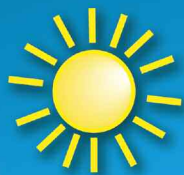




Information for Mental Health

How are you Feeling?



sunny

low

pressured

depressed

moderate

high

cloudy

cold

stormy

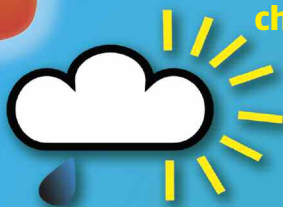
thundery

in a trough

changeable

settled

fine



mental health

support in Leeds for you,
your friends and your family

How are you Feeling?



Emotional distress is very common, and it can happen in many different ways.

You may go through many of the feelings and emotions listed here...

...but, unlike the weather, there are many ways that you may be able to change what you're feeling.

Most people need support at some time in their lives.

You may want:

- someone to talk to
- somewhere to go during the day
- to meet people who have similar feelings or be part of a self-help or support group
- help getting work, training, or housing
- information or advice
- someone to help speak for you
- support in a crisis

Help and support of this kind, and much more, is available in Leeds.

We are all different. Different people find different things helpful. That is why there are different kinds of help.

Help is also available for particular groups of people, including:

- black people, and people from other minority ethnic communities
- disabled people
- lesbians, gay men and bisexuals
- women and men
- young people and older people
- people who are caring for others



You may also be able to do some things in your life which help keep you mentally healthy

Five ways to wellbeing

Connect ... with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.

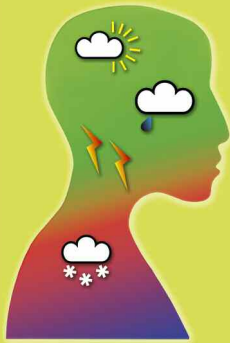
Be active ... Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance.

Take notice ... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons.

Keep learning ... Try something new. Rediscover an old interest. Sign up for that course.

Give ... Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in.

For the full version of "five a day" go to www.neweconomics.org/projects/five-ways-well-being



Where to get help and support

There are hundreds of organisations working in Leeds. These are just a few which may be able to help you find the right one.

GPs

Your own doctor can often help in many ways.

Leeds Mental Health Directory • www.mentalhealthleeds.info

Includes details of more than 800 mental health organisations in Leeds and the UK, including many counselling services, and direct links to hundreds of useful websites.

Connect • 0808 800 1212

Free helpline which gives emotional support to anyone in Leeds who feels distressed and wants to talk to someone. Can also give information about local services and resources – part of the Survivor–Led Crisis Service (6pm–10.30pm, seven days per week).

Leeds Survivor Led Crisis Service • 260 9328

Runs a crisis house – a safe setting with someone to talk to. Uses a non–medical approach (6pm–2am Friday, Saturday, Sunday).

Samaritans • 08457 90 90 90

Free helpline offering emotional & confidential support for people who are experiencing feelings of distress or despair, including those which may lead to suicide (24 hours).

Leeds Crisis Centre • 275 5898

Free and confidential short–term counselling and support for people who are finding it difficult to cope at a stressful time in their lives (10am–9.30pm Monday–Friday, 11am–7pm Saturday and Sunday).

Primary Care Mental Health Practitioners • 0800 0525 270

Provide therapy (eg CBT), for short periods of time, to people experiencing 'common' mental health problems (eg anxiety, depression or stress). Part of the NHS – phone the above NHS Leeds PALS phone number to find your nearest practitioner team.

Where to get help and support continued ...

SHIP (Self-Help Initiatives Project, Leeds Mind) • 245 9221

Self-help groups for anyone going through emotional or mental distress.

Carers Leeds • 246 8338

Information, advice and support for carers.

Age Concern Information Line • 0800 00 99 66

Free national information line for older people, relatives, friends, professionals and carers (8am–7pm, seven days per week).

Infostore • www.olderpeopleleeds.info

Provides information about local and national services, for older people who live in Leeds.

Leeds LGBT Switchboard • 245 3588

Local listening and information service for gay, lesbian, and bisexual people, their friends and family (7pm –10pm Monday – Friday).

The Market Place • 246 1659

Information, support and counselling for young people aged 13–25.

Childline • 0800 1111

Free confidential phone counselling service for any child with any problem 24 hours a day.

Parents Helpline • 0808 802 5544

A helpline for parents and adults concerned about the mental health and emotional well-being of children in their care (run by the charity YoungMinds).

Touchstone Support Centre • 219 2727

Therapeutic resource centre for African, Caribbean, Asian and Chinese people who may have mental health problems.

Women's Counselling & Therapy Service • 245 5725

Provides individual and group counselling and psychotherapy to women living in Leeds who are on a limited income.

Leeds Cruse Bereavement Careline • 234 4150

Offers support and information (10am–12noon Monday, Tuesday, Thursday, Friday).

Leeds Directory of Bereavement Services

www.lbforum.org.uk/module_directory

Gives details of local and national organisations which may be able to offer help.

Advocacy for Mental Health and Dementia • 247 0449

Helps people who are using mental health services to obtain their full rights and to have their voices heard.

PALS (Patient Advice and Liaison Service) • 0800 0525 790

Free phone line giving information about services provided by Leeds Partnerships NHS Foundation Trust (which provides most NHS mental health services in Leeds).

Leeds City Council Adult Social Care

Via Leeds City Council Customer Service • 222 4401

Can offer certain types of help to people with mental health problems.

Mind Infoline • 08457 660 163

Free national information line on any aspect of mental health (interpretation available for over 100 languages).

NHS Direct • 0845 4647

Free information service on all aspects of health problems, NHS services and other local services (24 hours).

National websites

The websites below, of four leading UK mental health charities, all have a huge amount of information.

www.mind.org.uk (Mind)

www.mentalhealth.org.uk (Mental Health Foundation)

www.anxietyuk.org.uk (Anxiety UK)

www.depressionalliance.org (Depression Alliance)

The Five Ways to Wellbeing are taken from the Foresight project Mental Capital and Wellbeing – <http://foresight.gov.uk> – published in October 2008. The project commissioned the centre for wellbeing at nef (the new economics foundation – www.neweconomics.org) to develop a set of evidence-based actions to improve personal wellbeing.

LEEDS MENTAL HEALTH DIRECTORY



Information for Mental Health