

MENTAL HEALTH AWARENESS WEEK







ENTAL WEEK

2020

18-24 MAY

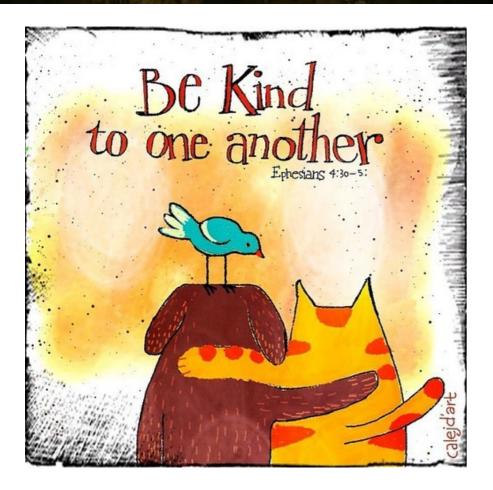


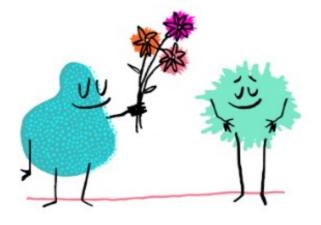




MENTAL HEALTH AWARENESS WEEK

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





BE KIND TO YOURSELF











it's Cool to be Kind



MENTAL HEALTH SUPPORT

Are you experiencing low mood,

stress or anxiety?

Problems like mild depression, anxiety, stress, panicking, nervousness, isolation and loss of sleep

NHS South West

Yorkshire Partnership NHS Foundation Trust

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.oo.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.kirkleesreooveryoollege.oo.uk 01924 481060



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



Huddersfield

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

Call 116 123 or visit www.samaritans.org

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 #ITSOKAYTOTALK around Kirklees - see website.

www.andysmansclub.co.uk info@andysmanclub.co.uk

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

Huddersfield We offer practical help Mission

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

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



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 ww.combatstress.org.uk

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

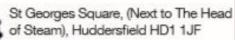
Counselling Centre 01484 450040 www.kcrasac.co.uk referralsandhelpline@kcrasac.co.uk



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.



01484 421143 01484 535960 www.platform-1.co.uk





Feel like you've had enough?

GKirklees

NHS South West Yorkshire Partnership **NHS Foundation Trust**

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

Feeling

Suicidal?

Call 01924 316830

PAPYRUS

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/



MENTAL HEALTH SUPPORT

Support to help you stay mentally well



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



WomenCentre 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.womencentre.org.uk info@womencentre.org.uk Huddersfield 01484 450866 Dewsbury 07590 445846





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



Supporting people (aged 18+) to understand their rights and to speak up for them. Call 01924 460211 www.touchstonesupport.org.uk

Our employment service supports people with mental health problems to find meaningful paid employment,



volunteering opportunities, education or training, encouraging the development of a sense of independence, purpose and fulfilment.

Call 01484 434866

kirkleesES@richmondfellowship.org.uk www.richmondfellowship.org.uk/yorkshire

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 COMMUNITY



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

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

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

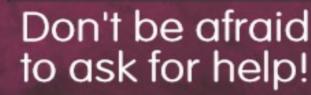
www.thebasementproject.org.uk



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/thebase-kirklees





















Provide Counselling and psychological support for:

- People living with or affected by HIV
- Men needing support with their sexual orientation
- Gav 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



Text Shout to 85258

In a crisis?

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

TEXT 85258



Chat Health

Confidential health advice for young people in Kirklees

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

www.thrivingkirklees.org.uk







24 h⊜ur **Mental Health Helpline** O800 183 0558

Confidential helpline offering support, advice, information and guidance. Available to anyone registered with a GP in Kirklees.

Care and Support

Online counselling and wellbeing for adults

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





