

# 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**

C and K Recovery and Wellbeing College offers courses to help learners be well and stay well. Open to all - simply enrol or for more info visit:

**[www.calderdalekirkleesrc.nhs.uk](http://www.calderdalekirkleesrc.nhs.uk) 01924 481060**



**South West  
Yorkshire Partnership**  
NHS Foundation Trust



#ITSOKAYTALK

**[www.andysmanclub.co.uk](http://www.andysmanclub.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 okay 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 a free advice service by drop-in at our friendly community cafe or by telephone.



**Huddersfield  
Mission**

We also provide a variety of activities for people to attend at the Mission. For more information  
**Call 01484 421461**



### Kirklees Befriending Service

A service to provide befriending in Kirklees for adults with mild to moderate mental health conditions.

**01924 468344 [kbs@st-annes.org.uk](mailto:kbs@st-annes.org.uk)**



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

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



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

**Counselling Centre 0300 303 4787**

**[www.kcrasac.co.uk](http://www.kcrasac.co.uk)  
[helpline@kcrasac.co.uk](mailto:helpline@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**



### Platform 1 Mental Health and Wellbeing Services

Freephone Crisis Line **0800 066 28 28**

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

**01484 421143**  
**[www.platform-1.co.uk](http://www.platform-1.co.uk)**

## 24 hour Mental Health Helpline



**0800 183 0558**

Remember, you can always speak to your GP if you are experiencing low mood or changes in your mental health.

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

# 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**  
Text: **07860 039 967**  
Email: **[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)**  
Opening hours:  
**9am - midnight every day**  
Web: **[www.papyrus-uk.org](http://www.papyrus-uk.org)**



# 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 0300 012 0231  
Email [info@carerscount.org.uk](mailto:info@carerscount.org.uk)  
[www.carerscount.org.uk](http://www.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](http://www.s2r.org.uk) [contact@s2r.org.uk](mailto:contact@s2r.org.uk)



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](mailto: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](http://www.thrivingkirklees.org.uk)  
Young people's line 0752 061 8866  
Parents and Carers line 0752 061 8867  
Kooth offers online counselling for young people. Visit: [www.kooth.com](http://www.kooth.com)



## Housing Solutions

Helping people to find, keep and maintain affordable homes.

Call 01484 221350  
[housing.solutions@kirklees.gov.uk](mailto:housing.solutions@kirklees.gov.uk)

## Gateway to Care

Gateway to Care provides a single point of access for adult social care enquiries.

Call 01484 414933

#Talkingsaveslives

**SUICIDE PREVENTION**

## Experiencing grief and loss?

We offer help and support, however you need it

☎ 0808 196 3833 (8am-8pm)  
📧 [griefandlosswyh.co.uk](mailto:griefandlosswyh.co.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](http://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](http://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 0808 278 7896  
[www.kcalc.org.uk](http://www.kcalc.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](http://www.womencentre.org.uk)  
[wmh@womencentre.org.uk](mailto:wmh@womencentre.org.uk)  
Huddersfield 01484 450866  
Dewsbury 07590 445846



## ASK4Advocacy

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

Call 01924 460211  
[www.touchstonesupport.org.uk](http://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](mailto:kirkleesES@richmondfellowship.org.uk)  
[www.richmondfellowship.org.uk/yorkshire](http://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](http://www.hootcreativearts.co.uk)  
Call 01484 516224 [info@hootmusic.co.uk](mailto: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](http://www.commlinks.co.uk)



time to change **kirklees**

let's end mental health discrimination

