If you are concerned about your alcohol or drug use or someone else’s, you can call to refer yourself to services in Leeds. Open Monday and Friday, 9am - 5pm 0113 887 2477

MindWell is the mental health website for People in Leeds. Funded by the NHS, it brings together information about local and national services as well as self-help tools and resources. www.mindwell-leeds.org.uk

If you are worried about money problems, find help and support at: www.mindwell-leeds.org.uk/money-worries

Andy’s Man Club Peer support group for men. Can help with legal, money, welfare and practical advice.

Are you struggling to cope or feeling overwhelmed? Talk to someone about how you’re feeling. You are not alone and it is okay to ask for help.

If someone you were close to has ended their own life, you can access one-to-one support, group support, family support, or counselling.

Are you struggling after a medical emergency?

If you are a young person, MindMate can help you understand the way you’re feeling and find the right advice and support. www.mindmate.org.uk

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If you are 19 or under, you can contact Childline about anything. If you understand the way you're feeling and it is okay to talk, then you might want to talk. www.childline.org.uk

If you need to talk about things? Feelings anxious or stressed? Need to talk about things? Need to vent about school? Anything else on your mind?

In a medical emergency CALL 999

When you need urgent medical help but you’re not sure what to do CALL NHS 111

Provide confidential emotional support for women and girls affected by sexual violence of any kind.

www.sarsvl.org.uk

If you are a professional and would like to order more posters please ring the Public Health Resource Centre on 0113 37 86200. Information correct as of February 2020.

Developed by Public Health, Leeds City Council.