



Purple Dog
delivering a difference

First Aid
Mental Health First Aid
Health & Safety
Training

Information regarding Mental Health Support in Kirklees

First Aid for Mental Health Local Contacts

Kirklees Council

Have a brilliant website with local contacts and their services

<https://www.kirklees.gov.uk/beta/adult-social-care-and-health.aspx#health-and-well-being>

<https://www.kirklees.gov.uk/beta/health-and-well-being/self-help-with-emotional-health-and-wellbeing.aspx>



GP (free)

If the individual requires care, but it is not life threatening, such as experiencing mental health problems. Encourage the individual to contact their GP to discuss their feelings. If required, support individual to make an emergency appointment during your contact.

IAPT - (Improving Access to Psychological Therapy) (free)

Kirklees Improving Access to Psychological Therapies (IAPT) provides a choice of services for people experiencing common mental health problems such as depression, stress, panic and obsessive-compulsive disorder. The help available depends on each individual circumstance. Some people may benefit from a shorter period of help, whereas some may need long-term support. Self-referrals can be made via telephone on **01484 343700** or the Kirklees IAPT website.

<https://kirkleesiapt.co.uk/>



Women's Centre Kirklees (free)

Provides a wide range of support for women covering many issues including mental health and wellbeing. They also offer counselling, self-help and group work. You can contact Dewsbury **07590 445846** / Halifax on **01422 386500** / Huddersfield **01484 450866**.

Opens Monday – Saturday 10am – 5:30pm & Sunday 12pm – 4pm. 15 Lord Street, Huddersfield HD1 1QB. <https://womencentre.org.uk/>



First Aid for Mental Health Local Contacts continued

RASAC - (Kirklees & Calderdale Rape and Sexual Abuse Centre)
(free)

Provides support and counselling to anyone who has been a victim of sexual assault. You can contact them via **01484 450040**.

Open – Monday & Thursday 10am – 8pm, Tuesday & Wednesday 10am – 5pm.
Huddersfield Delivery Office, Northumberland St, Huddersfield HD1 1AA

<https://www.kcrasac.co.uk/>



Insight Healthcare (Calderdale) (free)

Insight Healthcare is a free and confidential service, commissioned by the NHS, and is available to anyone aged 18+ and is registered to a Calderdale GP. You can self-refer by calling **0300 5550191**.

Open – Monday – Friday 9am – 6pm. 15-17 Carlton St, Halifax HX1 2AL.

<https://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/calderdale/>



Support to Recovery (free)

Is a Mental Health charity, working across Kirklees providing different creative, interactive and inclusive opportunities. These are intended to aid and promote positive mental health, emotional and physical well-being as well as social contacts. You can contact them via telephone on **01484 539531**.

Open - Monday, Tuesday, Thursday, Friday & Saturday 10:30am – 3:30pm. 5-7 Brook St, Huddersfield HD1 1EB <https://www.s2r.org.uk/>

Huddersfield Gay Group



HuGG is a friendly social group for gay and bisexual men, aged 18+, which meets at 7:30pm, **every Tuesday** in Huddersfield town centre. Room 205, The Methodist Mission, 3-13 Lord Street, Huddersfield, HD1 1QA. Call evenings and weekends/ text anytime **07773 588682** email **info@gugg.org.uk**

The Proud Trust



The Proud Trust is home to the LGBT+ youth (Lesbian, Gay, Bisexual, Trans + other identities such as exual. intersex. questioning...)

Contact: 0161 660 3347 Email: info@theprouddtrust.org

Times: 9-5.30pm daily plus emergency calls on weekends

Youth Groups: <https://www.theprouddtrust.org/for-young-people/lgbt-youth-groups/proud-trust-groups/>

Halifax Area Gay Group

HAGG is a social group where people go to socialize and make friendships on Wednesday evenings, everyone is welcome. If you would like to find out more about HaGG... Phone Mike on 01422-375307.

Sexual Assault Support

The Hazlehurst Centre (Sexual Assault Referral Centre)

Telephone: 0330 2233617 (24/7)

Email: hazlehurstcentre.sarc@nhs.net

Website: hazlehurstcentre.org

Bradford Rape Crisis

Telephone: 01274 308270/1

ESCAYP (Young people service)

Telephone: 01274 878117

KRASACC (Kirklees Rape and Sexual Abuse Counselling Centre)

Telephone: 01484 450040

National Rape Crisis Support

Telephone: 08088 029999

SARSVL (Support after Rape and Sexual Violence)

Telephone: 08088 023344

Well Woman's Centre Calderdale

Telephone: 01244 386500

Well Woman's Centre Wakefield

Telephone: 01924 211 114

West Yorkshire ISVA Service (Independent Sexual Violence Advisors)

Telephone: 03303 031971

First Aid for Mental Health Local Contacts continued

Single Point of Access (free)



Can be contacted for more urgent cases, where an element of risk has been identified, if the individual agrees, a referral can be made. The Kirklees and Calderdale team receives all referrals for mental health services in Kirklees and Calderdale. The team directs all the referrals to the most appropriate Trust services or advises the referrer of the best organisation to contact. Becksie Court, 2nd Floor, 286 Bradford Road Batley WF17 5PW. 01924 316830

<https://www.southwestyorkshire.nhs.uk/services/single-point-of-access-2/>

Andy's Man Club (free)

A weekly group for men to talk openly with others. Andy's Man Club meet at a number of locations throughout Yorkshire – Huddersfield, Bradford, Dewsbury, Wakefield, Manchester etc.

Open - Every Monday at 7pm except bank holidays. You can visit their website www.andysmanclub.co.uk for more details and locations.



