

# How are you feeling?

## Mental health information for everyone in Leeds



## We all have mental health



There are times when we all feel down, anxious or stressed. Usually these feelings pass, but sometimes they can continue and start to affect day-to-day life. This could happen to any one of us, at any time in our lives.

It might be that there is no obvious reason why you may be feeling low or unwell. Or, for example, you might be experiencing bereavement or relationship problems, or trying to cope with money worries or life as a new parent. The things that happen to us can have a big impact on the way we feel.

If you need information, help or just someone to talk to, it can be difficult to know where to turn.

You may also want to know more about the things you can do to look after your mental health.

This guide is for anyone in Leeds to help them find the right information and support, including:

- [How to find up-to-date information online \(page 3\).](#)
- [Understanding the kinds of support that are available \(page 4\).](#)
- [Where to find key support services in Leeds \(page 6\).](#)
- [What to do if you need urgent help \(page 7\).](#)
- [Ways you can help yourself to feel better and look after your mental health \(page 8\).](#)



## How can I find information online?

Searching online is often now the first way people look for information when they, or the people they care for or support, need help.

### MindWell



Web: [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

Twitter: @MindWellLeeds

MindWell is the single 'go to' place for up-to-date information about mental health in Leeds. It is a website for anyone, living or working, in the city (including GPs) to get quick access to information about:

- Self-help and looking after your mental health.
- Support in a mental health emergency.
- Common mental health problems such as anxiety, stress, sleeping problems, low mood, and depression.
- Different support services available in the city.

MindWell is a simple, easy-to-use website, which has been created for people in Leeds. Funded by the NHS, it brings together materials and knowledge from across the NHS, Leeds City Council and the third sector.

### MindMate



Web: [www.mindmate.org.uk](http://www.mindmate.org.uk)

MindMate is a Leeds-based website created by the NHS for young people, their families and the professionals who support them. It can help young people understand the way they're feeling, access self-help tools and find the right advice and support in Leeds.



## What kinds of support are available in Leeds?

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**When should I go to my GP?** If you have been feeling low or very anxious and this is affecting your day-to-day life, you should consider going to see your doctor (GP). GPs see and support many people every week who are concerned about their mental health. They can support you and give advice on the best next steps to take.

### Who can I talk to if I need emotional support?

**Connect Helpline** is a Leeds-based service open every night of the year 6pm-2am. Whatever your problems are, Connect can help. Tel: 0808 800 1212 (free phone). Web: [www.lslcs.org.uk](http://www.lslcs.org.uk)

**Dial House** is a service for people in times of crisis. It is a place of sanctuary, open Monday, Wednesday, Friday, Saturday and Sunday - 6pm-2am. If it's your first visit, you can turn up from 6pm. If you've been before please ring 0113 2609328 or text 07922 249452 from 6pm on the night you want to request a visit. 12 Chapel Street, Halton, LS15 7RW. Web: [www.lslcs.org.uk](http://www.lslcs.org.uk)

**Dial House@Touchstone** is a service for people from Black and Minority Ethnic (BME) groups. Refugees and asylum seekers are welcome. It is open Tuesdays and Thursdays 6pm-11pm. Call 0113 249 4675 or text 07763 581 853 on the night you wish to request a visit. Web: [www.lslcs.org.uk](http://www.lslcs.org.uk)

**The Samaritans** helpline is open at any time of the day or night to talk about whatever you are going through. Tel: 116 123 (Free). Web: [www.samaritans.org](http://www.samaritans.org)

### What is social prescribing?

Social prescribing can help you to access relevant services within your local area to benefit your overall health and wellbeing. If you're feeling lonely, anxious, stressed or just want to be more active and get more involved in your community then social prescribing can help. It's a free service available to people who are registered with a GP in Leeds. Your GP may refer you or you can refer yourself. There are three social prescribing services in the city:

**Patient Empowerment Project (18+ yrs)** - West Leeds. Tel: 0113 279 5870. Web: [www.leedspep.org](http://www.leedspep.org)

**Connect For Health (14+ yrs)** - South and East Leeds. Tel: 0113 387 6380. Web: <https://connectforhealthleeds.org.uk/>

**Connect Well (18+ yrs)** - North Leeds. Tel: 0113 336 7612. Web: <https://www.commlinks.co.uk/services/leeds/connect-well/>

## What is IAPT and how can it help?

**Leeds Improving Access to Psychological Therapies (IAPT) NHS** offer a wide range of therapies that can help people experiencing anxiety, stress and depression to support themselves and make positive changes. Leeds IAPT provides group, online and one-to-one talking therapies. You can self-refer through an online form at: [www.leedscommunityhealthcare.nhs.uk/iapt/home/](http://www.leedscommunityhealthcare.nhs.uk/iapt/home/)  
Tel: 0113 843 4388.

