

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
Helpline: 116 123

Local Mental Health Services

Craven Mental Health & Wellbeing Hubs – 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 or call : 015242 62672

Airedale and Wharfedale Mental Health Connect – Located in Keighley, Ilkley and nearby villages. Providing 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 Talking Therapies Service – 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. <http://bmywellbeingcollege.nhs.uk/> Telephone number is : 0300 555 5551

Relate Relationship Counselling Service

In person or virtual appointments available with specialist relationship counsellor for individuals/ couples to deal with all aspects of relationships . For more information visit: 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

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 or call 0808 808 1677

HOPE – Cellar Trust

12 week peer support service for anyone who has had long term trauma. <https://www.thecellartrust.org/hope-service/>

Primary Care Network Mental Health Services

Bookable appointments available by contacting your GP Practice. Visit 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 – Low level Mental Health Support and Coaching appointments .

Social Prescribing Service - Service providing holistic health and wellbeing support for Patients.

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