Services offering support to people with mental health problems

Learning a new skill, doing some voluntary work or taking part in a group activity can help you build confidence and take steps towards recovery. The following services provide support to people who have mental health problems. They're all very different – talk to your keyworker or support worker (if you have one) about which services and support might work best for you.

This list is a work in progress, as we gather information about support and activities in Leeds. If you know of a local group or service offering daytime activities, employment support or any other kind of help for people with mental health problems, please tell us so we can include it.

- Call Volition on 0113 242 1321 or Adult Social Care on 0113 247 8735 – or drop a line to socialcarechanges@leeds.gov.uk.
- For further information about local mental health services, search www.mentalhealthleeds.info or visit www.leedsdirectory.org.
- For general advice on social care support, call Adult Social Care at Leeds City Council on 0113 222 4401.

Type of service *or* support	Contact	Website/ Email	Activity
Creative arts			
Arts and Minds Network	Tel: 0113 243 1121	info@artsandmindsnetwork.org.uk www.artsandmindsnetwork.org.uk	A multi-sector partnership that aims to develop the role of the arts in health and social care. Includes music, dance, sculpture, design and other artforms.
Arts and Minds free art courses	Neil Hedges Tel: 0113 202 8165 or Louisa Parker Tel: 0113 202 8162	Neil.hedges@leeds-art.ac.uk Louisa.parker@leeds-art.ac.uk	Courses take place in local communities and are aimed especially at women and older people. They help develop a wide range of arts skills, realise potential and lift mood.
Arts and Minds free dance courses	Tom Bailey Tel: 0113 243 1121 or Linda Boyles Tel: 0113 305 6621	info@artsandmindsnetwork.org.uk	Arts and Minds and Yorkshire Dance offer a creative dance group for adults with experience of mental health issues.

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Healing Voices (choir)	C/o Arts and Minds Tel: 0113 305 6621 or 0113 243 1121		Choir meets Tuesdays, 14:00–16:00. No experience necessary!
Inkwell	Chapel Allerton Tel: 0113 230 2631	www.leedsmind.org.uk then follow link to 'services'	Run through Leeds Mind, Inkwell offers an opportunity to use creative skills as part of the recovery process. Classes are delivered by experienced artists in a friendly, positive and relaxing space.
Sound Health	Tel: 0113 305 5802		Singing and musical performance group for people experiencing mental distress. Monday–Wednesday, 14:30–16:00.
Crisis support			
If you are in need of urgent help because you are worried about your mental health please contact your GP or call NHS Direct on 0845 46 47.			
Connect Helpline c/o Leeds Survivor Led Crisis Service	Tel: 0808 800 1212	Survivor.led@lslcs.org.uk www.lslcs.org.uk	Helpline offers emotional support and information 18:00–22:30 every night.
Dial House c/o Leeds Survivor Led Crisis Service	Tel: 0113 260 9328	*As above*	Dial House is a place of sanctuary and support for people in crisis. Access by phone during the opening hours Friday to Monday 18:00–02:00.
Leeds Survivor Led Crisis Service	Tel: 0113 260 9328	*As above*	Runs a crisis house – a safe setting with someone to talk to. Uses a non-medical approach (18:00–14:00 Fri, Sat and Sun).

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Education, training and employment			
Design & Print United	Paul Frazer Tel: 0113 271 7109	c/o www.mentalwealth.org.uk	Design and Print United is a user-run social enterprise that offers a complete design and print service. They also provide training, mentoring and support to get back into a working environment.
Jobs and Skills / Employment and Skills		www.leeds.gov.uk/Jobs_and_careers/Training_and_development.aspx	The council has a citywide network of Jobshops which provide support to people who find it difficult to access training and employment. They offer a free information, advice and guidance service.
Leeds Mind	Tel: 0113 230 2631	www.leedsmind.org.uk	Provides support to help people with mental health problems lead full and active lives. Leeds Mind offers a wide range of employment-related services.
Mental Wealth	Adrian Patton Tel: 0113 203 8893 Mob: 07891 270 970	www.mentalwealth.org.uk	Help for people with mental health difficulties who are looking for work or trying to keep their job.
New Leaf			*Helps people to build horticultural skills in a therapeutic environment – see listing in 'Gardening and outdoors' section.*
Swarthmore	Swarthmore Education Centre 2–7 Woodhouse Square LS3 1AD Tel: 0113 243 2210	www.swarthmore.org.uk	A centre for lifelong learning, with community projects, family learning sessions and children's activities. Main aim is to encourage people who want to learn but might not feel comfortable in a formal educational institution.

Type of service *or* support	Contact	Website/ Email	Activity
Faith, race and culture			
Dosti	Ravinder Samra/ Narinder Assi, c/o Stocks Hill Day Centre, Armley Tel: 0113 203 8893	www.dostileeds.org.uk	Dosti is a charity offering a supportive environment for Asian women with mental health issues. Also runs Melting Pot cookery project, a social enterprise helping people to develop cookery skills and gain qualifications *(see 'food and cooking skills' section)*.
Leeds Irish Health and Homes	Tel: 0113 262 5614	www.lihh.co.uk	Friday luncheon at Montague Burton for over-55s. Mondays at St Chad's, everyone welcome.
Leeds Jewish Welfare Board Allotment	Clare Sanderson Tel: 0113 218 5851 or Paul Townend Tel: 0113 237 0814	theboard@ljwb.co.uk www.ljwb.co.uk	Allotment project enabling people with mental health problems to lead a more fulfilling life. Meets wednesdays 12:00–15:00.
Support group for gypsy and traveller mums	Lavinia Lubbock Tel: 0113 245 5725 or Cathy Griffiths Tel: 0113 274 8050		A safe, comfortable and peaceful time in the week for gypsy and traveller mums to enjoy being together and learn about themselves and each other.
Touchstone Support Centre	Tel: 0113 219 2727	www.touchstone-leeds.co.uk	Therapeutic resource centre particularly for African, Caribbean, Asian and Chinese people who have mental health problems.
Food and cooking skills			
Melting Pot	c/o Adrian Patten, Ravinder Samra or Narinder Assi, c/o Stocks Hill Day Centre Tel: 0113 203 8893	*(website will be live soon)*	A catering project that brings together people from different cultures and communities. Creates training opportunities in catering and administration.

