

Children and Young People's Mental Health Service (CYPMHS)

Sources of support and advice

Crisis Support

If you are concerned about the immediate safety of a child or young person, please seek advice from a GP, NHS 111, or A&E.



For concerns regarding deteriorating mental health or for further support, please consult the following services:

Night OWLS

Night OWLS is a confidential support line for children, young people, parents, and carers across West Yorkshire. The service runs from 8pm – 8am every night and is delivered by the Leeds Survivor Led Crisis Service.



**NIGHT
OWLS**

Overnight West Yorkshire
Listening/Advice Service

Helpline: 0800 148 8244

Text service: 07984 392 700

Website: <https://www.lslcs.org.uk/services/night-owls-helpline/>

Teen Connect

Teen Connect provides out of hours telephone and online support to young people aged 11-18 in Leeds, available 3:30pm – 2am Monday to Friday and 6pm – 2am Saturday to Sunday.



Helpline: 0808 800 1212

Text service: 07984 355 251

Website: <https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>

Safe Zone

Safe Zone offers face-to-face support for 11-17 year olds and their parents or carers in and around Leeds. The service operates from 5pm – 10pm every Monday, Wednesday, and Thursday. Sessions are held at Northpoint Wellbeing, Touchstone Support Centre, and Dial House.



Telephone referrals: 01138 198 189 / 07593 529 367

Website: <https://www.lslcs.org.uk/services/safe-zone/>

CYPMHS Crisis Line

CYPMHS Crisis Line offers advice and support to children, young people, parents, and carers in Leeds and is open every day from 8am – 8pm. The service is open to young people who are known to CYPMHS and those who have not yet been referred.



Helpline: 0800 953 0505

Website: <https://www.mindwell-leeds.org.uk/services-directory/leeds-camhs-crisis-call-line-team/>

Samaritans

Samaritans offer immediate mental health support and information to people of all ages. The service operates 24 hours a day, 7 days a week.

Helpline: 116 123

Email: jo@samaritans.org

Website: <https://www.samaritans.org/>



Childline

Childline offers advice and support to young people under the age of 19. Help is available 24 hours a day, 7 days a week via phone call, text message, and online one-to-one chat.

Helpline: 0800 1111

Website: <https://www.childline.org.uk/get-support/>

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Shout

Shout is a text service offering free, confidential mental health support to people of all ages. The service runs 24 hours a day, 7 days a week.

Text service: Text 'Shout' to 85258

Website: <https://giveusashout.org/get-help/>



HOPELINE247

HOPELINE247 offers confidential suicide prevention advice to children and young people in the UK. The service operates 24 hours a day, 7 days a week.

Helpline: 0800 068 4141

Text service: 88247

Email: Pat@papyrus.org

Website: <https://www.papyrus-uk.org/>



No Panic

No Panic provides telephone and email support to both young people and adults experiencing panic or anxiety. The service operates from 10am – 10pm every day of the year.

Helpline: 0300 722 9844

Email: sarah@nopanic.org.uk / youth@nopanic.org.uk

Website: <https://nopanic.org.uk/>



Emotional Wellbeing Support

For additional emotional wellbeing support and resources, please consult the following services:

MindMate SPA

MindMate SPA is a single point of access service in Leeds which directs young people and their families to the most suitable support. The service accepts both online and telephone referrals and offers a range of online resources.

Telephone referrals: 0300 555

Online referrals: <https://self-referral.mindmate.org.uk/>

Website: <https://mindmate.org.uk/>



The Market Place

The Market Place offers one-to-one support, counselling, and drop-in sessions for young people aged 11-25 in Leeds city centre. This service operates Monday to Saturday.

Telephone: 01132 461 659

Website: <https://www.themarketplaceleeds.org.uk/>



Youth in Mind

Youth in Mind offers one-to-one and group support for children and young people aged 10-25 in Leeds who have experienced significant distress or trauma. The service operates both online and in-person.

Telephone: 01133 055 800

Email: youngpeople@leedsmind.org.uk

Website: <https://www.leedsmind.org.uk/services/young-people/youth-in-mind/>



Barca Leeds

Barca provides various forms support to children, young people, and families living in Leeds, including counselling and workshops. The platform aims to connect people with services that suit their individual needs.

Telephone: 01132 559 582

Website: <https://www.barca-leeds.org/our-services>



Leeds Mental Wellbeing Service

Leeds Mental Wellbeing Service offers support and resources to adults and young people aged 17 and upwards. The service runs from 8am – 4pm Monday to Friday.

Telephone: 01138 434 388

Email: leeds.mws@nhs.net

Website: <https://www.leedscommunityhealthcare.nhs.uk/lmws/>



Getaway Girls

Getaway Girls is a Leeds-based service which offers group, individual, and peer support to girls and young women aged 11-25.

