**Mental Health Support Directory**

**Wharfedale, Airedale & Craven Area**

**Last Updated 13/05/2024**

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| **Mental Health Crisis Support Services**  **NHS First Response 24/7 Crisis Service**  **Support available 24 hours a day, seven days a week to people of all ages experiencing a mental health crisis who live in Bradford District and Craven. Call : 08009521181**  **NHS Safe Spaces Hubs**  **Drop into a hub to access immediate help with your Mental Health if feeling vulnerable, having panic attacks, or having thoughts of self- harming. Open every evening and throughout the night. To find out the location of your nearest safe spaces hub, call Guideline (MIND Bradford Helpline): 08001 884 884**  **The Samaritans Helpline**  **Free telephone helpline for advice, guidance and a listening ear. For more information visit :** [**www.samaritans.org**](http://www.samaritans.org) **Helpline: 116 123** |
| **Local Mental Health Services**  **Craven Mental Health & Wellbeing Hubs** – Free Drop in hubs and group sessions located in villages across Craven , providing key worker support from Pioneer Projects, Wellbeing Cafes and Specialist Mental health Support from Bradford District Care Trust. For more information, email : [info@pioneerprojects.org.uk](mailto:info@pioneerprojects.org.uk) or call : 015242 62672  **Airedale and Wharfedale Mental Health Connect** –Located in Keighley, Ilkley and nearby villages. Providing free WRAP Wellness Recovery Programmes, Peer Support, Key Worker Support, Dual Diagnosis Support & Specialist Provision by Bradford District Care Trust. For more information , visit : <https://mentalhealthconnect.org.uk/> or call : 01535 677177  **NHS Bradford and Craven Talking Therapies Service** – Free NHS service offering 1-2-1 therapy and health education courses to manage your mental health conditions. You can self- refer via the website for an initial assessment. Telephone number is : 01274 221234 (Monday – Friday – 09:00AM – 05:00PM) [**https://www.bdctalkingtherapies.nhs.uk/**](https://www.bdctalkingtherapies.nhs.uk/)  **Relate Relationship Counselling Service**  In person or virtual appointments available with specialist relationship counsellor for individuals/ couples to deal with all aspects of relationships . There maybe a cost to this service For more information visit: [www.relate.org.uk](http://www.relate.org.uk) or call : 01535 605047  **Cellar Trust Charity**  Specialist support for adults who are unemployed and looking to improve their wellbeing via volunteer placements . The team also support getting adults back into employment with CV support, workshops, education and training. Call 01274 530448 to self-refer or visit the website: [www.thecellartrust.org](http://www.thecellartrust.org)  **Trust Therapies**  Local service offering Counselling and Psychotherapy to help people who are concerned about how they are feeling. For more information visit: <https://www.thecellartrust.org/home/whatwedo/trust-therapies/-> some funded places are available but do ask if possible for contribution to session if you are able to.  **Cancer Support Yorkshire**  Offers free specialist Counselling to anyone who has been affected by a diagnosis of cancer. For more information visit : [Cancer Support Yorkshire](https://cancersupportyorkshire.org.uk/) call 01274 776688  **Mind Bradford**  Charity which can provide 1-2-1 support, specialist therapy , group peer support sessions & help you navigate the health system. For more information visit: <https://www.mind.org.uk/> Helpline: **0300 123 3393 or** Textline: 86463  **Cruse Bereavement Charity**  Support available for people who have lost a loved one, and needing support with grief and bereavement. Local In person and virtual appointments available – visit [www.cruse.org.uk](http://www.cruse.org.uk) or call 0808 808 1677  Bradford Bereavement Support- part of Bradford University offers 1 to 1 support with trainee counsellors free of charge. Please self refer at [https://www.bradfordbereavement.org.uk/contact-8 or call 01274 619522](https://www.bradfordbereavement.org.uk/contact-8%20or%20call%2001274%20619522)  West Yorkshire and Craven Suicide Bereavement Support- supports any patient in West Yorkshire and Craven who has been effected by bereavement by suicide- self referral is found <https://wyhsbs.org.uk/> |
| Primary Care Network Mental Health Services  Bookable appointments available by contacting your GP Practice. Visit [www.wacalliance.co.uk](http://www.wacalliance.co.uk) for more information about which GP practices offer which services.  **Mental Health Practitioner Service** – Complex Mental Health Conditions.  **Mental Health Triage Clinics** – Same day Mental Health Support and Coaching appointments .  **GR8 Minds Childrens Social Prescribers** – Service to support children aged 5-18 with their mental health, linking in with specialist community support and therapy services when required.  **GR8 Minds Childrens Counselling Service** – Service specialising in emotional resilience for Children aged 5-18 |