

## **New mental health helpline for Leeds residents**

A new 24 hour mental health helpline launches tomorrow (9 June) for residents in Leeds and neighbouring regions (Calderdale, Kirklees, Wakefield and Barnsley).

The West Yorkshire helpline provides confidential support, advice, information and guidance for anyone concerned about their mental health, or of the mental health of their family members or those they care for. Trained telephone advisors will provide support for people in distress who need someone to talk to, and also signpost and refer people into services for further help, in line with our local pathways.

Anyone aged 18 or over registered with a Leeds GP can call the helpline for support on **0800 183 0558**. Anyone who calls who is under 18 will be signposted to relevant services.

The new helpline is provided by Nottingham Community Housing Association Care and Support, who have been awarded a two year contract to deliver the service. NHS Greater Huddersfield CCG is the lead commissioner of the service on behalf of NHS North Kirklees, Calderdale, Wakefield, Leeds and Barnsley CCGs.

The new service is intended to help people seeking support for their mental health s and complements mental health services already available in Leeds. These include online resources such as [MindWell](#), [Leeds Mental Wellbeing Service](#) and [MindMate](#) (for young people aged under 18).

Other helplines are also available:

[Connect](#) is a survivor-led local helpline also available which offers emotional support and information to people in Leeds every night 6pm-2am. Connect specialises in working with suicide and self-harm risk and complex mental health needs. Tel: **0808 800 1212**  
Connect also provides online support through instant chat for people. [www.lslcs.org.uk](http://www.lslcs.org.uk)

The [LYPFT single point of access](#) is available 24/7 for those in crisis and in need of urgent help. People already registered with specialist mental health services in Leeds may have a crisis plan with contact details. However if they don't have a crisis plan or are unable to find it and need help urgently they should call the LYPFT single point of access team on **0300 300 1485**