

Leaflets & Resources

Centre for Clinical Interventions: Self-Help Resources

www.cci.health.wa.gov.au/resources/looking-after-yourself

Mind

www.mind.org.uk/information-support/

NHS Online

www.nhs.uk/conditions/stress-anxiety-depression/

www.nhs.uk/apps-library/category/mental-health/

Mental Health During Covid-19 Crisis

Health and Safety England

https://www.publichealth.hscni.net/sites/default/files/2020-03/Coronavirus%20Take%205%20A5%204pp%2003_20_0.pdf

Samaritans

https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/?mc_cid=05385d6a47&mc_eid=228362fc75

LGBT Foundation

<http://www.lgbt.foundation/coronavirus/remote-services>

Stonewall

LGBT+ resources and services

<https://www.stonewall.org.uk/about-us/news/covid-19---how-lgbt-inclusive-organisations-can-help>

Directories

Mindwell Leeds

www.mindwell-leeds.org.uk

An online directory of all mental health services in Leeds.

Doing Good Leeds (formerly Voluntary Action Leeds)

www.doinggoodleeds.org.uk

Freedom Quarter

www.freedomquarter.com/lgbtservices

Help in Leeds

For asylum seekers, and refugees

www.helpinleeds.com/using-this-directory/

Emotional Support

Supportline

www.supportline.org.uk/

Support for any individual on any issue before they reach the point of crisis. Confidential telephone helpline, and e-mail counselling service.



Samaritans

Call: 116 123

E-mail: jo@samaritans.org

National Domestic Violence Helpline England

0808 802 1414

Women's Aid

0808 802 5565

<http://survivorsforum.womensaid.org.uk> – safe, anonymous, space for women affected by domestic abuse to support one another.

<http://chat.womensaid.org.uk/> - Live chat available Monday – Friday 10-12pm

Victim Support – for victims of any crime, including sexual violence

0808 1689 111

Galop – LGBT+ people experiencing abuse

0800 999 5428

Forced Marriage

0207 008 0151

Freeve Sexual Violence Helpline

0300 33 6533

Safeline – male survivors

0808 808 5005

National Stalking Helpline

0808 802 0300

advice@stalkinghelpline.org

SignHealth Domestic Abuse Service

Text: 07970 350 366

da@signhealth.org.uk

Men's Advice Line

0808 801 0327

info@mensadvice.org.uk

Crisis Services in Leeds**Leeds Survivor Led Crisis Service**

www.lslcs.org.uk

Dial House, 12 Chapel Street, Halton, Leeds LS15 7RW

0113 260 9328

survivor.led@lslcs.org.uk

Connect Helpline (telephone and online support)

Dial House (face-to-face support, overnight stay)

Dial House @ Touchstone (BME specific crisis support, including face-to-face)

Group Work, Well-Bean 'Hope in a Crisis' Café, Leeds Suicide Bereavement Service

NHS Single Point of Access Leeds

0300 300 1485

Specialist mental health support, and access into further urgent care as needed

Mindwell Leeds

www.mindwell-leeds.org.uk

An online directory of all mental health services in Leeds.

For urgent support, visit: www.mindwell-leeds.org.uk/i-need-help-now

Samaritans Leeds

Call: 116 123 or 0113 245 6789

E-mail: jo@samaritans.org

Visit: 93 Clarendon Road, Leeds, LS2 9LY

Wellbean Crisis Café

Saturdays, Sundays, Mondays, bank holiday evenings 6pm – 12am

Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB

Ring or text 07760 173 476 on the day you'd like to visit

National Crisis Support

Your GP surgery for urgent support: many surgeries have an out of hours service.