Platform 1 (free)

Run Mondays, Wednesdays, Thursdays and Fridays. 9.30-3.30

Based next to the Head of Steam in St Georg's Square this is a hands on project for men recovering from drink and drug abuse and or mental health problems 01484 421143 <https://platform-1.co.uk/>

The Base (free)

A free confidential drug and alcohol service for young people up to the age of 21. They provide friendly support around drug, NPS (previously known as 'Legal Highs') and/ alcohol. There is provision for parents, carers, and professionals who support young people in Kirklees.



Open – Monday – Friday 9am – 5pm. Brian Jackson House, 2 New North Parade, Huddersfield. 01484 541589 or stephen.yates@cgl.org.uk.

Community Links (free)

Is an award-winning non-profit provider of mental health and wellbeing services in Yorkshire and the Humber. They offer support for people with a wide range of mental health issues including anxiety and depression, psychosis, alcohol and substance misuse, complex needs and personality disorder.



Address: 3 Limewood Way, Leeds West Yorkshire LS14 1AB

Contact 0113 273 9660 or info@commlinks.co.uk for services and support.

Touchstone - Independent Mental Health Advocacy (free)

For adults across Kirklees (hospital and community based), helping people to understand their rights and speak up for them. Group advocacy opportunities are available through the Meeting of Minds peer-led forum.



Address: Touchstone House, 2-4 Middleton Crescent Leeds West Yorkshire LS11 6JU

Contact: 01332718277 or 01332164143 (Punjabi)

<https://www.touchstonesupport.org.uk/services/kirklees-advocacy-service/>

Samaritans Huddersfield (free)

The Samaritans operate a free call service 24 hours a day, 365 days a year, if you want to talk to someone in confidence. Call them on **116 123**



Opening Hours

Monday Wednesday Thursday 10:00-14:00 18.30-22:00

Tuesday - Friday Saturday 18:30-22:00

Sunday 10:00-22:00

<https://www.samaritans.org/wales/branches/huddersfield/>

Take Ten Batley (free)

This is a Facebook based group that meets in Batley, this is a local support group to raise awareness and support individuals, families and friends of those Mental ill Health and Suicide



stevietaketen@hotmail.com

Prevent - Kirklees Prevent Hub

Telephone - 01924 483747

Email- Prevent@Kirklees.gcsx.gov.uk

Website – www.kirklees.gov.uk/Prevent

Safeguarding Adults

Telephone - 01484 414933 – 24 hours a day

Email – Secure.gatewaytocare@kirklees.gcsx.gov.uk

Children Safeguarding

Kirklees Multi-Agency Safeguarding Hub (Marsh)

Telephone - 01484 456848

Email – mash@kirklees.gcsx.gov.uk

NSPCC Helpline

Telephone - 0808 8005000

Email – help@nspcc.org.uk

Karma Nirvana (British Charity)

Telephone – 08005999247

Email – info@karmanirvana.org.uk

Website - karmanirvana.org.uk

National Healthcare Service - NHS

Website - www.nhs.co.uk

NHS Helpline – 111

Meningitis Research Foundation

Helpline - 080 8800 3344

Website - www.meningitis.org

National Autism Society

Helpline – 0808 8004104

Opens – Monday – Thursday 10AM TO 4PM & Friday 9AM TO 3PM

Website - www.autism.org.uk

PCAN (Parents of Children with Additional Needs)

Helpline – 07754 102336

Website – www.pcankirklees.org

The UK Sepsis Trust

Helpline – 0808 8000029

Website – sepsistrust.org

First Aid for Mental Health National Contacts

The Royal Foundation (William, Kate, Harry and Meghan)

It is a free, anonymous 24/7 text service for anyone in crisis anytime, anywhere and a place to go if you're struggling to cope and need immediate help. The trained Crisis Volunteers can help with issues such as suicidal thoughts; abuse or assault; self-harm; bullying and relationship challenges. The conversation only ends once the person is in a calm, safe place and ideally with a plan for support going forward.



The number to text is **85258**

During the 12 month pilot, 60,000 conversations took place and Shout research suggests 85% of these were from people aged 25 or under. Further information on the service can be found at <https://www.royalfoundation.com/>

Mind (free)

Is an online support for Mental Health or wellbeing problems. They provide advice and support to empower anyone experiencing mental health problems. Mind also provide information on a range of topics including types of mental health problems, where to get help, advocacy, medication and alternative treatments on Mind Infoline. On the Legal line -information and general advice on mental health related law covering mental health, mental capacity, community care, human rights and discrimination/equality related to mental health issues.



Visit www.mind.org.uk to access their support.

Phone lines are open Monday to Friday 9am to 6pm (except for bank holidays).

Infoline: 0300 123 3393 Text: 86463 or email: info@mind.org.uk

Legal Line: 0300 466 6463 or email: legal@mind.org.uk

SANE (free)

Is a national Mental Health helpline, out-of-hours service offering specialist emotional support and information to anyone who is affected by mental illness – including family member friend etc.

Open – Daily from 4:30pm – 10:30pm

Contact: 0300 304 7000 <http://www.sane.org.uk/>



First Aid for Mental Health National Contacts continued...

NHS Apps Library (free)

There are a number of Mental Health Apps (digital tools) to help you manage and improve your health for free. www.nhs.uk/apps-library/category/mental-health/



Depression Alliance (free)

Is a national charity that works with people who experience depression and anxiety. They run a successful network of self-help groups across England, publish a quarterly magazine, coordinate a pen friends' scheme and host an online chat forum DATalk.

Visit <https://rethinkyourmind.co.uk/depression-alliance/> for more information on receiving the support you require.



