Mental health support in Bradford District and Craven

Healthy Minds

Bradford District and Craven Health and Care Partnership

ACTasONE

Daytime support

Bradford District and Craven Talking Therapies (for anxiety and depression) – A free and confidential NHS service for people aged 16 and over who are registered with a GP in Bradford, Airedale, Wharfedale or Craven.
Visit: **www.bdctalkingtherapies.nhs.uk**
Email: **talkingtherapiesadmin@bdct.nhs.uk**
Call: **01274 221234** (9am to 5pm from Monday to Friday)
Write**: Bradford District and Craven Talking Therapies, New Mill Level 5, Saltaire, BD18 3LA**

Guide-Line – Feel like you need to talk to someone? Guide-Line provides confidential, emotional support 365 days a year.
Call: **08001 884 884** (8am to 12am), or use the live chat online at: **www.mindinbradford.org.uk/chat** (8am to 12am)

Kooth – Kooth is a free, safe and anonymous online community available 24/7, 365 days of the year and provides discussion forums, resources and access to online counselling for children and young people aged 10 to 18. **www.kooth.com**

Night support

Guide-Line – Feel like you need to talk to someone? Guide-Line provides confidential, emotional support 365 days a year. Call: **08001 884 884** (8am to 12am), or use the live chat online at: **www.mindinbradford.org.uk/chat** (8am to 12am)

West Yorkshire Night OWLS Helpline – West Yorkshire Night OWLS is a confidential support line for children, young people, their parents, and carers.
This service is available from 8pm to 8am.
Call: **0800 1488 244** Text: **07984 376950**
Live Chat: **www.lslcs.org.uk/services/night-owls-helpline**

Crisis support

For urgent mental health support, call **First Response 0800 952 1181**, available 24 hours a day, seven days a week to people of all ages living in Bradford District and Craven. When a First Response telephone assessment indicates the need for a face-to-face assessment, we will aim to see you within four hours. Or, you can call NHS 111 and select the mental health option.

Safe Spaces – crisis support service in the community for anyone aged five and over, open 365 days a year from 12pm to 2.30am. Call First Response on **0800 952 1181** and ask for 'Safe Spaces'.

Healthy Minds is your first step to mental health support in Bradford District and Craven: **www.healthyminds.services**

One stop wellbeing hubs

Wellbeing hubs

The local NHS, Bradford Council and the voluntary and community sector are working together to help individuals with their wellbeing by establishing the **Wellbeing Network for Bradford District and Craven.**

The network has three wellbeing hubs which provide advice and support with:

- welfare benefits ie housing, universal credit, unemployment, and budgeting
- anyone feeling lonely or isolated
- mental wellbeing

Bradford East Hub
Wright Watson Enterprise Centre, Thorp Garth, Idle, BD10 9LD

Tong Hub
Sutton Community Centre, 51 Kyffin Place, Bradford, BD4 8NB

Manningham Hub
Manningham Mills Community Centre, Lilycroft Road, Bradford, BD9 5BD

Information about the hubs and how to contact them can be found on: wellbeingnetwork.org.uk

System access point: Front line workers can refer people through the Bridge Project on 01274 265222 or email wbn@thebridgeproject.org.uk
Individuals can refer themselves by visiting www.wellbeingnetwork.org.uk or by calling 01274 265222.