

Useful support organisations

Thanks to Healthy Minds Calderdale, and a variety of other sources for this helpful list

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

NHS CHOICES – list of useful helplines –

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

Anxiety UK – Helpline: **03444 775774**, Monday-Friday, 9:30am-5:30am (*local rate*)

Email: info@anxietyuk.org.uk Web: www.anxietyuk.org.uk Text: 07537 416 905

Calm – Helpline: **0800 58 58 58** open 5pm – midnight 365 days a year

Childline – Helpline: **0800 1111** Web: childline.org.uk

Mind – Helpline: **0300 123 3393** Web: mind.org.uk

Samaritans - Helpline: **116 123** or **08457 909 090** email: jo@samaritans.org text: **07725 909090**

Halifax number: **01422 349349** Web: <https://www.samaritans.org/>

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

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

Crisis – Homelessness support Textline: **85258** Web: Crisis.org.uk

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

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

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

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

Helpline: **01274 308 270** Text: **07435 752 975** Web: contactus@brcq.org.uk

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

Tel: **01484 450 040** or email **anything@krasacc.co.uk**

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

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

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**

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

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/>