

First Response

First Response crisis service 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.

www.bdct.nhs.uk/services/first-response/

0800 952 1181

Safe Spaces

Anyone aged seven and over living in Bradford District and Craven can access urgent same-day support from Safe Spaces at our Bradford and Keighley Hubs.

We can help you if you're experiencing severe anxiety, panic attacks, suicidal thoughts, intense depression or feelings of disassociation.

<https://www.mindinbradford.org.uk/support-for-you/safe-spaces/>

MyWellbeing IAPT Service

MyWellbeing IAPT Service is a free NHS service to help people manage everyday problems such as feeling low, having problems sleeping, feeling anxious and experiencing stress.

Options range from online courses in the comfort of your own home to getting out and meeting new people in our group courses. If there is an option that suits you, you can enrol yourself and then chat to a member of our qualified enrolment team.

bmywellbeingiapt.nhs.uk

0300 555 5551

The Cellar Project

Set up in the mid 1980s and originally called [The Cellar Project](#), we are a registered charity (No. 701982) which aims to provide mental health support in Bradford, helping people move forward in their recovery and live independent, fulfilling lives.

We offer different [mental health services](#) to adults across the Bradford district and into Airedale, Wharfedale and Craven. Health issues and inequalities in Bradford District are amongst some of the highest in the region, and indeed the country, when compared against national averages. There are estimated to be over 100,000 people experiencing ill mental health in the district.

<https://www.thecellartrust.org/about-the-cellar-trust/>

Night Owls

West Yorkshire Night OWLS is a confidential support line for children, young people, their parents and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield. This is a pilot scheme originally funded until March 2022 and is now extended to September 2023.

If a child or young person you care for is in a crisis and you are concerned about their emotional wellbeing contact **Night OWLS**.

Available 8pm–8am every day for children, young people, parents and carers across West Yorkshire.

Freephone 0800 1488 244

Text: 07984 392700

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

SHOUT

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

To start a conversation, **text the word 'SHOUT' to 85258**. Trained volunteers are here to listen at any time of day or night, and messages won't appear on your phone bill.

<https://giveushout.org/get-help/how-shout-works/>

Samaritans

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

Whatever you're going through, you can call us any time, from any phone for FREE.

116 123

Treacle Me

Treacle is a free and easy-to-use social prescribing directory. It gathers together information about small local groups, as well as national help and support, into one site.

Although a personal relationship with a specific GP can be therapeutic, it is also becoming a decreasing reality for many people. Access to good social prescribing information can open up possibilities which will decrease reliance on GPs. Knowing where to access the information to do this is an important part of the journey, and that is the aim of Treacle.

<https://www.treacle.me/>

Kooth

Online mental health support

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

Domestic Abuse

We are dedicated to support parents and carers if they are victims of domestic violence. Bradford Survive and Thrive is a multi-agency partnership bringing together 3 organisations, Family Action, Staying Put and Women's Centre Limited. These organisations are working together to develop a one system approach to families affected by domestic abuse and sexual violence.

<https://stayingput.org.uk/bradford-survive-and-thrive/>

