

## **Useful support organisations**

Thanks to Healthy Minds Calderdale for this helpful list

### **Community Response Calderdale**

This website is still under development and will be a resource for people and groups who are volunteering to help, people needing to ask for help, community groups to find advice about how to adapt to Covid, and all of us to share stories and useful information. It is supported by VSI Alliance, Calderdale Council and Public Health team.

<https://communityresponsecalderdale.org.uk/>

**Support line** - a website with a bank of UK support helplines for different issues or worries.

[http://www.supportline.org.uk/problems/self\\_injury.php](http://www.supportline.org.uk/problems/self_injury.php)

**NHS CHOICES** – list of useful helplines –

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-helplines.aspx>

**Women's centre** – lots of services including support groups, learning opportunities and counseling.

Tel: **01422 386 500** <http://womencentre.org.uk/contact-us/>

**Samaritans** - Tel: **08457 909 090** email: [jo@samaritans.org](mailto:jo@samaritans.org) text: **07725 909090**

Halifax number: **01422 349 349**

**Noah's Ark** – debt advice and counselling at very low rates. Halifax Tel: **01422 366911**

**Turning point** – Free/low cost counselling service (Brighouse) . Tel: **07718218700**

**Insight** (used to be Oakdale) - Counselling and group therapy service. Tel: **0300 555 0191**

**Calderdale community mental health team** - if you have concerns about your own or another persons' mental health and would like advice. Tel: **01422 355626**

**Anxiety UK** – Helpline: **0844 477 5774**, Monday-Friday, 9:30am-5:30am (*local rate*)

[info@anxietyuk.org.uk](mailto:info@anxietyuk.org.uk) Web: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) Text: 07537 416 905

**Single point of access (SPA)** – Will support you to access services that you may need. Tel: **01924 316830**

**Calderdale Substance Misuse Service** – Support for drug and alcohol issues. Tel: **01422 397300**

**Relate** – Relationship counselling **01422 363 485 or 0300 100 1234**

**Refuge** – Advice on domestic violence (24 hrs) 0808 2000 247 <http://www.refuge.org.uk/>

**Alcoholics Anonymous** (24 hrs) 0800 9177 650 [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

**Bradford Rape Crisis & Sexual Abuse Survivors** (women & girls only + specific BAME provision)

Helpline: 01274 308 270 Text: 07435 752 975 [contactus@brcg.org.uk](mailto:contactus@brcg.org.uk)

**Kirklees Rape Crisis & Sexual Abuse Counselling Centre** (men & women)

Tel: 01484 450 040 or [anything@krasacc.co.uk](mailto:anything@krasacc.co.uk)