

**1 to 1**

**a safe space**

**to chat about anything**

**with someone who cares**

[1to1@connectingcrossgates.com](mailto:1to1@connectingcrossgates.com)

# Mindmate the website for Young people and Well-being.



You can refer a young person or their parent/carer to this Leeds based website.

<https://www.mindmate.org.uk/im-a-young-person/>

**Coping with common issues**

Whether you're feeling stressed or sad, struggling with bullying, or worried about drinking and self-harm, we can help.

[Find out more >](#)

An illustration of a person with black hair wearing a grey suit and a red tie, holding a grey mobile phone to their ear.

**Getting the support you need**

Useful tips and information on where to go for help, support and advice if you're a young person in Leeds.

[Find out more >](#)

An illustration of a red and white lifebuoy.

**What's in Leeds for me?**

Find out what support services are available for young people in Leeds, from help at school to local drop-in centres.

[Find out more >](#)

An illustration of a grey multi-story building with blue windows, two green trees, and a blue sky.

**Top tips on feeling good**

From why it's good to get sweaty, fun quizzes, help with talking about your feelings or tips on feeding your brain, we've got it covered.

[Find out more >](#)

An illustration of a green apple with a red heart above it.

**Games**

Got five minutes? Why not make your own MindMate? Or play our game to find out who your MindMates really are!

[Play the MindMate games >](#)

An illustration of a computer monitor displaying a game interface and a grey game controller.

**Staying safe**

Get the lowdown on staying safe online and around drugs, alcohol and sex, and what to do if something upsetting has happened to you or someone you know.

[Find out more >](#)

An illustration of two young women standing side-by-side. One has dark skin and black hair, the other has light skin and blonde hair.

For young people, their families and the professionals who support them.

Anyone concerned or upset by a child's or teenager's behaviour, will find key resources and information here.

## Other Support for Young People



### Childline

- Call 0800 1111

OPEN 24/7

AGE: Under 18 years



Follow this link

<https://www.mindmate.org.uk/im-a-young-person/whats-in-leeds-for-me/17-or-under/>

**Leeds MindMate SPA Single Point of Access** helps find the right support for children with a GP who need more support

**0300 555 0324**

You can talk directly to the SPA team by calling the number below during office hours.

*There will also be an online referral option coming soon. Stay tuned.*

## APPS YOU CAN USE ON YOUR SMART PHONE



Mindfulness meditations to help relax and stay calm. Helps with anxiety, stress and anger.



Helps you overcome feelings of depression, stress and anxiety by discovering new and better ways of coping.



An NHS social media style app where you can share problems and get advice from other young people and experts.



Helps you overcome the urge to self harm through distractions, breathing and other activities.



## HELPFUL WEBSITES



Biteback mental fitness -  
Online quizzes to reduce stress level and setting goals  
[www.biteback.org.au](http://www.biteback.org.au)



Kooth -  
Free, safe and anonymous support for young people  
[www.kooth.com](http://www.kooth.com)



MoodJuice

Mood Juice -  
Different resources you can use to help whatever mood you're in!  
[www.moodjuice.scot.nhs.uk/About.asp](http://www.moodjuice.scot.nhs.uk/About.asp)



Teen Connect -  
Emotional support and information for teenagers in Leeds  
[www.lslcs.org.uk/services/connect-helpline/teen-connect/](http://www.lslcs.org.uk/services/connect-helpline/teen-connect/)



## SUPPORT HELPLINES

Helplines you can access if you need to talk to someone

Childline - Confidential talk with a trusted adult.  
Ring 0800 1111

Youngmind Crisis Messenger - Text Chatline  
Text 4M to 85258

ChatHealth - Text messaging service for emotional health and well-being  
Text: 07520 619 750

The Mix - Mental health, drugs, money support, break-ups, stress etc.  
Contact: 0808 808 4994

## Other Support for Adults



There is lots of information on our Connecting Crossgates website

<https://connectingcrossgates.com/covid-19-information/>



Mindwell is a Leeds based charity with lots of ways to help with wellbeing.

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

*Problems at home?*  
*Someone to understand?*  
*Need a listening ear?*  
*Someone who won't judge you?*



Whatever's troubling you, you can talk it over with one of our Time to Talk volunteers. We won't judge you. We won't tell you what to do. And we won't talk about you to others.

Call us on 07817 388332  
to arrange a time to talk

Local volunteers from Time to Talk will arrange a time for you to chat to someone by phone

07817 388332



Taking care of your mental health



Self-care videos & resources



Finding help during the coronavirus outbreak



Online support



Service updates: A-Z



Useful & accessible information



Practical help



Information & resources for professionals

## Help if you cannot go out

Volunteers can help you with shopping, transport to medical appointments, or a phone call to check how you are. If you do not have friends or family nearby who can help, phone **0113 378 1877**.