Depression UK (Two memberships 1 free and the other £10)

Is a registered charity run by volunteers, many of whom have themselves experienced feelings of depression and overcome this illness. The national Self-Help Organisation that offers support to its several hundred members. Most suffer from depression; others may be past sufferers, or care for those who have the illness.

Visit <http://depressionuk.org/index.php/how-we-can-help/find-a-group/> to find a group & for more information on receiving the support you require. There are two memberships the Basic Membership is free and the Postal Membership cost £10 annually.



Mental Health Foundation (free)

Help people to thrive through understanding, protecting and sustaining their mental health. They specialise in research and policy development, with a focus on preventing mental health problems. However, they are not able to advise people directly on their personal circumstances, but they can direct you to services and organisations that offer help and support you directly.

Visit <https://www.mentalhealth.org.uk/your-mental-health/getting-help> for more information on receiving the support you require.



First Aid for Mental Health National Contacts continued

Anxiety UK (free)

Support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services, including 1:1 therapy. They also work with external agencies to healthcare professionals to improve services for people living with anxiety and anxiety-based depression.

Open - Monday - Friday 9:30am - 5:30pm.

Text service: 07537 416 905.

Infoline: 03444 775 774

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



Anxiety Care UK

A Community Organisation based in Redbridge, East London. They provide a variety of services (Recovery Groups, Workshops, Email, Counselling, E-Counselling and Outreach Services) helping people to recover from anxiety.

Open - Anxiety Care UK, 8 Nicholas Court, 3 Wallwood Road London E11 1DQ.
contact details for office administration and general information: **07552 877219** (This number is not a helpline; we are therefore unable to provide guidance about anxiety over the telephone) or email admin@anxietycare.org.uk

For emotional support please contact

recoveryinfo@anxietycare.org.uk

Website: <http://www.anxietycare.org.uk>



Rethink Mental Illness (Information free)

Expert accredited advice and information to everyone affected by mental health problems. They have over 200 mental health services and 150 support groups across England. From psychological therapies and Crisis and Recovery Houses to peer support groups and housing services they directly help thousands of people every year across England.

General Enquiries & Supporter Care open Monday to Friday 9am to 5pm - 0121 522 7007.

Rethink Advice and Information Service - Monday to Friday 9:30am - 1pm - 0300 5000 927.





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Papyrus

A confidential help and advice for young people and anyone worried about a young person who is at risk of suicide <https://papyrus-uk.org/> Contact 0800 068 41 41



Mon-Fri 10:00 am to 10:00 pm

Weekends 2:00 pm to 10:00 pm

Bank Holidays 2:00 pm to 10:00 pm

BEAT

The aim is to guide and friend to anyone affected, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered


<https://www.beateatingdisorders.org.uk/about-us> 0808 801 0677



Drug and Alcohol Support Groups

First Aid for Mental Health

The Basement Recovery Group

Provides a regular drop in Breakfast Club for those who are socially excluded or homeless in Huddersfield. They offer routes into treatment for alcohol and drug dependency and runs an abstinence-based recovery programme and also links to housing, employment, training and education. 

Address: Union Bank, 3 Union Bank Yard, New Street, Huddersfield, West Yorkshire, HD1 2BP <https://thebasementproject.org.uk/contact/>


Open: Breakfast Club is Thursdays 10am - 12pm. However, the office is open Monday – Friday 9am – 5pm 01484 512363

There is also a group in Halifax:

Basement House. 10 Carlton Street, Halifax. HX1 2AL 01422 929063

And Dewsbury: Union House, 29, Union Street, Dewsbury. WF131AS 01924 454167

Kirklees Haven Group

Aim to provide an open informative and mutually supportive caring, healing, educative and informative environment for parents' partners carers and relatives affected by drug and alcohol use. 

Address: Union Bank, 3 Union Bank Yard, New Street, Huddersfield, West Yorkshire, HD1 2BP

Open: Meetings held on 1st and 3rd Monday of each month at 6.30pm - 8pm.

Contact: 01484 541589

<https://www.talktofrank.com/treatment-centre/kirklees-haven-group>

Drug and Alcohol Support Groups

First Aid for Mental Health

CGL – Huddersfield

A specialist drug service provides a wide range of services for people (aged 18 and over) experiencing substance problems including their family, friends and others who may be affected. Including confidential advice, prescribed treatment, aftercare programmes of activities, support with education and employment and much more.



Address: 12 Station Street Building, Station Street, Huddersfield, West Yorkshire, HD1 1LZ.

Opens: Monday to Friday 9.30am - 5pm. Tuesday 1pm - 7pm

Contact: 01484 353 333

<https://www.changegrowlive.org/>

Horton Housing – STARS

Provides temporary accommodation and a support service for single, homeless people (aged 16 and over) in recovery from alcohol or drug use. We have 15 self-contained single person properties in various locations across Calderdale and Kirklees.



Address: 13 Cartwright Court, Bradley Business Park, Dyson Wood Way, Huddersfield, West Yorkshire, HD2 1GN

Open: Monday to Friday, 9am – 5pm

Contact: 01484 411879 <https://hortonhousing.co.uk/>

Drug and Alcohol Support Groups

First Aid for Mental Health

Project Colt



Aims to support healthy, addiction-free lifestyles. Offering professional counselling, pre-detox and motivational groupwork, twelve step recovery, relapse prevention workshops and help with family and relationship problems.

Address: Bridgefield Mills, Elland Bridge, Elland, West Yorkshire, HX5 0SG. Open: Monday - Friday 8.30am to 4.00pm Contact: 01422 377176 <http://projectcolt.org.uk/>

Calderdale Recovery Steps (Free)



An independent self-help organisation that offers support and inspiration to people involved with alcohol and / or substance misuse, and the opportunity of a new sustained abstinent lifestyle.

