



Springwell
Leeds

Nurture Inspire Achieve



WELLSPRING

We Make A Difference

Useful Support Services & Children's Activities in Leeds

Be Healthy. Be Active. Be Happy

To check out our Newsletter go to:

[www.springwellacademyleeds.org/
parents-carers/parents-news](http://www.springwellacademyleeds.org/parents-carers/parents-news)



Positive
Regard

Relationships Make The Difference



Leeds
CITY COUNCIL

Support Services

Finding support in a mental health crisis

Leeds has a range of services that can support you, if you're in crisis or feeling emotional distress.

Keep this sheet handy in your bag or purse, or, for online information go to MindWell: www.mindwell-leeds.org.uk/help

Under 18? Go to www.mindmate.org.uk and search 'Urgent help'.

MindWell

healthwatch
Leeds



Places to call

Connect helpline is a survivor-led service offering emotional support to people in Leeds. Open every night 6pm to 2am. Call 0808 800 1212 (free phone).

Connect BSL helpline is on Mondays at 7pm to 11pm, facetime/skype/glide with BSL trained staff. Call 07500 870 987.



West Yorkshire 24 hour mental health helpline offers support, advice and information for anyone in Leeds. Open 24/7. Call 0800 183 0558 (free phone).

What is a mental health crisis?

Each person's experience of crisis is personal to them. It can feel like reaching a breaking point. Or, the world crashing down on you and feeling like you can no longer cope.



It's important to know that you're not alone. There's always someone to talk to.

Samaritans is always open to talk about whatever you're going through. Open 24/7. Call 116 123 (free phone).

Leeds and York Partnership NHS Foundation Trust's Single Point of Access (SPA) accepts referrals for anyone needing urgent care or treatment for a mental health crisis. Open 24/7. Call 0800 183 1485 (if you're deaf or have hearing loss, text 07983 323867).

NHS 111 (freephone) is open 24/7 if you have a problem with your physical or mental health and you're not sure what to do.

Face-to-face help



GP emergency appointment - ask to talk to the 1st available GP. GPs see many people every week who are worried about their mental health.

Well-Bean 'Hope in a Crisis' Cafe offers a safe and confidential space for people (16+) experiencing crisis in Leeds. Open 7 nights a week, 6pm to 12am. Face-to-face support and by phone. Call or text 1st on 07760 173 476 if you want to access the Cafe.

Dial House is a place of sanctuary offering emotional and practical support to people (16+) in crisis. Open Monday, Wednesday, Friday, Saturday and Sunday, 6pm to 2am. Face-to-face support, phone and video chat. Call 0113 260 9328 or text 07922 249 452.

Dial House@Touchstone offers support to people from Black and Minority Ethnic groups (16+). Support by phone. Open Tuesdays and Thursdays, 6pm to 12am. Call 0113 249 4675 or text 07763 581 853.



Support by text or online chat

Connect online is a local survivor-led online chat service for people in distress. Open every night 6pm to 2am via website homepage: www.lslcs.org.uk

Shout text service struggling to cope? Text SHOUT to 85258 (free) any time 24/7 for support. Messages are anonymous and won't appear on your phone bill.

Email the Samaritans - sometimes writing down your thoughts can help. Email Jo@samaritans.org. Response time is 24 hours.

Signhealth Crisis Text Service for Deaf people Text DEAF to 85258 (free). Messages are anonymous and won't appear on your phone bill.

NHS111 talk online if you have a medical problem and you're not sure what to do: www.111.nhs.uk.

Have you injured yourself or taken an overdose? Are you at immediate risk of hurting yourself or taking your own life? Call 999 and ask for an ambulance or go to A&E



MIC
Money Information
Centre



www.leeds.gov.uk/leedsmic



BreezeLeeds.org is the website for all children and young people aged 0-19 from Leeds (and their families) who are looking for positive things to do.

We gather all the places together so that they are at your finger tips.

www.breezeleeds.org/about-breeze



WHM

Women's Health Matters

0113 276 2851



LEEDS DOMESTIC VIOLENCE SERVICE

The 24 hour Leeds Domestic Violence Service helpline:
0113 246 0401



Every woman deserves
respect and support



24 Hour Helpline: 0113 246 0401

Support Services



If you are in need of assistance with food or gas / electric payments, we encourage you to call the **Leeds Welfare Support Scheme** on **0113 376 0330**.

You can also call the national Citizen's Advice line, which run in partnership with the Trussell Trust, on **0808 208 2138**.



**Supporting Parents & Families
in and around Leeds**

Hope House, 65 Mabgate, Leeds LS9 7DR

Tel: **0113 244 2419**

Email: office@home-startleeds.co.uk
www.home-startleeds.co.uk



Leeds Community Healthcare
NHS Trust

Our Services – 0-19 Public Health Integrated Nursing

- Parents from Leeds
- Public Health Nursing
- Group Support
- ChatHealth
- School Immunisation
- Infant Mental Health
- Oral Health

Headquarters

First Floor
Stockdale House
Headingley Office Park
Victoria Road
Leeds LS6 1PF

Tel: **0113 220 8500**

www.leedscommunityhealthcare.nhs.uk



Forward Leeds provide support for adults, young people and families needing help with alcohol and drug use in Leeds.

