

Contact Details for Key Support Services in your Area

If you need further support, please contact your Student Support Service Team:

<p>Head of Student Services Julie Atkins jatkins@craven-college.ac.uk 07841 986 008</p>
<p>Safeguarding & Wellbeing Lead Annette Campbell acampbell@craven-college.ac.uk 07919 285 244</p>
<p>Student Services Manager Rosemary Simpson rsimpson@craven-college.ac.uk 07921 214 115</p>
<p>Student Mentors Are found within Student Hub area's and W007.</p>

Mental Health Help and Support Services

MENTAL HEALTH HELP AND SUPPORT

CALM

Dedicated to preventing suicide, any age
0800585858 5pm - midnight

Kooth

Online free mental health support
and counselling (ages 11-24)
www.Kooth.com

The Mix

Essential free, confidential
support for young people under 25
www.the mix.org.uk
0808 808 4994

Samaritans

If you are having a hard
time or you are worried
about someone else. For
free any day 24/7 any age
116 123

Shout

24/7 mental health and crisis text
support in the UK any age
Text "Shout" to 85258

Papyrus

(HOPELINE UK)

Suicide prevention helpline
any age upto 35
0800 068 4141

Mind

Advice and support for anyone
experiencing a mental health
problem age 11-18
0300 123 3393

Support services
inside and outside
of college





IF YOU WANT TO
KNOW MORE ABOUT
HOW TO LOOK AFTER
YOUR SEXUAL
HEALTH →



SEXUAL HEALTH SERVICES NEAR YOU!

- Bradford: Boots The Broadway, BD1 1US
- City Road Pharmacy, BD8 8JT
- Kirkgate Pharmacy, BD1 1TQ
- Wyke: Currie's Chemists, BD12 9JB
- Bingley: Boots Main Street, BD16 1AJ
- Keighley: Boots Queensway, BD21 3PY
- Ilkley: Cohen's Chemist, LS29 7JN
- Shipley: Lloyds Pharmacy Bingley Road, BD18 4RS
- Westcliffe Pharmacy, BD18 3EE
- Queensbury: Rowlands Pharmacy, BD13 2PA
- Skipton Lloyds Pharmacy 36 Newmarket Street BD23 2JB
- Skipton Lloyds Pharmacy 93 Caroline Square BD23 1DA
- Skipton Tesco Instore Pharmacy Craven Street BD23 2AG

Call Local Sexual Health on **030 3330 9500**

Yorkshire MESMAC Leeds on **0113 244 4209**

Or MESMAC Bradford on **01274 395815**

YourSexualHealth helpline on **01904 721111**

These Pharmacies are there to provide you with information, help and advice regarding your Sexual Health and keeping yourself safe and protected.

Bradford and District

Bradford Children Social Care:

01274 433999 (daytime)

Emergency duty team:

01274 431010 (evening)

Bradford Adult Social Care:

01274 435400

Bradford Independence Advice Hub

onlineforms.bradford.gov.uk/ufs/contact_us_social_services.eb

Crash pad (accommodation for men in a crisis)

0300 303 0167

www.bradfordcyrenians.org.uk/how-we-can-help/

Together Women Domestic Violence and Sexual Abuse service

Carlisle Business Centre, Unit 13, 60 Carlisle Road, Bradford,
BD8 8BD

01274 301 470

bradford@togetherwomen.org

Anah Project

0845 9606011 / 01535 667352

Housing options

01274 435999

housingoptions@bradford.gov.uk

Bradford Night Stop

01274 776888

administrator@bradfordnightstop.org.uk

West Yorkshire overnight listening services:

0808 800 1212

www.lslcs.org.uk

Cahms - Child and Adolescence Mental Services

Keighley

01535 661 531

Drugs and Alcohol Services:

Project Six

11-19 Temple Street, Keighley, BD21 2AD

01535 610610

info@project6.org.uk

The Bridge Project

01274 723 863

info@thebridgeproject.org.uk

LGBTQ

Equity Partnership - Equity Partnership is a charity set up and delivered by LGBTQ+ people in Bradford and the surrounding areas.

Link: - Bradford LGBTQ+ Strategic Partnership:

Registered Charity Number 1115525, Companies House
Number 05545105

Telephone: 01274 727759

Email: admin@equitypartnership.org.uk

North Yorkshire

North Yorkshire Childrens Social Care

01609 536735 / 0300 131 2 131

North Yorkshire Adult Social Care:

01609 780780

www.northyorks.gov.uk/adult-care/social-care-adults

Domestic Violence

Supporting Victims (in north Yorkshire) – offers housing support and service - Supporting Victims provides support for anyone affected by crime, including victims, bereaved relatives, parents or guardians of victims under 18.