Address: St. John's House, 2 St. John's Lane, Halifax, West Yorkshire, HX1 2JD

Open: Monday to Friday 9.30am to 5pm (7pm on Thursdays)

Contact: 01422 415 550 <http://calderdalerecoverysteps.org.uk/>

Branching Out

A confidential alcohol and drug service for young people in Calderdale aged 10-21 years. They work with young people who are using alcohol, drugs or solvents at any level, and those at risk of using substances.

Address: St. John's House, 2 St. John's Lane, Halifax, West Yorkshire, HX1 2JD

Open: Monday to Friday 9.30am - 5pm (7pm on Wednesday)

Contact: 01422 415 550 - Option 2

Cannabis, Spice & Legal Highs Group

A user led abstinence-based group, which means they agree collectively to reduce, but ultimately stop the use of cannabis, spice and legal highs within their membership.

Contact: 0737 991 5190 or text for details of group times.

<https://www.cslhg.org/>



Drug and Alcohol Support Groups

First Aid for Mental Health

Drinkaware

Runs the national drink helpline, Drinkline on 0300 123 1110

<https://www.drinkaware.co.uk/>

Al-Anon Family Groups

helpline 020 7403 0888 <https://www.al-anonuk.org.uk/>



Alcoholics Anonymous

helpline 0800 9177 650 <https://www.alcoholics-anonymous.org.uk/>



On- TRAK

Provides specialist treatment for patients (aged 18 and over) who are alcohol dependant. Address: 2 St Peter's Street, Huddersfield, West Yorkshire, HD1 1RA.

Open - Monday to Friday 9.30am - 5pm. Tuesday 1pm - 7pm

Contact: 01484 437 907 <https://www.locala.org.uk/locations/on-trak-huddersfield/>

Spacious Places

Offers 15 hours per week of structured day treatment in Leeds for both men and women. Their programme of recovery can help you stay drug and alcohol free.

Address: 3rd Floor, Leeds Church Institute, 20 Newmarket Street, Leeds, West Yorkshire, LS1 6DG <http://www.spaciousplaces.org.uk/> Contact: 0113 247 0153

Drug and Alcohol Support Groups

First Aid for Mental Health

The Basement Recovery Group

Provides a regular drop in Breakfast Club for those who are socially excluded or homeless in Huddersfield. They offer routes into treatment for alcohol and drug dependency and runs an abstinence-based recovery programme and also links to housing, employment, training and education.

Address: Union Bank, 3 Union Bank Yard, New Street, Huddersfield, West Yorkshire, HD1 2BP <https://thebasementproject.org.uk/>

Open: Breakfast Club is Thursdays 10am - 12pm. However, the office is open Monday – Friday 9am – 5pm Contact: 01484 512363

Faith Lodge

A hostel dedicated to helping men in addiction recovery be that alcohol, non-prescribed drugs or gambling. Staff is on site 24 hours.

Address: 25-27 Wellclose Place, Off Blenheim Grove, Leeds, West Yorkshire, LS2 9EZ. Contact: 0113 245 0045 <http://www.stgeorgescrypt.org.uk/charity/the-crypt/faith-lodge/item/104-faith-lodge-a-safe-place-to-recover.html>



General Information

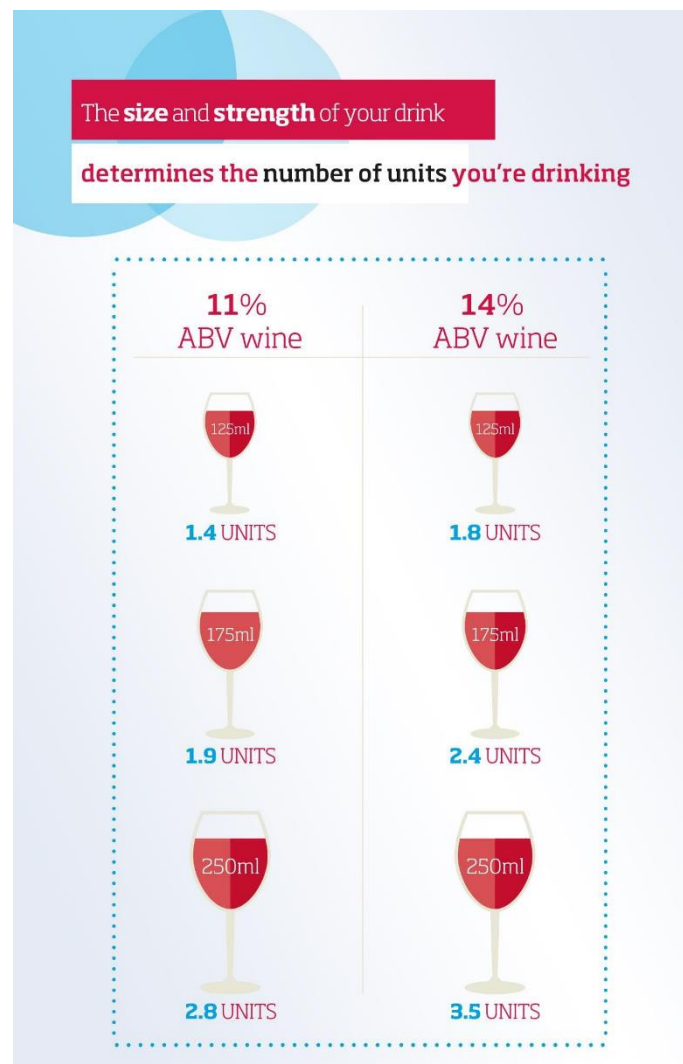
First Aid for Mental Health

Alcoholic Units

How many drinks a day is considered an alcoholic?

