

## Crisis Signposting Sheet

General/National Resources	
<b>Emergency Services (immediate risk of harm)</b>	<p><b>Telephone: 999</b></p> <p>If yourself or others, are in immediate danger of serious harm (for example, if someone has taken an overdose) call for an ambulance immediately. Give as much information as possible to the operator and be as clear as you can when giving your address and telephone number.</p> <p>If there is a risk of physical violence, or if the person is at risk of self-harm or of causing harm to someone else, it may be necessary to contact the police.</p>
<b>Urgent medical advice (non-emergency)</b>	<p><b>Telephone: 111</b> <b>Textphone: 18001 111</b></p> <p>NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.</p>
<b>Helplines</b>	<p><b>The Samaritans</b> offer a 24-hour confidential telephone helpline; <b>Tel: 116 123.</b></p> <p><b>Papyrus</b> provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through their helpline. <b>Tel: 0800 068 4141</b></p> <p><b>Shout</b> is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. <b>Text 85258.</b></p> <p><b>SANEline</b> is an out-of-hours telephone helpline offering practical information, crisis care and emotional support to anybody affected by mental health problems. They also provide a free text-based support service called Textcare. Available between 4.30pm – 10.30pm each evening, every day of the year. <b>Telephone: 0300 304 7000</b></p>
<b>Websites/further information</b>	<p><b>Kooth</b> (<a href="https://kooth.com">https://kooth.com</a>), is an online resource for young people aged 11-18 where you can access free, anonymous mental health and well-being support. Kooth offers you articles, moderated forums and self-help resources 24 hours</p>

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	<p>a day. They also offer counsellor messaging and direct one to one counselling sessions. Kooth counsellors are available between 12-noon and 10pm on weekdays, and between 6pm until 10pm on weekends, 365 days a year.</p> <p>The <b>MindMate website</b> at <a href="http://www.mindmate.org.uk">www.mindmate.org.uk</a> has a lot of useful emotional wellbeing information, as well as links to other relevant services relating to children and young people's emotional wellbeing and mental health.</p> <p><b>Calm Zone by ChildLine</b> - breathing exercises, activities, games and videos to help let go of stress.  <a href="https://www.childline.org.uk/toolbox/calm-zone/">https://www.childline.org.uk/toolbox/calm-zone/</a></p> <p><b>Young Minds</b> has practical tips and advice for young people for managing and understanding their feelings, along with advice about mental health and support with speaking to someone. There is also a parents helpline:  <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a></p>
<h3>York</h3>	
<p><b>Children/YP</b></p>	<p><b>York Mind - Young People's Service</b> supports young people aged 8 to 25 experiencing struggles with emotions or mental health, such as often feeling low, stressed or worried. They aim to offer space for better understanding of what young people are experiencing, helping to learn ways of supporting and improving their mental wellbeing, and learning that you do not have to struggle alone. This includes counselling, mentoring and groups:  <a href="https://www.yorkmind.org.uk/how-we-help/young-peoples-service/">https://www.yorkmind.org.uk/how-we-help/young-peoples-service/</a></p> <p><b>York CAMHS Crisis Call</b> - North Yorkshire CAMHS has a freephone service to support children, young people, parents and carers whatever the circumstances by listening, supporting, advising and signposting. The team will ensure that all callers receive an efficient and timely response for anyone up to aged 18 years in critical moments, so that you get fast access to help when needed. North Yorkshire CAMHS Crisis Call is open 24 hours a day, seven days a week.  <b>Tel: 0800 0516 171</b></p>
<p><b>Adults</b></p>	<p><b>The Haven, Telephone: 07483141310.</b> Located at 30 Clarence Street The Haven offers mental health support to anyone aged 16 or over in York and Selby (open 6pm-11pm, seven days a week).</p> <p><b>TEWV Crisis Team Telephone: 0800 0516171.</b> People of all ages can now contact their local TEWV crisis service. The phoneline is open 24 hours a day, seven days a week and will make it easier for people to access help in a mental health emergency.</p>