Link: Domestic Abuse Support Services | North Yorkshire

Telephone: 01609 643100

IDAS – North Yorkshire and Barnsley - helplines are available 7 days a week to support victims of domestic abuse, our secure online referral form goes straight to our referral teams and our live chat is available daily. Link: Contact us - IDAS

Telephone: 03000 110 110

Email: Info@idas.org.uk

Housing:

Foundation Housing (also serves Bradford and Leeds areas)

01756 701195

SASH – Safe and Sound Homes (York service) – when a referral is made, they offer them a safe place to stay, in the home of a volunteer host. Offers long term, they work closely with everyone and their host and often bring in other sources of support.

Link: Contact - SASH

Telephone: 03300 562 259 Email: info@sash-uk.org.uk

Drugs and Alcohol Services:

Changing lives – North Yorkshire NYHorizons - Our support is tailored to an individual's needs, and we aim to provide a presence and a service in even the most rural parts of North Yorkshire

Link: North Yorkshire Horizons Recovery Service |
Changing Lives

Telephone: 01723 330 730

Email: info@NYHorizons.org.uk

Mental health and Wellbeing Hub

St Andrews Church Hall, Newmarket Street, Skipton, BD23 2JE

01524 262 672

www.pioneerprojects.org.uk

Sexual Health

York Sexual Health – Offer sexual health support for LGBTQ, learning difficulties, and abortions. Advice on things such as sexual health and contraception, HIV, Counselling, condoms and support.

Link: [YorSexualHealth - Home](#)

Telephone: 01904 721111

Email: yorsexualhealth@york.nhs.uk

LGBTQ

York St Johns Community Centre - The centre offers high quality, accessible counselling, mental health and support services to citizens of York and North Yorkshire, based in the centre of York.

Link: [LGBTQIA+ Support - York St John Communities Centre](#)

Email: CMHC@yorksja.ac.uk

York LGBTQ Forum - York LGBT Forum is a charity which aims to improve LGBT rights in York, North Yorkshire, United Kingdom and across the world.

Link: [York LGBT Forum | Don't Hide Your Heart](#)

Email: Enquiry@yorklgbtqforum.org

Lancashire

Lancashire Children Social Care

0300 123 6720 / 0300 123 6722

Lancashire Adult Social Care

www.lancashire.gov.uk/health-and-social-care/adult-social-care/

Mental health and Wellbeing

Pendle Mental Health Support Services

www.pendle.gov.uk/directory/39/mental_health_support_services

Lancashire listening service:

0800 915 4640 or text 'Hello' to 07860 022846

Open Mon-Fri 7pm-11pm and Sat-Sun 12pm-Midnight

Domestic Violence

Nest Lancashire - support anyone who has experienced or witnessed domestic abuse. Offer 1:1 support or group activities and we will work with you in a way that suits you best. All our services are free and confidential.

Link: Domestic abuse - Nest Lancashire

Telephone: 0300 111 0323

Email: info@nestlancashire.org

Housing Services

Shelter Homeless link - National service that makes services better and campaign for policy change that will help end homelessness

Link: Shelter - Lancashire Housing Advice Centre - Homeless England | Homeless Link

Telephone: 0344 515 1831

Email: lancashire@shelter.org.uk

Calico Gateway - Support people from a wide range of circumstances, including people who are rough sleeping, families who are struggling to afford to stay in their current homes, and refugees who have left their homes to escape conflict.

Link: Gateway Homelessness Support | Supporting East Lancashire

Telephone: 01282 686375

Email: contact@calico.org.uk

LGBTQ

Lancashire LGBT - Provide a person-centred compassionate approach informed by the lived experience of LGBTQ+ people. Aim to support LGBTQ+ people in Lancashire to be happier, healthier and better connected. Support for those aged 18 and above.

Link: Home - Lancashire LGBT - Happier, healthier and better connected

Telephone: 07788 295521

Email: hello@lancslgbt.org.uk

Power to be out Burnley – Lancashire County council - supports a number of groups and activities across Lancashire which provide a diverse range of opportunities for LGBT people.

Link: LGBT - Lancashire County Council

Telephone: 07929847448

Email: POUTBurnley@lancashire.gov.uk

Refuge Services

SafeNet - Lancashire Refuges - Lancashire Refuges is our countywide domestic abuse support service in partnership with Fylde Coast Women's Aid (FCWA) Offer a wider level of immediate support to victims of domestic abuse with a single point of access to accept referrals.

Link: Lancashire Refuges - SafeNet

Telephone: 0300 3033 581

Email: contact@safenet.org.uk

The wish centre – Refuge - Refuge is safe, emergency accommodation for you and your children when you are fleeing domestic abuse. We offer self-contained flats or houses with a communal garden and 1:1 support to all our service users, all our staff are experienced and qualified and passionate about supporting families to live independently

Link: [Refuge | The Wish Centre](#)

Telephone: 01254 260465

Drugs and Alcohol Services

Change Grow Live – Inspire (Preston) - We offer a wide range of support including 1-2-1's, group work, online support and much more. Our aim is to promote recovery from addiction and dependence and support you to make positive changes to your life.