For women, low-risk drinking is defined as no more than **3 drinks** on any single day and no more than **7 drinks** per week.

For men, it is defined as no more than **4 drinks** on any single day and no more than **14 drinks** per week. NIAAA research shows that only about 2 in **100** people who drink within these limits have AUD.



16 Fundamental Rights and Freedom

- Right to life
- Freedom from torture and inhuman or degrading treatment
- Freedom from slavery and forced labour
- Right to liberty and security
- Right to a fair trial
- No punishment without law
- Respect for your private and family life
- Freedom of thought, belief and religion
- Freedom of expression
- Freedom of assembly and association
- Right to marry
- Protection from discrimination
- Protection of property
- Right to education
- Right to free elections
- Abolition of the death penalty

Dialectical Behaviour Therapy (DBT)



- Dialectical Behaviour Therapy (DBT) is a type of therapy designed to treat people with Borderline Personality Disorder.
- Dialectical Behaviour Therapy is based on the idea that two important factors contribute to Borderline Personality Disorder:
 1. You grew up in an environment where your emotions were dismissed by your parents or guardian – for example, you may have been told you had no right to feel sad or you were ‘being silly’ if you talked about feeling anxious or stressed
 2. You are emotionally vulnerable – for example, low level of stress makes you feel extremely anxious

These factors may cause you to fall into a cycle – you experience intense and upsetting emotions, yet you feel guilty and worthless for having these emotions. You think having these feelings makes you a bad person, because of your upbringing. These thoughts then lead to more upsetting emotions.

- The ultimate goal of DBT is to you break this cycle (break free) of seeing the world, your relationships and your life in a very narrow, rigid way that leads you to engage in harmful and self-destructive behaviour.
- DBT usually involves weekly individual and group sessions, and you'll be given an out-of-hours contact number to call if your symptoms get worse.
- DBT is based on teamwork. You'll be expected to work with your therapist and the other people in your group sessions. In turn, the therapists work together as a team.
- DBT has proved particularly effective in treating women with BPD who have a history of self-harming and suicidal behaviour. It's been recommended by the National Institute for Health and Care Excellence (NICE) as the first treatment for these women to try.

To access DBT

Your GP or community mental health team (CMHT). They may have information about the best ways to access DBT in your local area and may be able to tell you about local services.

You can also pay for private therapy

Improving Access to Psychological Therapies (IAPT). This is an NHS programme which can provide DBT as a treatment for various mental health

problems. However, IAPT is not available in all areas and the waiting lists can be very long. You can search for IAPT services in your local area on the NHS Choices website. Some services will also accept self-referrals, but this will depend on location.

Specialist therapy services provided by some NHS Trusts

- Unfortunately, many people find that accessing DBT can be quite difficult depending on the area you live in. If you're on a long waiting list, you could ask your doctor if there is any other local support that you can get while you are waiting for your therapy to start. It may also help to have an advocate who can support you in accessing treatment.

Cognitive Behaviour Therapy (CBT)

- CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle.
- CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts.

You're shown how to change these negative patterns to improve the way you feel.

Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past.

It looks for practical ways to improve your state of mind on a daily basis.

CBT has been shown to be an effective way of treating a number of different mental health conditions.

In addition to depression or anxiety disorders, CBT can also help people with:

- obsessive compulsive disorder (OCD)
- panic disorder
- post-traumatic stress disorder (PTSD)
- phobias
- eating disorders - such as anorexia and bulimia
- sleep problems - such as insomnia
- problems related to alcohol misuse

What happen in CBT sessions:

In you CBT session you will meet with a therapist once a week or once every 2 weeks.

The course of treatment usually lasts for between 5 and 20 sessions, with each session lasting 30 to 60 minutes.

During the sessions, you'll work with your therapist to break down your problems into their separate parts, such as your thoughts, physical feelings and actions.

You and your therapist will analyse these areas to work out if they're unrealistic or unhelpful, and to determine the effect they have on each other and on you.

Your therapist will then be able to help you work out how to change unhelpful thoughts and behaviours.

After working out what you can change, your therapist will ask you to practise these changes in your daily life and you'll discuss how you got on during the next session.

The eventual aim of therapy is to teach you to apply the skills you have learnt during treatment to your daily life.

This should help you manage your problems and stop them having a negative impact on your life, even after your course of treatment finishes.

Accessing CBT

Through the GP

Through IAPT

Through private therapists

Psychodynamic Psychotherapy

Psychodynamic psychotherapy does not involve medication.

Psychodynamic psychotherapy tries to understand the reasons behind symptoms, emotional distress and relationship difficulties. It can help you understand how past experiences, current ways of thinking and relating and anxieties about the future are causing difficulties in your present life

During the sessions you will be encouraged to talk as freely as you can and to explore your feelings, experiences, memories, dreams, anxieties, fantasies and wishes. The therapist is likely to pay particular attention to the relationship that grows up between the two of you, as this can help you learn something about your past and present relationships.

Contacts:

GP and then referred to the service within the NHS

UK Council for Psychotherapy: www.psychotherapy.org.uk Tel: 020 7014 9955

British Association of Psychotherapists: www.bap-psychotherapy.org/content.jsp
Tel: 020 8452 9823

British Association for Counselling and Psychotherapy: www.bacp.co.uk Tel: 01455 883300

Samaritans Huddersfield (free)

The Samaritans operate a free call service 24 hours a day, 365 days a year, if you want to talk to someone in confidence. Call them on **116 123**



Opening Hours

Monday Wednesday Thursday 10:00-14:00 18.30-22:00

Tuesday Friday Saturday 18:30-22:00

Sunday 10:00-22:00

<https://www.samaritans.org/wales/branches/huddersfield/>

Self-Injury Support

Run a UK-wide multi-channel support service for women & girls affected by self-injury, trauma and abuse. (Contact for free, confidential, non-judgemental support around self-injury and related issues.)