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Summary leaflet	<a href="http://www.tevv.nhs.uk/services/access-to-mental-wellbeing-services-amh-vale-of-york/">http://www.tevv.nhs.uk/services/access-to-mental-wellbeing-services-amh-vale-of-york/</a>
<b>Leeds</b>	
<b>All ages</b>	<p>If you, or someone you're worried about, needs urgent care or treatment for a mental health crisis call the <b>Single Point of Access (SPA)</b> on <b>Freephone 0800 183 1485</b> (open 24/7, every day).</p> <p>You can speak to health care professionals who can refer you to specialist mental health services in Leeds.</p>
<b>Children/YP</b>	<p><b>NHS Leeds Crisis Call Line</b>; Call <b>0800 953 0505</b>, Mon – Sun 8am – 8pm. Are you a young person struggling to cope? Is life getting harder and harder? Are you a parent worried about your child? The NHS in Leeds has a Freephone Crisis Call Line to support children and young people whatever the circumstances by listening, supporting, advising and signposting.</p> <p>Overnight support is available from the <b>NightOwls</b> service. Call them on <b>0800 148 8244</b>, Text on <b>07984 392700</b> or chat online at NightOwls.</p> <p><b>Mindmate Leeds</b> <a href="https://www.mindmate.org.uk/">https://www.mindmate.org.uk/</a> .</p>
<b>Adults</b>	<p>For general support or advice about your mental health or that of someone you care for, call the <b>West Yorkshire 24 hour support line</b> on <b>0800 183 0558</b>.</p> <p>In Leeds you can also call the <b>Connect Helpline</b> on <b>0808 800 1212</b> (6pm – 2am 7 days a week) if you are in distress at night time and need someone to talk to.</p> <p><b>Dial House</b> is an out-of-hours Leeds service for people in times of crisis where visitors can relax and have an hour of one-to-one support from the team of crisis support workers.</p> <p>Visitors who are attending for the first time, can just turn up from 6pm. If you have been before you will need to ring 0113 2609328 or text 07922 249452 from 6pm on the night you want to request a visit (it's best to ring before 7.30pm if possible). Open Monday, Wednesday, Friday, Saturday and Sunday – 6pm-2am.</p>
Summary leaflet	<a href="https://www.mindwell-leeds.org.uk/wp-content/uploads/2021/03/Finding-support-in-a-mental-health-crisis-August-2021-V2.pdf">https://www.mindwell-leeds.org.uk/wp-content/uploads/2021/03/Finding-support-in-a-mental-health-crisis-August-2021-V2.pdf</a>

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Barnsley	
<b>All ages</b>	<p>There is now a <b>24 hour mental health helpline</b> for <b>anyone registered with a GP</b> in Barnsley, Calderdale, Kirklees and Wakefield. The service supports people who are:</p> <ul style="list-style-type: none"> <li>● At risk of developing mental health problems</li> <li>● Diagnosed with common mental health problems</li> <li>● Accessing mental health support</li> <li>● Experiencing mental health distress</li> </ul> <p>Seeking information, advice and support You can now use this service by calling <b>0800 183 0558</b>.</p>
<b>Children/YP</b>	<p>Night OWLS is a confidential support line for children and young people in crisis. Helping them, their parents and carers living in Bradford, Leeds, Calderdale, Kirklees and Wakefield. Night OWLS can help you if you...</p> <ul style="list-style-type: none"> <li>● Feel you have nowhere to turn</li> <li>● Feel you can't go on living</li> <li>● Are in a crisis</li> <li>● Are finding it hard to cope with life</li> <li>● Are feeling angry, lonely, anxious or depressed</li> <li>● Are feeling confused or finding it hard to think straight</li> <li>● Are feeling unsafe</li> <li>● Are caring for a young person</li> <li>● Just want to talk</li> </ul> <p>Open 8pm – 8am every day, you can contact Night OWLS on freephone <b>0800 1488 244</b>, by text <b>07984 392700</b> or chat on <a href="http://www.wynightowls.org.uk">www.wynightowls.org.uk</a>.</p> <p><b>Barnsley 24/7 open access to Mental Health services line for Children and young people (CAMHS) – 01226 644829.</b></p>
<b>Adults</b>	<p><b>Barnsley 24/7 open access to Mental Health services line</b> for Adults (aged 18+) – <b>01226 645000</b>.</p>
<b>Summary of services</b>	<p>Full list of mental health services including local and national offer: <a href="https://www.barnsley.gov.uk/services/adult-social-care/help-with-your-mental-health/mental-health-services/">https://www.barnsley.gov.uk/services/adult-social-care/help-with-your-mental-health/mental-health-services/</a></p>

