



Support in Leeds

Listening Numbers and Crisis

Samaritans

24 hours a day 7 days a week

Free listening service

“Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.”

Tel: 116 123

Email: jo@samaritans.org emails will be responded to with 24 hours

Website: <https://www.samaritans.org/>

Shout

24 hours a day 7 days a week

Feeling anxious, stressed

overwhelmed or in need of support?

Shout is the UK's FREE 24/7

confidential text support service. It is anonymous and won't appear on your bill.

TEXT “SHOUT” to 85258

<https://giveusashout.org/>

Calm

5PM – Midnight 365Days a year

We're the Campaign Against Living Miserably (CALM) and we're taking a stand against suicide. That means standing against feeling shit, standing up to stereotypes, and standing together to show life is always worth living.

Tel: 0800 585858

<https://www.thecalmzone.net/>

111 Option 2

if you, or someone you're worried about, needs urgent care or treatment for a mental health crisis call 111 and press option 2 for mental health crisis support

Stay Alive

Phone app full of useful information and tools to help you stay safe in a crisis.

<https://stayalive.app>

Crisis Support - Places you can go

Dial house at Touchstone

Dial House @Touchstone is for anyone from a culturally diverse background, including refugees and asylum seekers.

It's open every **Tuesday** and **Thursday** evening from **6pm to 12am**, offering support and social time, and Monday evenings **6pm to 11pm** for social time. It brings together expertise in providing crisis services and Touchstone's experience of supporting culturally diverse people.

You can visit DH@Touchstone on:

- Mondays 6pm–11pm (social time only)
- Tuesdays and Thursdays 6pm–12am

Referrals are taken from 6.00pm onwards.

To make an appointment, call 0113 249 4675 or text 07763 581 853.

<https://www.slcs.org.uk/services/dial-house-touchstone/>



Support in Leeds

Crisis Support - Places you can go

Dial House

Dial House is a place of sanctuary open **6pm–1am** every **Monday, Wednesday, Friday, Saturday and Sunday** evenings (when other services are closed). Visitors can access Dial House when they are in crisis, relax in a homely environment and have an hour of one-to-one support from the team of Crisis Support Workers.

At Dial House, we have a family room so parents in crisis can bring children with them. We transport visitors to and from the house by taxi to ensure their journeys are safe and comfortable.

We work regularly with people at the extreme end of mental health crisis, who present with behaviour other services find challenging; with issues such as dissociation, hearing voices, self-harm and plans to end their lives. We aim to provide a compassionate and containing experience for visitors.

We can also support deaf visitors using BSL.

How to visit

We open at 6pm. If you wish to visit, **call 0113 260 9328** or **text 07922 249 452** on the night you want to come; we don't book appointments for future days, sorry. We get busy early so please contact us sooner rather than later. If we don't pick up the phone, Please leave a voicemail with your name and phone number. Most of our spaces are allocated by 7:30pm.

call 0113 260 9328 or text 07922 249 452

<https://www.lslcs.org.uk/services/dial-house-2/>

Here For You - Leeds

Struggling? Need someone to talk to? The local out-of-hours services provide face-to-face support when you're feeling low or overwhelmed, including help for thoughts of self-harm or suicide. You're not alone. We're here for you.

The Leeds service welcomes anyone 16 and older who needs same-night support, without requiring medical attention.

Call during opening times to speak with a member of team **(3:30pm – 9pm everyday): 07760 173476**

Our Leeds Locations:

Monday to Thursday:

Touchstone House
2-4 Middleton Crescent
Leeds
LS11 6JU

Friday and Weekends:

181 Haslewood Drive
Leeds
LS9 7RE



Support in Leeds

Domestic Abuse

Refuge National Domestic Abuse Helpline

24-hour helpline and website with resources for domestic violence and abuse.

Tel: 0808 2000 247

<https://refuge.org.uk>

Leeds Domestic Violence Service Helpline

24-hour helpline for victim- survivors of domestic abuse and violence

Tel: 0113 246 0401

hello@ldvs.uk

Live Fear Free Helpline (Welsh)

Provides Welsh-language and English help any advice to anyone experiencing domestic abuse or sexual violence, anyone who knows someone that needs help e.g. friend/family member/colleague, or practitioners seeking professional advice.

