



MENTAL HEALTH AWARENESS WEEK



Mental Health
Foundation

**MENTAL
HEALTH
AWARENESS
WEEK** →

18-24 MAY

2020





MENTAL HEALTH AWARENESS WEEK



In a world
where you can
be anything:
Be kind.



BE KIND TO YOURSELF



Be Kind
to one another
Ephesians 4:30-5:



Be Kind
Always



MENTAL HEALTH SUPPORT



Are you experiencing low mood, stress or anxiety?

Problems like mild depression, anxiety, stress, panicking, nervousness, isolation and loss of sleep can make it difficult for us to cope with life's daily demands. You do not need to try and cope on your own. If you live in Kirklees and are over the age of 17.5, the Improving Access to Psychological Therapies (IAPT) can help.

Self referral - www.kirkleeslapt.co.uk 01484 343700

Recovery College Kirklees offers courses to help learners be well and stay well. Open to all - simply enrol or for more info visit:

www.kirkleesrecoverycollege.co.uk 01924 481060



**South West
Yorkshire Partnership**
NHS Foundation Trust



Mental health support is available in a safe and confidential space, out of hours of frontline services. Providing one to one support, in a relaxed social space.

HUDDERSFIELD: 07741 900395

Huddersfield Café is open Friday, Saturday, Sunday & Monday (6pm until midnight)

The Basement Project, 3A Union Bank Yard, Huddersfield HD1 2BP

DEWSBURY: 07867 028755

Dewsbury Café is open Tuesday, Wednesday & Thursday (6pm until midnight)

The Basement Project, Union House, Union Street, Dewsbury WF13 1AS



#ITSOKAYTOTALK

www.andysmansclub.co.uk

info@andysmanclub.co.uk

One man every two hours, that's twelve men every day die by suicide - the single biggest killer of men under 45. Let's show men all across the world that it's OK to talk.

Regular meetings in various locations around Kirklees - see website.



**West Yorkshire and Harrogate
Suicide Bereavement Service**

Support for anyone who has been bereaved or impacted by suicide of someone they care about in Kirklees. Information on how to access help and the range of support available can be found on our website: www.wyhsbs.org.uk. Queries and questions can be directed to info@wyhsbs.org.uk or 0113 3055 800



A peer to peer support group for men who are managing a long term mental health condition. Venues in Dewsbury and Huddersfield offer support, information and social opportunities.

Stuart Hawkes 07391 868752

theexmen@outlook.com



We offer practical help and support with housing, benefits, physical and mental health and finances. Free advice drop-in at our community cafe from 10-2pm Monday - Friday.

Call 01484 421461



Providing services for individuals, families and communities affected by substance misuse.

Huddersfield 01484 353333 Dewsbury 01924 438383

www.chartkirklees.co.uk



**Combat Stress is the
UK's leading charity for
veterans' mental health.**

**24-hour Helpline
0800 138 1619
www.combatstress.org.uk**



Supporting survivors of sexual violence and domestic abuse. First point of contact for all our services is the helpline.

Counselling Centre 01484 450040

www.kcrasac.co.uk

referralsandhelpline@kcrasac.co.uk



We provide support, advice, information and safe accommodation to anyone who is a victim of domestic abuse, 'honour based' violence, forced marriage or female genital mutilation.

24hr helpline 0800 0527222



A complete package for Men's Mental Health. No appointments needed.

St Georges Square, (Next to The Head of Steam), Huddersfield HD1 1JF

01484 421143

01484 535960

www.platform-1.co.uk

Feel like you've had enough?



Feeling Suicidal?



**South West
Yorkshire Partnership**
NHS Foundation Trust

Calderdale and Kirklees Single Point of Access for Adult Referrals (18+) into Secondary Care Mental Health Services.

Call 01924 316830



PAPYRUS
PREVENTION OF YOUNG SUICIDE

If you are a young person under 35 having thoughts of suicide or are concerned for a young person who might be, you can contact PAPYRUS HOPELINEUK for confidential support and practical advice.

Call 0800 068 4141

**Opening hours:
9am-10pm weekdays
2pm-10pm weekends/**

SAMARITANS

Huddersfield

Whatever you're facing - we're here to listen.

Call **116 123** or visit
www.samaritans.org

**Your first port of call for severe
symptoms is your GP -**



MENTAL HEALTH SUPPORT



Support to help you stay mentally well

**WORKING
TOGETHER
BETTER**

Are you looking for mental health & wellbeing support in Kirklees?

We are the commissioned, community adult mental health service providers from the voluntary sector, working together to provide a better mental health service in Kirklees.