## New Leeds coronavirus hotline number launched

**ANYONE UNABLE TO LEAVE THEIR HOME BECAUSE OF CORONAVIRUS, AND WORRIED BECAUSE THEY DON'T HAVE FAMILY OR FRIENDS WHO CAN HELP, CAN RING THE NEW LEEDS COUNCIL DEDICATED HOTLINE ON: 0113 3781877**

**IN A STATEMENT, THE COUNCIL SAID: "WE KNOW SOME PEOPLE ARE ALONE AND WILL NEED HELP FROM THEIR LOCAL COMMUNITIES TO GET THROUGH.**

**"IF YOU FIND YOURSELF IN THIS SITUATION, WONDERING HOW TO GET GROCERIES AND OTHER ESSENTIALS, THEN PLEASE CALL 0113 3781877 AND WE WILL MATCH YOU WITH VOLUNTEERS WHO LIVE NEAR YOU AND CAN HELP."**

## Help if you cannot afford food

Food Hampers can be delivered in 1-3 days.

Call **0113 376 0330**

Give your name, address, mobile no. & a brief reason for the need

## ARE YOU FINDING IT HARD TO ACCESS FOOD?

In light of COVID-19 we are putting additional support in place to ensure everyone is able to access the food they need.



### Am I eligible for help?

If you are finding it difficult to access food due to financial constraints, self-isolation or accessibility of food provision, then you are eligible for help. When making the referral you will be asked questions about your personal situation which will enable us to determine what type of support you require.

### How can I access help?

If you think you may be eligible to help from these scheme then you can contact a local keyworker or service who will make a referral for you.

This might be somewhere or someone you already have contact with such as a school, college, social worker, housing officer or it could be a provision in your local area such as a Community Hub.

Ideally a referral should be made through one of these support services, however if you are finding it hard to access these please make a self-referral by calling us on **0113 376 0330**. This is a free number.

### What happens next?

Once a referral has been made, we will pass your information on to local volunteer coordinators, and you will be provided with a food parcel or a supermarket voucher.

This will be either delivered to a provision hub near your home for you to collect, such as a community hub, school, foodbank or a charity, or delivered to your home directly.

We want everyone to feel supported and will work with you to see what route is best for you.

For more information and guidance please contact the Local Welfare Support Team on **0113 376 0330**.



## Contact the National Domestic Abuse Helpline

Call us, 24-hours a day, for free and in confidence.

0808 2000 247



## National Domestic Abuse Helpline

[0808 2000 247](tel:08082000247)

It can be difficult to pick up the phone.  
You can now chat online, live:  
Monday – Friday, 3pm – 6pm.

[https://www.nationaldahelpline.org.uk/  
Chat-to-us-online](https://www.nationaldahelpline.org.uk/Chat-to-us-online)



# MoneySavingExpert

Cutting your costs, fighting your corner

Founder, Martin Lewis · Editor-in-Chief, Marcus Herbert

Advice on bills, employment,  
and much more ...

<https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/>

**How to find help in a mental health crisis**

**MindWell**  
The mental health website for people in Leeds

produced in partnership with **healthwatch Leeds**

**Are you, or someone else, in immediate danger? Call 999 or go to A&E.**  
Is someone with you? Can you call someone you trust?

**Are you struggling to cope or feeling emotional distress?**  
Talking to someone can help you see beyond how you are feeling right now.

Find quick techniques to help you feel calmer: [www.mindwell-leeds.org.uk/calm](http://www.mindwell-leeds.org.uk/calm)

**What is a mental health crisis?**  
Each person's experience of crisis is personal to them. It can feel like reaching a breaking point. Or, the world crashing down on you and no longer being able to cope. The causes of crisis are very individual as well. Some people find their mental health getting worse very quickly. While other people may find themselves facing a difficult life event, or, being overwhelmed by life stresses. Leeds offers a range of support services to help people in different situations and with different needs: [www.mindwell-leeds.org.uk/help](http://www.mindwell-leeds.org.uk/help)

**How can I seek help from NHS services?**

**Call NHS 111**  
Not sure what to do? Call 111 (open 24/7) when you need help urgently, but it's not life threatening.

**Talk to your GP**  
Ask your GP surgery for an emergency appointment with the first available GP. Your GP can talk to you about your mental health and refer you to another service if necessary. If you're waiting for an appointment you can still access the other kinds of support on this page.