Tel: 0808 801 0800

Karma Nirvana

Honour Based Abuse is a form of domestic abuse. It can come in many forms, and although it is a problem in certain communities, cultural traditions do not make it OK. Abuse is abuse. No one – not even your family – has the right to control you or to harm you emotionally or physically. Many women are affected by Honour Based Abuse. You are not alone. Help is available. Safe, confidential, free services exist for you. They support over 2,000 victims every year, many through their national Honour Based Abuse Helpline.

Tel: 0800 5999 247

Safer Steps - Support to stay safe from Stalking

Safer Steps provides support for both stalking that happens in-person and stalking that is facilitated by technology, known as cyberstalking.

Their experienced team of Independent Stalking Advocates (ISAs) provide practical help with safety planning, act as a liaison between the victim-survivor and agencies like the police and help navigate the complex judicial system.

Refer online <https://safersteps.uk/contact-us/>

Or email support@safersteps.uk

Leeds Women's Aid

An independent charity providing a range of outstanding domestic violence and abuse services. Have a confidential chat with one of Leeds Women's Aid's domestic abuse experts Mon-Fri 1-4pm.

Tel: 0113 246 0401

National Centre For Domestic Violence

A free, fast emergency injunction service to those at risk of all forms of domestic abuse regardless of their financial situation, ethnicity, gender or sexuality.

Tel: 0800 970 2070

Text: NCDV to 60777

Email: office@ncdv.org.uk



Support in Leeds

Domestic Abuse

Galop

A national charity supporting LGBTQ+ adults experiencing abuse, including domestic violence, sexual violence, hate crime and “conversion therapy.” They offer free, confidential emotional support, advice, advocacy, counselling, and practical help. Helpline (Mon–Tue 9:15am–8pm, Wed–Fri 9:15am–4:30pm): 0800 999 5428

Email: help@galop.org.uk

Website (Includes Webchat service): galop.org.uk

Shantona Women and Family Centre – Leeds

Offers free counselling, advocacy, and practical support with domestic abuse, mental health, housing, and legal issues, delivered by a multi-language, culturally sensitive team.

Tel: [0113 249 7120](tel:01132497120)

Email: info@shantona.org.uk

Website: shantona.org.uk

Spiritual Support

Faith to Faithless

Faith to Faithless supports people who leave various religions, including ex-Christians, ex-Muslims, ex-Jews, and others, as many apostates face abuse, shunning, and isolation that can lead to emotional distress and mental health struggles.

Tel: 0800 448 0748

<https://www.faithtofaithless.com/>



Support in Leeds

Sexual Abuse and Rape

SARSVL

SARSVL is the dedicated Rape Crisis Centre for all women and girls in Leeds affected by rape and sexual violence.

Tel: 0808 802 3344

<https://supportafterrapeleeds.org.uk>

The Hazlehurst Centre

Offers free, confidential healthcare and compassionate support to anyone in West Yorkshire that has experienced sexual assault or rape in their lifetime. Call to speak with a nurse for support and to discuss your options for making an in-person appointment and/or referrals.

Tel: 0300 223 0099

Basis Yorkshire

Works with women and non-binary people who work in the sex industry and women and young people who are sexually exploited. Empower people to make safer and healthier choices by offering information, support and options.

Tel: 0113 243 0036

<https://basisyorkshire.org.uk>

Revenge Porn Helpline

The Revenge Porn Helpline supports all adult victims of intimate image abuse living in the UK. The Helpline is very flexible and can make sure that they provide flexible and can call you back if you leave a message.

Tel: 0345 6000 459

<https://revengepornhelpline.org.uk/>

Rape Crisis National Helpline

National helpline for anybody aged 16 or over who has been affected by any type of sexual violence. Helplines are for emotional support. Website links are for other services e.g. ISVAs.