Tel: **0113 887 2477** www.forwardleeds.co.uk



Safe and reliable advice about young people's mental health, created by experts and parents together!

www.mindedforfamilies.org.uk



Family Action, Families Together Leeds

Cottingley Childrens Centre,
Cottingley Drive, Leeds LS11 0JP

Tel: **0113 532 6587** Email: leeds.admin@family-action.org.uk

Useful Services

**Who you can call this
Mental Health Awareness Week**



0300 123 3393
Open 9am-6pm weekdays



116 123
Always open



0800 58 58 58
Open 5pm - midnight

If you're in Wales:



0800 132 737
Always open

If you're under 25:



0808 808 4994
Open 4pm - 11pm



Free School Meals

are available to all reception, Year 1 and Year 2 pupils and to children whose parents receive certain benefits.

To apply go to:
www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals



Tel: **0113 269 2985**
Email: ereferral@leedsnorthandwest.foodbank.org.uk



Tel: **0113 277 2229**
Email: info@leedssouthandeast.foodbank.org.uk

To find out more information on Leeds Food Aid Centres go to:
www.leeds.gov.uk/leedsmic/emergency-food





Leeds SENDIASS

Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS) in Leeds.

We offer information, advice, and support to:

- Children and young people (up to 25 years) with SEND
- Parents and carers of children with SEND
- Practitioners (who might support children, young people, or parents to access our service)

Tel: **0113 378 5020** Email: <https://sendiass.leeds.gov.uk>



Leeds Community Healthcare


NHS Trust

0-19 Public Health Integrated Nursing
Tel: **0113 8435 683**
To access services go to:
www.leedscommunityhealthcare.nhs.uk/our-services-a-z


LEEDS.GOV.UK

Bereavement Services

To contact us go to:
www.leeds.gov.uk/births-deaths-and-marriages/death/bereavement-services



If you'd like to talk about your child's sleep problems, you can call between 7 and 9pm, Sunday to Thursday
Tel: **03303 530 541**




Family Information Services

Opening hours: Monday to Friday: 10:00 - 15:30

PO Box 837
Family Information Service
Learning Systems
Leeds LS1 9PZ
Tel: **0113 378 9700**

Useful Services

Believe in children



Barnardo's

To find local services go to:
www.barnardos.org.uk/what-we-do/helping-families

Supporting:

- Young carers
- Domestic abuse
- Help for anyone fleeing the Ukrainian conflict
- Alcohol and substance abuse
- Children with parents in prison
- Children seeking asylum



Making Healthier Food Choices

Make a swap when you next shop



For more information search
change 4 life



Activities for the Holidays

The MAX Card



The Max Card is the UK's leading discount card for foster families and families of children with additional needs.

Families can use their Max Card at venues across the UK to get **free** or **discounted admission**.

To register for a card go to: www.mymaxcard.co.uk



The Card enables a disabled cinema guest to **receive a complimentary ticket** for someone to go with them when they visit a participating cinema.



To find out more go to: www.ceacard.co.uk



FREE Healthy Activities

Healthy Holidays is for primary and secondary aged children who are eligible for free school meals.

The council and our partners provide a fantastic range of clubs, activities and events.

Including free meal in a variety of locations across Leeds.

To find out more go to:

www.leeds.gov.uk/children-and-families/healthy-holidays



Activities for the Holidays

Kids eat for FREE or less during Summer 2022

MORRISONS

Spend £4.99 to get a free kids meal all day, every day!

ASDA CAFE

Kids eat for £1 every day with NO need for a paying adult from 25th July – 4th September 2022.

DUNELM

One free mini main, two snacks and a drink for every £4 in the in-store cafe.

YO!

Kids eat free from 3pm – 5:30pm Monday–Thursday for every £10 spent on food.

BEEFEATER & BREWERS FAYRE

Free breakfast for two children under 16 with every paying adult.

HUNGRY HORSE

Free kids breakfast with an adults breakfast from 9am – 12pm daily.

IKEA

Get TWO kids hot meals, fruit, drink and jelly for £5 in their Swedish restaurants (subject to availability).

BELLA ITALIA

Kids eat for £1 with each adult meal from 4pm – 6pm on Monday–Thursday.

DOBBIES

Kids eat free with an adult main meal.

TABLE TABLE

Two children under 16 get a free breakfast with one paying adult every day.

CAFE ROUGE

Kids eat for £1 with an adult meal excluding Saturday.

MORE TO COME!!!!

M&S, TESCO and more expected soon, see www.moneysaverdansway.co.uk for more information.



Notes



Springwell
Leeds

Nurture Inspire Achieve

Springwell Leeds North

Woodhook Drive
Tinshill
LS16 6DY

Springwell Leeds South

Middleton Road
Leeds
LS10 3JA

Springwell Leeds East

Brooklands View
Seacroft
LS14 6XR