Open: Tuesday, Wednesday and Thursday from 7pm - 9.30pm

Contact: 0808 800 8088 Text: 07537 432444

This can also be accessed via Locala via GP's

Talking Treatments

Talking with a professional therapist trained to listen with empathy and acceptance.

- Your GP may assess you and let you know about available treatment.
- Cognitive behavioural therapy (CBT), Dialectical behaviour therapy (DBT) and Psychodynamic therapy have been shown to be helpful for people who self-harm.
- Can refer to your CMHT (community mental health team) which can include psychiatrists, psychologists, social workers, an occupational therapist and community psychiatric nurse.

Support groups

Regular meetings with others who have similar experiences to you. Via GP

Online Support

A support option if you don't feel ready to see someone face to face.

Email, text, information or forum support is offered by self-harm services – for example:

National Self Harm Network- <http://www.nshn.co.uk/>

Self-injury Support, <https://www.selfinjurysupport.org.uk/>

Lifesigns <http://www.lifesigns.org.uk/>

The Mix and Sane <https://www.themix.org.uk/mental-health/expert-chat-sane-mental-health-in-relationships-8276.html> .

Alternative Therapies

Forest Bathing

What is Forest Bathing?

- This Japanese practice is an ancient process of relaxation; known in Japan as *shinrin yoku*. The simple method of being calm and quiet amongst the trees, observing nature around you whilst breathing deeply can help both adults and children de-stress and boost health and wellbeing in a natural way.
- The science part...
Beginning in 2005, adult Japanese individuals, both male and female, participated in a series of studies aimed at investigating the effect of forest bathing trips on human immune function. The subjects experienced a 3-day/2-night trip to forest areas, and blood and urine were sampled on days 2 (the first sampling during each trip) and 3 (the second sampling during each trip), and on days 7 and 30 after the trips. Natural killer (NK) activity, the numbers of NK, granulysin-, perforin-, and granzymes A/B-expressing lymphocytes in the blood, and the concentration of urinary adrenaline were measured. The mean values of NK activity and the numbers of NK, granulysin-, perforin-, and granzymes A/B-expressing cells on forest bathing days were significantly higher than those on the control days. The increased NK activity lasted for more than 30 days after the trip, suggesting that a forest bathing trip once a month would enable individuals to maintain a higher level of NK activity. In contrast, a visit to the city as a tourist did not increase NK activity, the numbers of NK cells, or the level of intracellular granulysin, perforin, and granzymes A/B. These findings indicate that forest bathing trips resulted in an increase in NK activity, which was mediated by increases in the number of NK cells and the levels of intracellular granulysin, perforin, and granzymes A/B.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793341/>
- Welcome to Yorkshire advertise several venues
<https://www.yorkshire.com/inspiration/features/heaven-of-earth>
- Search Forest Bathing Yorkshire for alternatives

Beginner Tips for Forest Bathing

Turn off your devices to give yourself the best chance of relaxing, being mindful and enjoying a sensory forest-based experience.

Slow down. Move through the forest slowly so you can see and feel more.

Take long breaths deep into the abdomen. Extending the exhalation of air to twice the length of the inhalation sends a message to the body that it can relax.

Stop, stand or sit, smell what's around you, what can you smell?

Take in your surroundings using all of your senses. How does the forest environment make you feel? Be observant, look at nature's small details.

Sit quietly using mindful observation; try to avoid thinking about your to-do list or issues related to daily life. You might be surprised by the number of wild forest inhabitants you see using this process.

Keep your eyes open. The colours of nature are soothing, and studies have shown that people relax best while seeing greens and blues.

Stay as long as you can, start with a comfortable time limit and build up to the recommended two hours for a complete forest bathing experience.

Action for Happiness Calendar

www.actionforhappiness.org

S2R The Great Outdoors (free)

Is an independent mental health charity, working across Kirklees, offering a range of well-being, creative and outdoor workshops. Opportunities for adults to engage in activities connected to the natural environment including allotments, conservation tasks, bush craft, bee keeping and flower arranging.



Address: S2R CREATE SPACE, Brook Street Huddersfield HD1 1EB

Open - GALLERY AND REFRESHMENT AREA - Monday, Tuesday, Thursday, Friday & Saturday 10:30am – 3:30pm

Office - Monday - Friday 9:30am - 5:30pm

HOOT – Out of The Blue (free)

Creative activities with professional community artists for people experiencing issues with their mental health or wanting to maintain their wellbeing.



Address: Hoot Creative Arts, Bates Mill, Milford Street, Huddersfield HD1 3DX.

Contact: For appointments and support 01484516224 or 07880731767

Email: info@hootmusic.co.uk

Visit <https://www.hootcreativearts.co.uk/whats-on> for events and groups to attend.

Action for Happiness (free)

To take action for a happier world Online Support

Free online resources to place in the workplace or give to individuals

<https://www.actionforhappiness.org/>



A Simple Mental Health Pain Scale

thegracefulpatient.wordpress.com

M
I
L
D



1

Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!



2

You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.



3

Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.

M
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4

Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.



5

Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.



6

You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.

S
E
V
E
R
E



7

You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.



8

You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.



9

You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.



10

The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.