Telephone: 01132 405 894

Email: flavia.docherty@getawaygirls.co.uk

Website: <https://getawaygirls.co.uk/>



KOOTH Online Counselling

KOOTH offers a safe and anonymous space for 11-18 year olds to chat with BACP accredited counsellors, access self-help resources, and connect with peers through moderated forums. The service operates online and runs from 12pm – 10pm Monday to Friday and 6pm – 10pm Saturday to Sunday.

Website: <https://www.kooth.com>



YoungMinds

YoungMinds offers advice, resources, and information about mental health and wellbeing to young people, carers, and professionals.

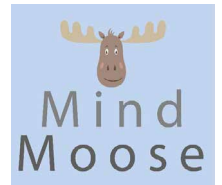
Website: <https://www.youngminds.org.uk/about-us/contact-us/>



Mind Moose

Mind Moose offers tools and resources to help children and young people prioritise their mental health.

Website: <https://www.mindmoose.co.uk/why-mind-moose/>



Education Support Services

If a young person is experiencing challenges in school, speak to their teacher or SENCO in the first instance. If you require further support, please consult the following services:

SENDIASS

SENDIASS offers help and information to parents and carers of children with additional educational needs and disabilities. The service runs from 10am - 3pm Monday to Friday.

Telephone: 0113 378 5020

Website: <https://forms.leeds.gov.uk/SENDIASSGetInTouch>



Leeds SENDIASS

Family Support

For family support, please contact the following organisations:

Cluster

Cluster services are attached to many Leeds-based schools and offer a range of support to families and young people. Cluster services identify the needs of families and ensure they are offered the right intervention at the right time, by the right people. Referrals are made through schools.

Family Lives

Family Lives offers targeted early intervention and crisis support to parents and caregivers through their website and helpline service.

Helpline: 0808 800 2222

Website: <https://www.familylives.org.uk/>



Neurodiversity Support

For support with difficulties relating to autism, ADHD, or neurodiversity, consider the following services:

ND Information Hub

The ND Information Hub is a subsection of the MindMate website offering information about autism, ADHD, and neurodiversity.

Website: <https://www.mindmate.org.uk/nd/>



National Autistic Society

The National Autistic Society offers information, resources, and support regarding autism spectrum conditions. Their helpline operates from 10 – 4pm Monday to Friday.

Helpline: 0808 800 4104

Website: <https://www.autism.org.uk/?gad>

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The ADHD Foundation

The ADHD foundation is the UK's leading neurodiversity charity offering resources, direct support, workshops, and webinars to young people with ADHD and their families.

Website: <https://www.adhdfoundation.org.uk/>



ABC Leeds

ABC Leeds offers support and advice about services, education, care, and welfare to parents and caregivers of children with autism spectrum conditions.

Telephone: 01132 579 269

Website: <https://leedsabgroup.wordpress.com/contact/>



LGBTQIA+ Support

For specific support surrounding gender identity and sexuality, contact the following services:

Out 2 18

Out 2 18 is an LGBTQIA support group for young people aged 13-18. The group meets every other Thursday from 6:30pm – 8:30pm.

Website: <https://www.mesmac.co.uk/our-services/leeds/support-social-groups/out-2-18>



Transtastic

Transtastic is a support group for young people aged 13-18 who identify as trans. The group meets every other Thursday from 6:30pm – 8:30pm.

Website: <https://www.mesmac.co.uk/our-services/leeds/support-social-groups/transtastic>



MESMAC

MESMAC offers a variety of social and support groups to LGBTQIA+ youth.

Telephone: 0113 244 4209

Email: Leeds@mesmac.co.uk

Website: <https://www.mesmac.co.uk/>



Gendered Intelligence

Gendered Intelligence offers in-person and online support to trans people aged 13-30. The group meets on the second Tuesday of every month from 6pm – 8pm.

WhatsApp: 07592 650 496

Email: supportline@genderedintelligence.co.uk

Website: <https://genderedintelligence.co.uk/>



Bereavement Support

For grief and bereavement support following the loss of a loved one, please refer to the following services:

Child Bereavement UK Leeds

Child Bereavement UK offer support to children and young people who have been bereaved of a close family member. The service provides general advice, advocacy, and signposting and is aimed at young people aged 18 and below.

Telephone: 0113 350 3598

Email: leedssupport@childbereavementuk.org

Website: <https://www.childbereavementuk.org/>



Winston's Wish

Winston's Wish provides grief and bereavement support to children and young people aged 25 and below who have lost a loved one. The organisation provides information and support via telephone, email, and a live chat service. The service operates 8am – 8pm Monday to Friday.

Helpline: 08088 020 021

Email: ask@winstonsiwsh.org

Website: <https://www.winstonswish.org/>



Leeds Suicide Bereavement

Leeds Suicide Bereavement provides practical and emotional support to children and young people who have been affected by suicide. Children and young people can also access support with their family. The service operates 9am – 5pm Monday to Friday.

