



Self Care

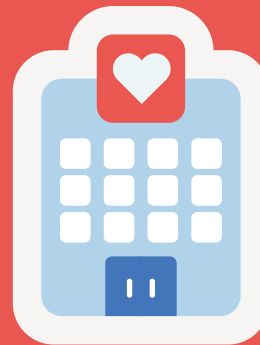
For tips on how to support
your own mental health
visit: nhs.uk/mental-health



Grief & Loss

Suicide Bereavement support
Call free: 0113 305 5800

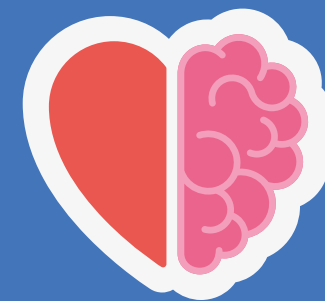
West Yorkshire Grief
& Loss Service
Call free: 0808 196 3833



Emergencies

If you or someone else is
seriously injured, always
call 999 or go to your
nearest **A&E**.

If you need this information
in an alternative format, call
01484 464000 or email
kirkccg.comms@nhs.net



Mental Health & Wellbeing

This guide has been created
to help you to choose well
to support your mental
health and wellbeing.



@allofusinmind
@ChooseWellForMentalHealth



Talking Therapies

You can refer yourself into your local talking therapies service, also known as psychological therapies or IAPT, without seeing your GP.

Visit: nhs.uk/talk

Call: 01484 343 700



Young People

If you are 11 – 19 you can access online counselling and support with your emotional wellbeing with Kooth.

Visit: kooth.com

Night Owls - a confidential support line for children, young people, their parents and carers. 8pm–8am every day

Call free: 0300 200 3900

Text: 07984 392 700



Crisis Support

24-hour mental health helpline for anyone registered with a GP in Barnsley, Calderdale, Kirklees and Wakefield.

Call free: 0800 183 0558

Well Bean Crisis Café - a safe space if you are experiencing crisis available every night from 6pm-midnight.

**For telephone referrals call free: 07741 900 395 (Fri-Mon)
07867 028 755 (Tue-Thu)**