Legislation regarding Mental Health

Health & Safety at Work Act 1974

Primary piece of legislation covering workplace health, safety. This imposes a duty on employers to ensure the health, safety and welfare on all employees

<http://www.hse.gov.uk/search/search-results.htm?gsc.q=mental%20health%20hse#gsc.tab=0&gsc.q=mental%20health%20hse&gsc.page=1>

Mental Health Act 1983

Covers the assessment and treatment and rights of people with mental health disorders. This act states when someone should be detained and treated in hospital without consent (known as sectioned)

<http://www.legislation.gov.uk/ukpga/1983/20/contents>

The **Mental Health Act (MHA) 1983** is the **law** in England and Wales which was updated in 2007.

Covering:

Your rights when you are detained in hospital against your wishes

Your family's rights when you are detained

Your rights when you are detained in hospital and also part of the criminal justice system

Your rights around consent to treatment when you are detained

Your rights when you are leaving hospital, including how to have your section lifted and care planning

Your rights when you are being treated in the community.

(<https://www.mind.org.uk/information-support/legal-rights/mental-health-act-1983/#.XSqdC3dFz7M>)

Human Rights Act 1998

Enables people to defend their rights in the UK courts and obliges public organisations to treat everyone equally. It enables individuals to enforce 16 of the fundamental rights contained in the European Convention on Human Rights (ECHR)

<http://www.legislation.gov.uk/ukpga/1998/42/contents>

This gives you legal protection of your human rights, such as your right to life, or your right to a fair trial.

There are 16 rights in total, and each one is referred to as a separate article, for example, Article 2: Right to life.

You are protected under the Human Rights Act if you live in the UK. This includes if you are a foreign national, detained in hospital or in prison.

All public authorities or bodies exercising public functions need to follow the Human Rights Act. However, individual and private companies do not.

If your human rights haven't been respected, you should first try to resolve it informally, then use a formal complaints procedure, and if that fails you can take legal action by going to court. You should always get legal advice before going to court.

If a court agrees that your human rights have been breached, it can make a declaration of incompatibility. The government would then decide whether the law needs changing as a result.

<https://www.mind.org.uk/information-support/legal-rights/human-rights-act-1998/#.XSgj6ndFz7M>

Mental Capacity Act 2005

Designed to protect and empower individuals who may lack the mental capacity to make their own decisions about their care and treatment. It is a law that applies to people aged 16 and over.(amended 2019)

<http://www.legislation.gov.uk/all?title=mental%20health>

It protects people from being discriminated against because of certain protected characteristics, such as gender, age or disability. **Mental health** falls under the category of disability. ... Employers must make reasonable adjustments to **work** practices, and provide other aids and adaptations, for disabled employees

Overview:

You will be assumed to have capacity, unless you have had an assessment showing you don't.

All decisions made for you when you have lost capacity should be made in your best interests.

Your liberty can only be taken away from you in very specific situations - this is called a deprivation of liberty, and it should only be used if it is the least restrictive way of keeping you safe or making sure you have the right medical treatment.

You may have the right to get support from an advocate in certain circumstances. This is someone who listens to what you want and can speak for you, if you want, but does not have the legal authority to make financial or personal decisions for you.

A deputy is a person appointed by the court to make financial or personal decisions for you, once you have lost capacity to make those decisions for yourself.

If there are any doubts as to what an advance decision means, or what an attorney under a lasting power of attorney or a deputy is allowed to do, the Court of Protection can make a decision about these things.

(<https://www.mind.org.uk/information-support/legal-rights/mental-capacity-act-2005/#.XSgdo3dFz7M>)

Mental Capacity (Amendment) Act 2019

<http://www.legislation.gov.uk/ukpga/2019/18/contents/enacted>

Equality Act 2010

Legally protects people from discrimination in the workplace, when accessing services and in the wider society. It replaced previous anti-discrimination laws with a single Act, making the law easier to understand

<http://www.legislation.gov.uk/ukpga/2010/15/contents>

Came into force on 1 October 2010.

It brings together over 116 separate pieces of legislation into one single Act.

The Act provides a legal framework to protect the rights of individuals and advance equality of opportunity for all.

This is the law that gives you the right to challenge discrimination.

Facts:

To get protection under the Equality Act, you usually have to show that your mental health problem is a disability. 'Disability' has a special meaning under the Act.

This Act protects you from discrimination when you are:

At work, applying for a job, made redundant or dismissed

Buying, renting or living in property

Using services, e.g. shops or insurance companies

Using public functions, e.g. policing or benefits

In education, e.g. at a college or university

Joining some private clubs and associations.

Public authorities have an additional duty to eliminate discrimination and promote equality of opportunity, called the public sector equality duty.

There are also shorter timescales for taking a legal claim if you believe that someone has discriminated against you. If you can, try to get legal advice before starting a claim.

<https://www.mind.org.uk/information-support/legal-rights/disability-discrimination/#.XSgfjHdFz7M>

Data Protection Act 2018

Stipulates how organisations should deal with personal information, if it's on a computer or in writing. It is a national law which complements the European Union's General Data Protection Regulation (GDPR)

<http://www.legislation.gov.uk/ukpga/2018/12/contents>

It gives you rights to look at and have copies of information held about you by various organisations and agencies.

<https://www.mind.org.uk/information-support/legal-rights/mental-health-act-1983/terms-you-need-to-know/#data>



Drugs and the Effects on the Body:

LSD (LYSERGIC ACID DIETHYLAMIDE)

Users experience hallucinations. Time can appear slower or faster, and physical objects can seem distorted.

Flashbacks to 'bad trips' can happen months and even years after taking LSD. Long term use can also intensify or contribute to mental health problems such as anxiety and depression.

AFFECTED BODY PARTS: HEART BRAIN

HEROIN

Heroin is one of the most dangerous drugs in circulation. It is highly addictive and has serious health risks.

Immediate side effects can include a sense of wellbeing and relaxation as well as dizziness and vomiting.