**What if I'm receiving care from Leeds and York Partnership NHS Foundation Trust (LYPFT)?**  
You should already have a contact for your Care Co-ordinator or another health professional in the team looking after you. This might be written in your crisis/safety plan. If you cannot find this or need urgent help accessing LYPFT services, you can call their Single Point of Access on **0300 300 1485**.

**Who can I talk to?**

**Samaritans** is open 24/7 to talk about whatever you're going through. Tel: **116 123** (free).

**Connect Helpline** offers emotional support to people in Leeds every night 6pm-2am. Whatever your problems are, Connect can help. Tel: **0808 800 1212** (free) or go to [www.hlcs.org.uk](http://www.hlcs.org.uk) for online chat.

**Teen Connect** is for anyone aged 13-18. Tel: **0808 800 1212**, text **0771 566 1559** or go to [www.hlcs.org.uk/teen-connect](http://www.hlcs.org.uk/teen-connect) for online chat.

Go to [www.mindwell-leeds.org.uk/help](http://www.mindwell-leeds.org.uk/help) to find other helplines & services for a range of issues such as money housing, work & benefit problems, bereavement, relationship breakdown, alcohol & drug use and gambling.

**Where can I go for support?**

**Dial House** is a safe place for people in crisis offering emotional & practical support. Open Monday, Wednesday, Friday, Saturday and Sunday, 6pm-2am. If it's your first visit, just turn up from 6pm. If you've been before ring **0113 2609328** or text **07922 249452** between 6-7pm on the night. 12 Chapel Street, Halton, LS15 7RW.

**Dial House@Touchstone** is for Black and Minority Ethnic (BAME) groups. Refugees and asylum seekers welcome. Open Tuesdays & Thursdays, 6pm-12am. Tel: **0113 249 4675** or text **07763 581 853** on the night you wish to visit.

**Well-Bean 'Hope in a Crisis' Cafe** can offer one-to-one support and a safe social space for people in crisis. Ring or text first on **07760 173476** each time you want to visit. Open 6pm-12am; Saturday-Monday evenings in Lincoln Green, Tuesday-Wednesday in Beeston & Thursday-Friday in New Wortley. [www.hlcs.org.uk/well-bean-hope-in-a-crisis-cafe](http://www.hlcs.org.uk/well-bean-hope-in-a-crisis-cafe)

**The Market Place** offers mental health services to 11-25 year olds in Leeds including regular drop-in sessions & **Safe Zone**, a crisis service for 11-17 year olds on Monday evenings. Tel: **0113 2461659** [www.themarketplaceleeds.org.uk](http://www.themarketplaceleeds.org.uk)



It can be frightening when someone is having a mental health crisis or emergency, but support is available.

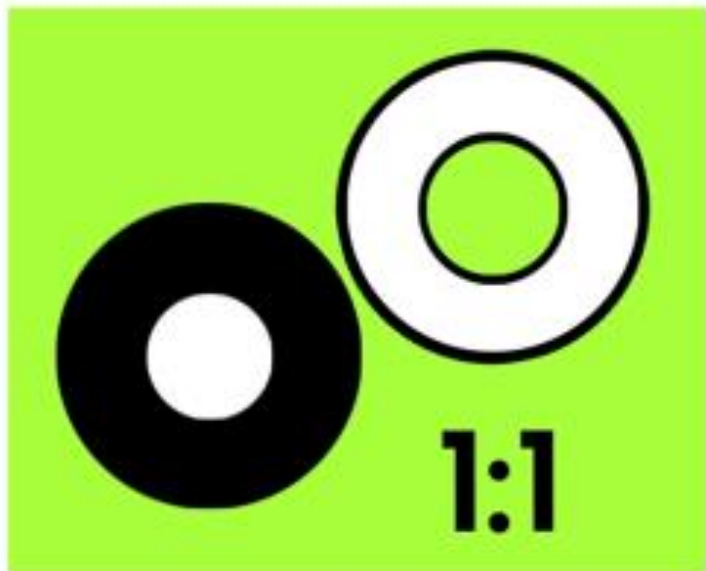
<https://www.leedsandyorkpft.nhs.uk/advice-support/help-in-a-crisis/>

- call 999 for an ambulance or the police if there is immediate and serious danger to a person
- call 111 when you need medical advice fast but it's not a 999 emergency
- If you have a cause for concern, contact **Amanda Bradley** on
- Or Karen Gray on 07985 035125

Click here for link to see large version of the picture

[https://healthwatchleeds.co.uk/wp-content/uploads/2019/10/MW\\_Crisis\\_Resource-A3-format-V123.pdf](https://healthwatchleeds.co.uk/wp-content/uploads/2019/10/MW_Crisis_Resource-A3-format-V123.pdf)





**1 to 1**

a safe space

to chat about anything

with someone who cares