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Calderdale	
<b>All ages</b>	<p>There is now a <b>24 hour mental health helpline</b> for <b>anyone registered with a GP</b> in Barnsley, Calderdale, Kirklees and Wakefield. The service supports people who are:</p> <ul style="list-style-type: none"> <li>● At risk of developing mental health problems</li> <li>● Diagnosed with common mental health problems</li> <li>● Accessing mental health support</li> <li>● Experiencing mental health distress</li> </ul> <p>Seeking information, advice and support You can now use this service by calling <b>0800 183 0558</b>.</p>
<b>Children/YP</b>	In Calderdale 24/7 open access to our mental health services: Children and young people (CAMHS) – <b>01422 300001</b>
<b>Adults</b>	In Calderdale 24/7 open access to our mental health services: Adults (aged 18 +) – <b>01924 316830</b>
<b>Summary of services</b>	Full list of useful contacts can be found here: <a href="https://www.calderdalekirkleesrc.nhs.uk/resources/learner/">https://www.calderdalekirkleesrc.nhs.uk/resources/learner/</a>
Kirklees	
<b>All ages</b>	<p>There is now a <b>24 hour mental health helpline</b> for <b>anyone registered with a GP</b> in Barnsley, Calderdale, Kirklees and Wakefield. The service supports people who are:</p> <ul style="list-style-type: none"> <li>● At risk of developing mental health problems</li> <li>● Diagnosed with common mental health problems</li> <li>● Accessing mental health support</li> <li>● Experiencing mental health distress</li> </ul> <p>Seeking information, advice and support You can now use this service by calling <b>0800 183 0558</b>.</p>
<b>Children/YP</b>	In Kirklees 24/7 open access to our mental health services: Children and young people (CAMHS) <b>0300 304 5555</b>
<b>Adults</b>	In Kirklees 24/7 open access to our mental health services: Adults (aged 18+) – <b>01924 316830</b>

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<b>Summary of services</b>	<a href="https://www.calderdalekirkleesrc.nhs.uk/resources/learner/">https://www.calderdalekirkleesrc.nhs.uk/resources/learner/</a>
<b>Wakefield</b>	
<b>All ages</b>	<p>There is now a <b>24 hour mental health helpline</b> for <b>anyone registered with a GP</b> in Barnsley, Calderdale, Kirklees and Wakefield. The service supports people who are:</p> <ul style="list-style-type: none"> <li>● At risk of developing mental health problems</li> <li>● Diagnosed with common mental health problems</li> <li>● Accessing mental health support</li> <li>● Experiencing mental health distress</li> </ul> <p>Seeking information, advice and support            You can now use this service by calling <b>0800 183 0558</b>.</p>
<b>Children/YP</b>	<p>In Wakefield 24/7 open access to our mental health services: Children and young people (CAMHS) – <b>01977 735865</b></p> <p><b>CAMHS Resources page</b> <a href="https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/">https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/</a> .</p>
<b>Adults</b>	<p>In Wakefield 24/7 open access to our mental health services: Adults (aged 18+) – <b>01924 316900</b></p>
<b>Bradford</b>	
<b>All ages</b>	<p><b>First Response crisis service</b> offers support 24 hours a day, seven days a week to people of all ages living in Bradford, Airedale, Wharfedale or Craven experiencing a mental health crisis. <b>Tel: 0800 952 1181</b>.</p>
<b>First response leaflet</b>	<p><a href="https://www.bdct.nhs.uk/wp-content/uploads/2016/12/First-Response-concertina-leaflet-new-freephone-number.pdf">https://www.bdct.nhs.uk/wp-content/uploads/2016/12/First-Response-concertina-leaflet-new-freephone-number.pdf</a></p>