

Where to get help and support

There are hundreds of organisations working in Leeds. These are just a few which may be able to help you find the right one.

Your own doctor

Leeds City Council Contact Centre (for Social Services) • 398 4702

Offers help, in a variety of ways, to people with mental health problems.

PALS (Patient Advice and Liaison Service) • 0800 0525 790

Free phone information line about services provided by Leeds Mental Health Trust (NHS) and other local health services (9am–5.00pm, Monday–Friday).

www.mentalhealthleeds.info

(Leeds Mental Health Directory on-line) Includes database of more than 700 organisations working on mental health in Leeds, and direct links to many other useful websites.

Connect • 0808 800 1212

Free helpline for listening and emotional support, with information on local services and resources – part of the Survivor–Led Crisis Service (6pm–10.30pm, seven days per week).

Samaritans • 08457 909 090

Free phone line offering emotional & confidential support for people who are experiencing feelings of distress or despair, including those which may lead to suicide (24 hours).

SHIP (Self-Help Initiatives Project, Leeds Mind) • 245 5151

Support and personal development opportunities for anyone going through mental health problems or emotional distress.

Leeds Survivor–Led Crisis Service • 260 9328

Runs a crisis house – a safe setting with someone to talk to. Uses a non–medical approach.

Leeds Crisis Centre • 275 5898

Free and confidential short-term counselling and support for people who are finding it difficult to cope at a stressful time in their lives.

Leeds Mental Health Advocacy Group • 247 0452

Uses advocacy and support to help users & ex–users of services obtain their full rights and privileges as citizens.

Touchstone Support Centre • 219 2727

Therapeutic resource centre for African, Caribbean, Asian and Chinese people who may have mental health problems.

The Market Place • 246 1659

Information, support and counselling for young people aged 13–25.

Age Concern Information Line • 0800 009 966

Service for older people, relatives, friends, professionals and carers (7am–7pm, seven days per week).

Carers Leeds • 246 8338

Information, advice and support for carers.

NHS Direct • 0845 4647

Free information service on all aspects of health problems, NHS services and other local services (24 hours).

Mind Infoline • 08457 660 163

Free national information line (9.15am–5.15pm, Monday–Friday) – interpretation available for over 100 languages.

National websites

The websites below, of four leading UK mental health charities, all have a huge amount of information.

www.mind.org.uk (Mind)

www.mentalhealth.org.uk (Mental Health Foundation)

www.rethink.org (Rethink)

www.depressionalliance.org (Depression Alliance)

LEEDS MENTAL HEALTH DIRECTORY

Information for Mental Health



Information for Mental Health

How are you Feeling?



July 2005

How are you Feeling?



Emotional distress is very common, and it can happen in many different ways.

You may go through many of the feelings and emotions listed here...

...but, unlike the weather, there are many ways that you may be able to change what you're feeling.



sunny
low
pressured
depressed
moderate
high
cloudy
cold
stormy
thundery
in a trough
changeable
settled
fine

Most people need support at some time in their lives.

You may want:

- someone to talk to
- somewhere to go during the day
- to meet people who have similar feelings or be part of a self-help or support group
- help getting work, training, or housing
- information or advice
- someone to help speak for you
- support in a crisis



Help and support of this kind, and much more, is available in Leeds.

We are all different. Different people find different things helpful. That is why there are different kinds of help.



Help is also available for particular groups of people, including:



- Black people, and people from other minority ethnic communities
- disabled people
- lesbians, gay men and bisexuals
- women and men
- young people and older people
- people who are caring for others

You may also be able to do some things in your life which help keep you mentally healthy, and prevent you getting into mental distress, like:

- being aware of what kind of things in life make you feel good or bad
- doing some things differently
- exercise or sport
- a healthy diet
- building good friendships and relationships
- talking to others about how you're feeling, not just when things are bad

Again, different things work for different people. You can try and work out what's best for you.