Carers Count support unpaid carers in Kirklees who care for a friend or family member due to mental/physical illness or substance addiction.

Call 03000 120 231
info@carerscount.org.uk

**S2R
CREATE SPACE**
PROMOTING POSITIVE MENTAL HEALTH

S2R offers a wide range of activities to assist positive mental health and improved wellbeing.

Our small group workshops focus on art and craft, nature based activities and self-care programmes. Working from our base in Huddersfield 'Create Space' and in outreach venues in communities across Kirklees.

Call 01484 539 531
www.s2r.org.uk contact@s2r.org.uk



Women's Centre offers a variety of emotional and practical support around wellbeing specifically for women. This includes group work, counselling and a variety of therapies as well as providing a safe place to be part of a learning community.

www.womenscentre.org.uk
info@womenscentre.org.uk
Huddersfield 01484 450866
Dewsbury 07590 445846



Creative activities for adults who are experiencing problems with their mental health or wanting to maintain their wellbeing. Artforms include creative writing, visual arts, singing, music making and digital music. Activities are free and no previous experience is needed.

www.hootcreativearts.co.uk
Call 01484 516224 info@hootmusic.co.uk

Community Links have seven services in Kirklees for adults experiencing mental health issues including dementia, addiction and other complex needs. We offer group work/one to one and have community services supporting people in their own homes.

Please visit our website to find out more about the services & support we can offer you.
www.commlinks.co.uk



LGBT Youth Service delivered by The Brunswick Centre. Providing confidential support for LGBT young people aged 11 – 24 living, studying or working in Kirklees.

• Group work • 121s

Call 07780 302843
info@thebrunswickcentre.org.uk



Working together for healthy children, young people and families

A single point of contact in Kirklees, for anyone concerned about a child's emotional health and wellbeing.

Call 0300 304 5555
www.thrivingkirklees.org.uk



Housing Solutions

Helping people to find, keep and maintain affordable homes.
Call 01484 221350

Gateway to Care

Gateway to Care provides a single point of access for adult social care enquiries.
Call 01484 414933

#Talkingsaveslives

**SUICIDE
PREVENTION**

YOUNG MINDS

YoungMinds is the UK's leading charity fighting for a future where all young minds are supported and empowered, whatever the challenges.

www.youngminds.org.uk

The Basement Project

An award winning, independent, community based organisation.

We offer those in addiction to alcohol or drugs a new way of life, free from the need or desire to use any mood altering substance; we call this RECOVERY.

Halifax 01422 383063
Huddersfield 01484 512363
Dewsbury 01924 454167
www.thebasementproject.org.uk



The Base
Kirklees

A free, confidential drug and alcohol service for young people up to the age of 21. The Base also provides information, advice and guidance for professionals, families and carers who are concerned about a young person's substance use.

Tel 01484 541 589

www.changegrowlive.org/young-people/the-base-kirklees

**Don't be afraid
to ask for help!**

Kirklees
**Safeguarding Adults
Board**



Provide Counselling and psychological support for:

- People living with or affected by HIV
- Men needing support with their sexual orientation
- Gay and Bisexual men
- Female partners in relationships with men who are attracted to or having sex with men

Call 01484 469 691



Kirklees
Citizens Advice
provides free,
independent,
confidential

and impartial advice to everyone on their rights and responsibilities on a wide range of issues including benefits, debt, employment, housing, relationships, immigration and much more.

Call 0344 848 7970

**time to change
kirklees**

let's end mental health discrimination





MENTAL HEALTH SUPPORT



shout
for support in a crisis

Text Shout to 85258

In a crisis?

Anxious? Worried? Stressed?
Get 24/7 help from our team of Crisis Volunteers

TEXT 85258



 ChatHealth

**Confidential health
advice for young
people in Kirklees**

Simply text Thriving Kirklees
and wait for a response from a
professional

www.thrivingkirklees.org.uk

NHS

 **Qwell**

Online counselling and well-
being for adults

Monday – Friday 12pm – 10pm
Saturday – Sunday 6pm – 10pm



kooth
Free. Safe. Anonymous.
Use our friendly online chat for advice and support if
you are going through a hard time.

Articles & Advice Live Chat Live Forums

kooth.com go!
We're by your side when you need us most.

For 11-18 year olds



NHS
**24 hour
Mental Health Helpline**
 **0800 183 0558**
Confidential helpline offering support, advice,
information and guidance. Available to anyone
registered with a GP in Kirklees.

Service provided by:
NCHA
Care and Support