Telephone: 0113 305 5800

Email: sbs@leedsmind.org.uk



Young Carer Support

For support regarding caring responsibilities, please see the following resources:

Leeds Young Carers

Leeds Young Carers provides specialist information, advice, and support to young carers aged 5-18. The service runs from 9am – 5pm Monday to Friday.

Telephone: 0113 733 9126

Email: leedsyoungcarers@family-action.org.uk

Website: <https://www.family-action.org.uk/what-we-do/children-families/leeds-young-carers-support-service/>



Young Carers Support App

The Young Carers Support App is free to download, regularly updated, and offers information and advice regarding local support services, projects, and initiatives. Available on Android and IOS. To access the app, search Young Carers Support App in Google Play or the App Store.

Website: <https://www.wypartnership.co.uk/our-priorities/unpaid-carers/young-carers/young-carers-support-app>

West Yorkshire and Harrogate
Health and Care Partnership



Substance Misuse

For support with matters relating to substance misuse, consult the following organisations:

Forward Leeds

Forward Leeds is the primary alcohol and drug service for adults, young people, and families in Leeds. The service offers free and confidential support both in person and via telephone and runs from 9am – 5pm Monday to Friday.



Telephone: 0113 887 2477

Email: info@forwardleeds.co.uk

Website: <https://www.forwardleeds.co.uk/>

FRANK

Frank offers honest information to people of all ages regarding substance use. The organisation runs a helpline 24 hours a day, 7 days a week alongside a text and live chat service.



Helpline: 0300 123 6600

Text service: 82111

Email: frank@talktofrank.com

Website: <https://www.talktofrank.com/>

Alateen

Alateen offers help and support to 12-17 year olds who have friends or relatives that struggle with alcoholism. Alateen runs online group meetings every Wednesday at 7pm and every Saturday at 11am. Additional meetings occur on the first Monday of every month at 7:30pm and every other Thursday and Sunday from 7pm.



Telephone: 0800 0086 811

Website: <https://al-anonuk.org.uk/getting-help/>

Domestic Violence

If you or someone you know is at immediate risk of domestic violence, please seek support from the relevant emergency services. For other concerns regarding domestic violence, please consult the following services:

Leeds Domestic Violence Service

Leeds Domestic Violence Service works with all genders, families, and children in Leeds and offers a range of support including a 24-hour helpline through which individuals can call discuss their situation, request information, or request support.



Helpline: 0113 246 0401

Email: hello@ldvs.uk

Website: <https://ldvs.uk/>

Leeds Women's Aid

Leeds Women's Aid offers support to adults and young people aged 16 plus who are living in Leeds and at risk of domestic violence. The service offers a drop-in service, emergency refuge accommodation, and a 24-hour helpline.

Helpline: 0113 246 0401

Email: administration@leedswomensaid.org.uk

Website: <https://leedswomensaid.co.uk/>

women's aid
until women & children are safe

Social Prescribing

For needs relating to social prescribing, please contact the following organisations:

Connect Together

Connect together is a social prescribing service that supports children, young people, and their families to make long lasting connections in their community to bring about sustainable change and improvements to their lives. The service is aimed at individuals aged 5-16 living in LS10, LS11, LS12, LS13, and LS28.

Email: cypreferrals@barca-leeds.org

Website: <https://www.barca-leeds.org/service/cypsp>



Linking Leeds

Linking Leeds is an integrated, free, city-wide social prescribing service for Leeds residents aged 16 and over. The organisation aims to connect people to services and activities within their community that benefit overall health and wellbeing.

Telephone: 0113 336 7612

Email: linking.leeds@nhs.net

Website: <https://linkingleeds.com/>



Useful Apps

All apps below are available on Google Play and the App Store.

Calm Harm

Calm Harm is a free app intended to help teenagers manage the urge to self-harm.

DistrACT

DistrACT is an app for young people aged 17 and over who are concerned about self-harming. It aims to help users understand the urge to self-harm, monitor, and manage their symptoms.

Blue Ice

Blue Ice is an evidence-based app intended to help young people manage their emotions and reduce the urge to self-harm.

MeeTwo

The MeeTwo app provides a safe and secure forum for teenagers to discuss issues which are impacting their daily lives. Users can request advice from experts or peers going through similar hardships in areas such as mental health, self-harm, relationships, and friendships.



Catch It

Catch It is a mindfulness app which uses cognitive behavioural therapy techniques to help users manage feelings like anxiety, depression, anger, or confusion.



Feeling Good: Positive Mindset

The Feeling Good app offers positive mental training audio programmes which aim to improve mood, reduce stress, and support individuals to manage feelings of depression and anxiety.

