Advice, information and support if you are concerned about your alcohol or drug use or someone else’s. You can also call to refer yourself to services in Leeds. Open Monday to Friday, 9am - 5pm 0113 887 2477

If you’re having problems with money or need support dealing with debt, visit Money Buddies for free, confidential, impartial advice.

www.leedsmoneybuddies.weebly.com

If you are worried about money problems, find help and support at:

www.mindwell-leeds.org.uk/money-worries

Mindwell is the mental health website for people in Leeds. Funded by the NHS it brings together information about local and national services as well as self-help tools and resources.

www.mindwell-leeds.org.uk

Support in times of crisis

Andy’s Man Club
Peer support group for men
Come have a brew and a chat – it’s easy to talk
Mens every Monday at 7pm (Except Bank Holidays)
Leeds College of Building, North Street, LS2 7JG
www.andysmanclub.co.uk
info@andysmanclub.co.uk

Connect if you are feeling anxious, lonely, angry or just need to talk.
Run by Leeds Survivor-Led Crisis Service

Emotional support and information for people in Leeds, open 6pm-2am every night of the year.

0808 800 1212
Call Connect if you are feeling anxious, lonely, angry or just need to talk.

Support, information and counselling for young people in Leeds aged 13-25.

0113 2461659
www.themarketplaceleeds.org.uk

Are you struggling to cope or feeling overwhelmed?
Talk to someone now about how you are feeling.
YOU ARE NOT ALONE.
YOU ARE IMPORTANT.
AND IT IS OK TO ASK FOR HELP.

WELL-BEAN HOPE IN A CRISIS CAFÉ
The café is a safe space open to all experiencing crisis.
Open Saturday, Sunday, Monday and all Bank Holiday evenings 6pm - 12am
Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB
Ring or text 07760 173 476 on the day you’d like to visit.

SARSVL
provide confidential emotional support for women and girls affected by sexual violence of any kind.

CALL 0808 802 3344
TEXT 07797 803 211
EMAIL support@sarsvl.org.uk

FEEL LIKE YOU’VE HAD ENOUGH?

In a medical emergency CALL 999
If you need medical help in a non-emergency CALL NHS 111

If you are 19 or under, you can contact ChildLine about anything.
No problem is too big or too small. Speak to a counsellor straight away on 0800 1111 (Freephone).

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Are you struggling after the death of someone close?

Cruse Bereavement Care
Support in times of grief for those affected by loss

If someone you were close to has ended their own life you can access one-to-one support, group support, family support, or counselling.

info@leedsdbsb.org
leedsdbsb.org
0113 305 5803

Cruse Bereavement Care can help you understand the way you’re feeling and find the right advice and support.

www.mindmate.org.uk

If you need legal, money, welfare and housing issues by providing free, independent and confidential advice.

To find out about the different services in Leeds call 0113 222 4400