## How can I find counselling?

Counselling involves discussing personal experiences and issues with a person who is trained to listen in a safe and confidential place. Many people find it helps to talk about themselves and their concerns in a way that they often can't do with family and friends. The following local services provide counselling (some costs may apply):

**Northpoint Counselling** offer a range of services including therapy and counselling across West Yorkshire. Tel: 0113 245 0303. Web: [www.northpoint.org.uk](http://www.northpoint.org.uk)

**Leeds Mind** offer low cost counselling and group therapy for people experiencing difficulties with their mental health. Tel: 0113 305 5800.  
Web: [www.leedsmind.org.uk/our-services/counselling-and-group-therapy](http://www.leedsmind.org.uk/our-services/counselling-and-group-therapy)

**Relate Mid-Yorkshire** offers private and confidential relationship counselling. Tel: 01302 347444. Web: <http://relate-selby.btck.co.uk>

**The Marketplace** provides free and confidential drop-in services and counselling to young people aged 13-25. Tel: 0113 2461659.  
Web: [www.themarketplaceleeds.org.uk](http://www.themarketplaceleeds.org.uk)

## What is peer support?

Peer support links people with similar experiences so that they can share knowledge, emotional support and practical help in a safe, supportive environment.

**Leeds Mind Peer Support** offer face-to-face and online support including support groups, free courses, and workshops. Tel: 0113 305 5803.  
Web: <http://www.leedsmind.org.uk/our-services/peer-support/>

You can get more information about mental health support in Leeds at [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)



## What do you need help with?

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### I'm experiencing bereavement

**Leeds Bereavement Forum** offers information about bereavement, and can signpost you to the most appropriate local service. Tel: 0113 225 3975.

Web: <http://lbforum.org.uk/>

**Leeds Suicide Bereavement Service** provides one-to-one and group support and counselling to those who have lost someone through suicide.

Tel: 0113 3055803. Web: <http://leedssbs.org.uk/>

### I'm pregnant or a new parent

Becoming a parent isn't always the happy time that people imagine. Many people often put off asking for help when they feel low or anxious because they worry about being judged as a failure or a bad parent. If you are struggling, talk to your midwife, health visitor or GP about the support available to help you feel better.

Web: [www.mindwell-leeds.org.uk/baby](http://www.mindwell-leeds.org.uk/baby)

### I need help with my benefits

You can get independent advice and support for your individual situation from **Leeds Welfare Rights Unit**. Tel: 0113 376 0452.

Web: [www.leeds.gov.uk/residents/Pages/Welfare-Rights.aspx](http://www.leeds.gov.uk/residents/Pages/Welfare-Rights.aspx)

### I've got money worries

MindWell can help you find organisations in Leeds that can give you free independent advice. Web: [www.mindwell-leeds.org.uk/debt-and-money-worries](http://www.mindwell-leeds.org.uk/debt-and-money-worries)

**Citizens Advice Leeds** offer advice on benefits, debt, and money problems.

Tel: 0113 223 4400.

### I need help with a housing issue

**Leeds Housing Options** is a Leeds City Council drop-in service. They can try to help you stay where you are or find you another place to live. Tel: 0113 222 4412.

Web: [www.leeds.gov.uk/residents/pages/leeds-housing-options.aspx](http://www.leeds.gov.uk/residents/pages/leeds-housing-options.aspx)

### I am caring for or looking after someone

**Carers Leeds** provides information and advice as well as social and emotional support for unpaid carers in Leeds. Tel: 0113 380 4300.