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Gardening and outdoors			
Leeds Growing Together	Emily Brown Tel: 07921 474 465	Emily-brown@together-uk.orh www.facebook.com/ LeedsGrowingTogether	Growing Together is working with Oakwood Lane Allotments to reinstate a derelict allotment site with facilities for veterans, people with mental and physical health needs and anyone else who wants to improve their health and wellbeing through community horticulture.
Leeds Jewish Welfare Board Allotment			*See listing in 'Faith, race and culture' section.*
New Leaf	C/o Vale Day Centre, Hunslet Tel: 0113 271 3337	ss.vale@leeds.gov.uk	Horticultural project offering the opportunity to work and build up skills as part of a social enterprise.
Pisces	Jay Mitchell C/o Vale Day Centre, Hunslet 0113 271 3337	www.piscesuk.org.uk	PISCES enables adults with mental health problems to experience the therapeutic benefits of spending time in the natural environment, fishing or taking part in other activities.
General support			
Community Alternatives Team	Tel: 0113 214 5030		Helps people with mental health difficulties explore options within the community. Offers specialist support in women's issues, sport and leisure; education, volunteering, self-help support, developing new services in local areas and out-of-hours activities.

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RAISE	St Anne's Resource Centre 66 York Street LS9 8AA Tel: 0113 243 1894	starc@st-annes.org.uk www.st-annes.org.uk/ what_we_do/homelessness	A day service offering advice and support to people who are homeless, vulnerably housed or with mental health or substance abuse issues. Includes various groups and classes, and training/employment support.
Touchstone	Tel: 0113 271 8277	www.touchstone-leeds.co.uk	Touchstone provides a range of services that improve health and wellbeing. Touchstone is strongly committed to equality, independence and choice. Touchstone's services are shaped by the needs of service users.
Lovell Park Centre	Tel: 0113 214 5025		Offers a wide-range of social, practical, educational and therapeutic programmes, group activities and individual support.
Stocks Hill Day Centre	Tel: 0113 279 3836		Offers wide range of community work, employment and volunteering opportunities and access to leisure facilities. A varied programme of creative group work is available including leisure, arts and music.
Vale Day Centre	Tel: 0113 271 3337		Offers group work, some counselling, social and creative activities. Gardening in the community, horticultural skills project (see New Leaf listing). Regular and various outreach projects in local community.
Making friends			
Churchwell Drop-in centre	Tel: 0113 252 2831		For people in any form of mental distress. Social facilities include coffee bar, lunch, pool, table games, daily papers and occasional trips.

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Friday Friends	c/o Community Alternatives Team Tel: 0113 271 9851		Social and support-drop in held at Old Red Lion Pub, York Road Fridays, 11.30–15.30.
Leeds Befriending Service (Making Space)	Tel: 0113 276 1421	john.strickland@makingspace.co.uk www.makingspace.co.uk (national site)	Part of Making Space support service. Links up volunteer befrienders with people who are experiencing long-term mental health problems.
The Monday Club	Tel: 0113 305 5556		For people aged 18-65 with mental health issues. Meets at Cross Green Centre, Otley, LS21 3EY.
Peer-led group activities (Leeds Survivor led Crisis Service)	Tel: 0113 260 9328	Survivor.led@lslcs.org.uk www.lslcs.org.uk	My Time Wednesday (emotional support group) 15:00-17.30 My Time Thursday (social support group) 12:00–15:00.
Rothwell and District Drop- in (Community Alternatives team)	Windmill Youth Centre Marsh Lane Rothwell LS26 0AG. Tel: 0113 282 2438		Safe and friendly place where people experiencing mental health problems can meet, chat and offer each other support. User-run with support workers available. Mondays, 12:00–16:00.
One-to-one support			
Liberty Support	Charlotte Ting Tel: 07581 732514	www.libertysupport.org	Liberty Support service specialises in one-to-one support for people with mental health problems. Support is focused on developing, retaining and regaining skills.

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Over-50s			
Dementia cafes *At various sites across Leeds*	Tel: 0113 231 1727	www.leeds.gov.uk/dementia	Community cafes across Leeds where people with dementia/memory loss and their carers can come to relax, meet others in a similar situation and get information and support.
Potterdale Community Resource Centre	Tel: 0113 270 8673	Pott@leedsshc.org.uk www.leedshc.org.uk/en/scheme/potterdale.aspx	Potterdale Community Resource Centre aims to meet the support needs of people over 50 living with mental health problems through promoting independence, social inclusion and recovery.
Young people			
The Market Place	Tel: 0113 2461659	www.themarketplaceleeds.org.uk	Offers support and space for young people to work through their issues, at their pace, in their own way.
YouthPoint	Tel: 0113 274 9959 or 0113 278 7182	youthpoint@cardigancentre.org.uk www.youthpoint.co.uk	Youth Point provides a wide variety of projects that give young people the information and support that they need to ease their transition into adulthood.

volition
The voice of Leeds mental health voluntary sector

Leeds CITY COUNCIL