

Mental health and wellbeing support in Kirklees

Who can I contact if I need urgent help?



If you already get mental health support from the NHS or another organisation, please contact the service that helps you



Book an emergency appointment with your GP practice. Outside of normal hours you can still phone your GP, but you will usually be sent to an out-of-hours service



Contact Night OWLS (West Yorkshire only). Call free on 0800 1488244, text on 07984 376950 or chat online: www.wynightowls.org.uk from 8pm–8am every day



Call NHS 111, a 24-hour helpline for help and advice



If you don't currently use mental health services, you can contact the Families Together Gateway team. They are here to help with concerns regarding a child or young person who needs support from a mental health professional. Call 01484 456823 or complete the online request for support at www.kirklees.gov.uk/beta/working-with-children/early-support-family.aspx



The Crisis advice line operates Mon- Sun 8am- 8pm including bank holidays. The number to contact is 01484 343763 and is for young people who have expressed suicidal thoughts or intention to harm themselves and are considering going to A&E.

Other services can also help...



Free, confidential support
Available any time. Call 0800 1111.



Free to call, 24/7, 365 days a year
Call them on 116 123.



Text THEMIX to 85258 for free,
24/7 crisis support.



Visit www.kooth.com Kooth is a free, safe and anonymous online chat and emotional wellbeing service for young people aged 11-25.



For support with self-harm visit www.calmharm.co.uk or download the app from the App Store or Google Play.



Visit www.stopbreathethink.com and find out more about emotions and mindfulness.



Support 9am to midnight every day on
0800 068 4141 or text 07860 039967.



Text SHOUT to 85258 for free, confidential,
24/7 support.



Text YM to 85258 for free 24/7 support if you
need urgent help.



distrACT app can help support people who self-harm. Download on the App Store or Google Play.



Catch it - download the app on the App Store or Google Play and learn how to manage feelings like anxiety and depression.



Woebot - download the self-care app on the App Store or Google Play.



Need to talk? Visit ChatHealth to get confidential advice from trained health staff:
www.chathealth.nhs.uk

If you or someone else is seriously harmed or injured, always call 999 or go to your nearest A&E.

If you require a copy of this information in any other format or language please contact the Trust.