Can't Talk, But Need Emergency Help

[www.policeconduct.gov.uk/sites/default/files/Documents/research-](http://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf?mc_cid=05385d6a47&mc_eid=228362fc75)

[learning/Silent_solution_guide.pdf?mc_cid=05385d6a47&mc_eid=228362fc75](http://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf?mc_cid=05385d6a47&mc_eid=228362fc75)

NHS 111

You can call the NHS 111 service 24 hours a day, 365 days a year, if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to A&E or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- you need health information or reassurance about what to do next

Samaritans

Call 116 123

E-mail: jo@samaritans.org

CALM (Campaign Against Living Miserably)

Freephone for men

0800 585858

HopeLine UK

For people under the age of 35

0800 068 41 41

Andy's Man Club

Face-to-face support for men

www.andysmanclub.co.uk

Non-Crisis Support Services for Survivors of Sexual Violence

Leeds Domestic Violence Service Helpline

0113 246 0401 for emotional and practical support around any sexual or domestic violence



Women's Lives Leeds

A collective of organisations in Leeds supporting a range of needs for women and girls
www.womenslivesleeds.org.uk

Leeds Women's Aid & Women's Lives Leeds

Online chat service for women who are trapped with their abuser during the Covid-19 lockdown

Monday – Friday 1-3pm

Gurbinder: 07925 575012

gurbinder@ashaleeds.org.uk

Sharon: 07535 877089

Sharon.panepinto@getawaygirls.co.uk

Minnow: 07851 784713

minnowb@leedswomensaid.org.uk

Support After Rape and Sexual Violence Leeds (SARSVL)

The Rape Crisis Service for Leeds, supporting women and girls that have experienced any kind of sexual violence at any point in their lives

www.supportafterrapeleeds.org.uk

Helpline (call to book face-to-face emotional support): 0808 802 3344, support@sarsvl.org.uk,
07860022880

SARSVL also offers counselling, and advocacy support for women who are thinking about/have reported to the Police about experiences of sexual violence.

National Domestic Violence Helpline

808 2000 247 for women and girls who have or are experiencing domestic violence

Beaumont Trust

0700 287 878 helpline for transgender people and their family, friends and partners

Survivors UK

For men and boys.

<https://www.survivorsuk.org>

Rape Crisis England & Wales

Helpline: 0808 802 9999

Victim Support

0333 300 6389

Against Rape

Joint organisation: Black Women's Rape Action Project and Women Against Rape. Self-help support, legal information and advocacy. They support women, and girls including asylum seekers, and refugees.

www.againstrape.net

For a list of national helplines for survivors, and their loved ones, please visit:

www.thesurvivorstrust.org/national-helplines

Chayn

Aimed at women, but tools can be helpful for any survivor

<https://chayn.co/tools/>

Tech Abuse & Tech Safety



https://www.refuge.org.uk/our-work/forms-of-violence-and-abuse/tech-abuse-2/resources/?utm_source=Twitter&utm_medium=SocialMedia&utm_campaign=TechAbuse&mc_cid=05385d6a47&mc_eid=228362fc75

Cover Your Tracks Online

https://www.womensaid.org.uk/cover-your-tracks-online/?mc_cid=05385d6a47&mc_eid=228362fc75

Support During Covid-19 Crisis for Survivors of Sexual & Domestic Violence

Child Contact Arrangements

https://rightsofwomen.org.uk/get-information/family-law/coronavirus-and-child-contact-arrangements/?mc_cid=05385d6a47&mc_eid=228362fc75

Staying Safe

http://www.safelives.org.uk/sites/default/files/resources/Safety%20planning%20guide%2C%20victims%20and%20survivors%2C%20COVID-19.pdf?mc_cid=05385d6a47&mc_eid=228362fc75

Surviving Economic Abuse

<https://survivingeconomicabuse.org/wp-content/uploads/2020/03/Economic-abuse-and-the-coronavirus-outbreak.pdf>

<https://survivingeconomicabuse.org/resources/>

Safe Lives

<https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

Tech Abuse

<https://www.refuge.org.uk/our-work/forms-of-violence-and-abuse/tech-abuse-2/resources/>

Housing

<https://www.dahalliance.org.uk/resources/information-on-covid-19/>

