk](mailto:referralsandhelpline@kcrasac.co.uk)**

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



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**



A complete package for Men's Mental Health. No appointments needed.

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)**

# Feel like you've had enough?



# Feeling Suicidal?



**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/healthandwellbeing](http://www.kirklees.gov.uk/healthandwellbeing)**

# Support to help you stay mentally well

**WORKING TOGETHER BETTER**

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

**S2R**  
**CREATE SPACE**  
PROMOTING POSITIVE MENTAL HEALTH

S2R offers a wide range of activities to assist positive mental health and improved wellbeing.

Our small group workshops focus on art and craft, nature based activities and self-care programmes. Working from our base in Huddersfield 'Create Space' and in outreach venues in communities across Kirklees.

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



WomenCentre offers a variety of emotional and practical support around wellbeing specifically for women. 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.womencentre.org.uk  
info@womencentre.org.uk  
Huddersfield 01484 450866  
Dewsbury 07590 445846



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



Creative activities for adults who are experiencing problems with their mental health or wanting to maintain their wellbeing. Artforms include creative writing, visual arts, singing, music making and digital music. Activities are free and no previous experience is needed.

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



LGBT YOUTH OUT SERVICE

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 ● 121s

Call 07780 302843  
info@thebrunswickcentre.org.uk



Working together for healthy children, young people and families

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



## 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



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



The Base

Kirklees

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

Don't be afraid to ask for help!



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

#Talkingsaveslives

SUICIDE PREVENTION

Kirklees Safeguarding Adults Board



Kirklees Safeguarding Children Partnership

time to change kirklees

let's end mental health discrimination