Long-term intake can lead to collapsed veins and loss of body tissue, especially in the fingers, toes and limbs.

**AFFECTED BODY PARTS: ARTERIES/VEINS LOSS OF BODY TISSUE
FINGERS/TOES/LIMBS**

METHAMPHETAMINE

Users can feel alert and awake, which can lead to agitation, aggression and confusion. Heart rate and blood pressure can rise, which can cause a risk of a heart attack. People also lose their appetite.

Long term abuse can contribute to panic attacks, psychotic episodes and brain damage.

AFFECTED BODY PARTS: BRAIN HEART

NITROUS OXIDE ('LAUGHING GAS')

Users can feel relaxed, happy and euphoric after inhaling 'laughing gas'. It can also cause hallucinations and dizziness.

There is a risk of death with nitrous oxide, as it restricts the flow of oxygen to the brain.

Regular use can lead to nerve damage, which can cause tingling, pains and difficulty walking.

AFFECTED BODY PARTS: TOES FINGERS LEGS BRAIN



LEGAL HIGHS'

Many 'legal highs' are now illegal for human consumption, since the Psychoactive Substances Act in May 2016.

Drugs including "Spice", "Clockwork Orange" and "Blue Cheese" can lead to someone to feel relaxed and euphoric, but can also cause hallucinations, anxiety, suicidal thoughts, confusion, aggression and seizures.

AFFECTED BODY PARTS: HEART BRAIN

COCAINE

Cocaine is a highly addictive drug that raises the body's temperature, makes the heart beat faster and can lead to overconfident or aggressive behaviour. These effects last for around 30 minutes, depending on how much is taken. When the effects wear off, a user can experience a 'comedown', where they feel depressed, anxious and paranoid.

Long term use can damage the kidneys, blood vessels and cause nasal damage.

AFFECTED BODY PARTS: HEART NOSE BLOOD VESSELS KIDNEYS

ECSTASY

Ecstasy can cause someone to be more energetic, confident and talkative. Music and colours can also feel more intense. Confusion and lockjaw can also be experienced.

During a 'comedown', people can feel down, dizzy, dehydrated and sick. They can also suffer from muscle ache and headaches.

Sustained use can also lead to disturbed sleep, psychosis, panic attacks and anxiety.

AFFECTED BODY PARTS: BRAIN STOMACH

CANNABIS

Cannabis can make a person feel more relaxed and happy. Other symptoms include an increased appetite and lethargy. It can also cause someone to feel light-headed, faint and sick, with persistent use worsening the symptoms.

In some cases, persistent use has been linked to the onset of psychotic illnesses, particularly in those genetically vulnerable.

AFFECTED BODY PARTS: BRAIN STOMACH



KETAMINE

A feeling of 'floating' is common when taking Ketamine. Depending on how much is consumed, this can generally last for 30 minutes. Hallucinations, feeling restless and anxiousness are also typical.

Longer lasting effects can include speech and movement difficulties as well as feeling detached from the body.

AFFECTED BODY PARTS: SPEECH BLADDER LIMBS

SPICE

A mix of herbs (shredded plant material) and manmade chemicals with mind-altering effects. It is often **called** "synthetic marijuana" or "fake weed" because some of the chemicals in it are similar to ones in marijuana; but its effects are sometimes very different from marijuana, and frequently much stronger.

AFFECTED BODY PARTS: BRAIN HEART LIMBS

CRYSTAL METH

A strong and highly addictive drug that affects the central [nervous system](#). There is no legal use for it. It comes in clear crystal chunks or shiny blue-white rocks. Also called "ice" or "glass," it's a popular party drug. Usually, users smoke crystal meth with a small glass pipe, but they may also swallow it, snort it, or inject it into a vein.

AFFECTED BODY PARTS: SKIN MOUTH TEETH BRAIN

MORPHINE

A pain medication of the opiate family which is found naturally in a number of plants and animals. It acts directly on the central nervous system to decrease the feeling of pain. It can be taken for both acute pain and chronic pain.

AFFECTED BODY PARTS: EYES SKIN BRAIN MOUTH BOWEL BLADDER

METHADONE

A synthetic opiate used as an alternative to heroin. It slows down the body function and reduces physical and psychological pain. Feeling of warmth, relaxation, detachment and relieving feelings of anxiety.

AFFECTED BODY PARTS: BRAIN NERVOUS SYSTEM



MAGIC MUSHROOM

Wild mushrooms with hallucinogenic effects. The strength of magic mushrooms varies depending on their freshness, the season and where they grow. It's very difficult to predict the strength of magic mushrooms. For most people, the world appears distorted when they take mushrooms. Colours, sounds, objects and even time can all seem very different.

AFFECTED BODY PARTS: BRAIN EYES STOMACH

JELLIES (TANQUILISERS)

Minor tranquillisers can induce periods of calmness, relaxation and sleep, and are used to treat anxiety and insomnia. They are prescription only medicines that can normally only be prescribed following a consultation with a doctor.

AFFECTED BODY PARTS: BRAIN NERVOUS SYSTEM

3

ANGEL DUST (PCP - PHENCYCLIDINE)

A mind-altering drug that may lead to hallucinations (a profound distortion in a person's perception of reality). It is considered a dissociative drug, leading to a distortion of sights, colours, sounds, self, and one's environment.

AFFECTED BODY PARTS: BRAIN EYES HEART

BLACK MAMBA

A street drug which is illegal in much of the world. It is an artificial cannabinoid. It can cause some very serious side effects, including mental health problems, psychosis and sometimes a deep zombie-like state which takes a long time to recover from. It has also been known to cause death.

**AFFECTED BODY PART: NERVOUS SYSTEM BRAIN MUSCLES
HEART**