Web: [www.carersleeds.org.uk](http://www.carersleeds.org.uk)

### I need help with an alcohol or drugs problem

**Forward Leeds** is an alcohol and drug service for adults, young people and families. It offers advice, information and support if you are concerned about your alcohol or drugs use or someone else's. You can refer yourself using a form on the website. Tel: 0113 887 2477. Web: [www.forwardleeds.co.uk](http://www.forwardleeds.co.uk)

## I am worried about work

You can find information about a range of work-related issues including stress, managing your mental health at work, resolving work-place problems and finding employment on MindWell. Web: [www.mindwell-leeds.org.uk/work-issues](http://www.mindwell-leeds.org.uk/work-issues)

**WorkPlace Leeds** (part of Leeds Mind) help people with mental health difficulties to stay in work or gain confidence and look for work.

Tel: 0113 2302631. Web: [www.leedsmind.org.uk/our-services/employment](http://www.leedsmind.org.uk/our-services/employment)

## I need support after a crime

You can talk to **Victim Support** in confidence if you need emotional or practical support with any crime that you have experienced. Tel: 0300 303 1971, 8am-8pm Monday to Friday, Saturdays 9am-5pm. Web: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

**Support after Rape and Sexual Violence Leeds (SARSVL)** offers support to women and girls affected by sexual violence of any kind at any time in their lives. Tel: 0808 802 3344. Web: <http://supportafterrapeleeds.org.uk>

**Survivors West Yorkshire** provides support to men and women who have been affected by sexual violence. Web: <http://survivorswestyorkshire.org.uk/>

## I am experiencing violence or abuse at home

**Leeds Domestic Violence Service** helpline is open 24 hours a day for confidential support, information and access to emergency accommodation for women and men experiencing violence, fear or abuse at home.

Tel: 0113 2460401. Web: [www.leeds.gov.uk/domesticviolence](http://www.leeds.gov.uk/domesticviolence)

## Are you having suicidal thoughts?

**If your life is in immediate danger call 999 now. If you need medical help and it is not an emergency call 111.**

If you are feeling very distressed or hopeless it's important to know that you are not alone. Talking to someone can help you see beyond how you are feeling right now. You could try talking to a family member or friend, or, if this doesn't feel right, there are people who want to talk to you and can help:

- **Call the Connect helpline** on 0808 800 1212 (free phone) which, gives emotional support and information to people in Leeds every night of the year (6pm-2am).
- **Talk to the Samaritans** on 116 123 (free phone, open 24 hours a day) if you need someone to listen at any time of the day or night.

If you have had previous contact with mental health services in Leeds, do you have a crisis plan with contact details?

If you don't have a crisis plan, or are unable to find it, call **Leeds Crisis Assessment Service (CAS)** on 0300 300 1485. Leeds CAS is a 24-hour assessment service for people 18 years and over. You will speak to a qualified worker who will ask a series of questions to find out about your needs.

## What can I do to help myself?

Life can be busy and it's not always easy to find the time to look after yourself. However, taking small steps to take care of your mental health can help you feel calmer, boost your mood and help combat the effects of stress and anxiety.

### Look after your physical health:

- Take regular moderate exercise (30 minutes every day).
- Eat a well-balanced diet.
- Get a good night's sleep.
- Cut down on caffeine, smoking and drinking alcohol.

**Talk through a problem with a friend** - sharing a problem with someone you trust can relieve some of the pressure, help you feel more supported and see the problem in a different way.

**Make a list to help break problems down** - don't try to deal with everything at once. Ask yourself - what can wait, what's important and can anyone else help?

**Create time for yourself each day** - build in some time each day to shut off and do something you enjoy - read a book, watch your favourite TV programme or call a friend.

**Try something new** - doing something different can help you switch off and relax. Give yourself a challenge - try a new activity, learn something new or start a new hobby.

**Get creative** - painting, drawing, photography, craft and writing can be relaxing and calming and can help distract thoughts away from everyday worries and concerns.

**Spend time in a green space** - breathe the fresh air and listen to the birds. Why not visit one of the many local parks in Leeds?

**Take notice** - try to focus on the present moment. When doing everyday tasks, ask yourself what can you hear, feel, smell, taste?

You can find more information about self-help and ways to feel better at [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

MindWell