Tel: 0808 500 2222

<https://rapecrisis.org.uk>

The Survivor's Trust

Free, national helpline open 7 days a week for all survivors of rape or sexual abuse and violence aged 16+. A fully inclusive service, providing safe, non-judgemental support to survivors, their supporters and professionals.

Tel: 0808 801 0818

<https://thesurvivorstrust.org>



Support in Leeds

Emotional Wellbeing

Leeds Mental Wellbeing Service

Support and Psychological Therapies for common mental health problems, such as anxiety.

Tel: 0113 848 4388

Leeds.mws@nhs.net

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/>

Leeds Recovery College

Free workshops, courses, and training to explore, improve and maintain mental health and wellbeing.

Tel: 0113 865 5127

<https://www.leedsandYorkpft.nhs.uk/advice-support/leeds-recovery-college/about-the-recovery-college/>

Leeds Mind - Peer Support

“Our peer-led skills and support groups could be just what you need. We’ve walked in your shoes, and we know the importance of connecting with others who understand.

Tel: 0113 305 5800

Peersupport@leedsmind.org.uk

<https://www.leedsmind.org.uk/services/peer-support/>

Women’s Counselling and Therapy Services

A free, or low cost, counselling and psychotherapy service for women and girls on low incomes in Leeds.

<https://www.womenstherapyleeds.org.uk/>

What’s Up?

A free app that uses cognitive Behavioural Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with depression, anxiety, stress and more.

Black Health Initiative (BHI) – Leeds

Provides free, confidential counselling and support for African, Caribbean, dual heritage, and other ethnic minority communities.

Tel: 0113 244 5500

Email: info@bhi-leeds.org.uk

Website: bhi-leeds.org.uk

Self-Harm Support

Battle Scars

Battle Scars are not a crisis service. Everybody in Battle Scars has been affected by self-harm, either as something they do/have done, or by supporting a loved one who self-harms. They run online and face to face peer support groups,

<https://www.battle-scars-self-harm.org.uk/>

Drugs and Alcohol

Forward Leeds

Forward Leeds is the alcohol and drug service in Leeds for adults, young people and families.

<https://forwardleeds.co.uk>



Support in Leeds

Physical Wellbeing

Leeds Active - Health Referral Programme

Social Prescribing is a way of linking individuals with a range of local community services to improve social, emotional, and mental wellbeing.

Tel: 0113 378 3680

<https://active.leeds.gov.uk/active-leeds-health/health-referral-programme>

Move Mates

Move Mates is a walking buddy project. Volunteers give people the confidence and moral support to leave their homes and go for a walk, improving physical health, reducing isolation and making people feel happier.

Tel: 0113 873 0327

<https://movemates.org.uk/leeds/>

Hobbies, Interests and Leisure

Linking Leeds

Social Prescribing is a way of linking individuals with a range of local community services to improve social, emotional, and mental wellbeing.

Tel: 0113 336 7612

<https://linkingleeds.com/about-us/>

Being You Leeds

Being You Leeds, provides groups, activities, training and awareness sessions for community wellbeing across Leeds.

Tel: 0113 248 4880

<https://www.mindwell-leeds.org.uk/being-you-leeds/>

MindWell

MindWell is the mental health website for adults in Leeds. Aiming to bring information from the NHS, Leeds City Council and the third sector into one 'go to' place.

<https://www.mindwell-leeds.org.uk/>

Managing Money

Money Buddies

Money Buddies are here to help you save money, increase your income and advise you at times of financial crisis. Money Buddies offer many services including FREE debt advice in Leeds

Tel: 0113 235 0276

<https://moneybuddies.org.uk/>

Better Leeds Communities

If you're facing debt challenges, Better Leeds Communities offers assistance tailored to your needs.

Start by accessing their free debt expert debt advice, customised to your specific situation

Housing

Engage

Working with people experiencing complex needs including repeat homelessness, offending, mental health and substance misuse, housing navigators are there to offer support.

Tel: 0113 380 7615

<https://engageleeds.org.uk/>