Link: [North - Inspire North and Central Lancashire](#)

Telephone: 08081 698 673

We Are with You (Burnley and Preston) - provide free and confidential support to young people experiencing challenges with drugs and alcohol.

Link: [Support for Young People in Lancashire | with You](#)

Telephone: 0808 164 0074

Email: info@wearewithyou.org.uk

Sexual Health

Brook – Blackpool and Lancashire – Offer support for STI Testing, emergency contraception and contraceptive support. Brook is the only national charity to offer both clinical sexual health services, education & wellbeing services for young people.

Link: [Blackpool and Lancashire Sexual Health Services - NHS Health Service. Ref 24](#)

Telephone: 0300 1234 154

Email: admin@brook.org.uk

Leeds

Leeds Children Social Care

0113 376 0336 Mon to Fri 9am to 5pm (Wed 10am to 5pm)

0113 535 0600 (out of hours)

Leeds Adult Social Care

0113 222 4401

www.leeds.gov.uk/adult-social-care

Domestic Violence

LDVS – Leeds Domestic Violence Service - LDVS supports all people in Leeds affected by domestic violence and abuse. We believe everyone has the right to live safe, happy lives and are here to help however we can.

Link: Home - LDVS

Telephone: 0113 246 0401

Email: hello@ldvs.uk

Behind Closed Doors - We offer help and support to sufferers of domestic violence. Our service is confidential. We listen to you, offer practical help and support your recovery.

Link: Get help - Behind Closed Doors

Telephone: 0113 246 0401

Email: pars@behind-closed-doors.org.uk

Housing Services

GIPSIL - GIPSIL provides housing and support across Leeds to enable people to live in their own homes. We provide specific services to young people, care leavers and adults who live with complex support needs.

Link: Housing & Support – GIPSIL

Telephone: 01133 918 000 (Harehills) 01132 481 301 (Gipton)

Email: GASTeam@gipsil.org.uk

Drugs and Alcohol Services

Mind Well – mental health service for adults within the Leeds area.

Link: Help for an alcohol, drugs or gambling problem - MindWell

Telephone: 0113 248 4880
Email: info@beingyouleeds.org.uk

Mental Health and Wellbeing Services

Mind Mate - MindMate was designed with young people, for young people, to provide a central place for information about common mental health issues and where you can find support.

Link: Services in Leeds for young people - MindMate

Email: licht.mmsupportteam@nhs.net

Telephone: 0300 555 0566

Rethink – Mental illness - Our groups provide empathy, acceptance and reassurance for people who have been through similar experiences. They provide a listening ear, friendship and social support that makes coping with life's challenges that bit easier.

Link: Support Groups

Telephone: 0808 801 0525

Email: advice@rethink.org

LGBTQ

MESMAC - Out 2 18 - for young people aged 13 to 18 that is run through the Leeds City Council, Youth Offer Improvement Team. to support the young people with issues with homophobia, housing, scene life, sexual health and is also somewhere to meet in a safe environment and not feel threatened.

Link: Out 2 18 - Yorkshire MESMAC

Telephone: 0113 244 4209

Email: leeds@mesmac.co.uk

MESMAC – Transtastic - Transtastic is a Trans youth group for people who identify as Trans aged 13 to 18 years old that is run through the Leeds City Council Youth Services. It aims to support Trans people with a wide range of activities and mutual peer support.

Link: Transtastic - Yorkshire MESMAC

Telephone: 0113 244 4209

Email: leeds@mesmac.co.uk

Sexual Health

Leeds Sexual Health - 18 and under you can access useful information and resources here. You can also find out how to get free and confidential sexual health advice from health professionals.

Link: [Young People - Leeds Sexual Health](#)

Telephone: 0113 843 4495

National Support Services

NSPCC

Worried about a child? Advice and support whenever you need it
0808 800 5000
www.nspcc.org.uk

ChildLine

A free and confidential helpline for children who have concerns
0800 1111

Samaritans

116 123 call from any phone
www.samaritans.org

Police

Emergency 999
Non-Emergency 101

Domestic and Sexual Abuse

Staying Put:

0808 280 0999

Young Womens Trust

www.youngwomenstrust.org

Women Aids:

www.womensaid.org.uk

National Domestic Violence Helpline

0808 2000 247

Galop (for lesbian, gay, bisexual and transgender)

0800 99 5428
www.galop.org.uk

Rape Crisis (England and Wales)

0808 500 2222
www.247sexualabusesupport.org.uk

Forced Marriage Unit

0207 0080151 / +44(0)2070080151
Email fmu@fcdo.gov.uk

Mental Health and Wellbeing

Men's advice line

0808 010 327
www.mensadvice.org.uk

Andys Man Club:

<https://www.andysmanclub.co.uk/>

Gamcare (Gambling)

0808 8020 133

Eating Disorders

Beat

www.beateatingdisorders.org.uk

Helpline

0808 8010677

Youth line

0808 801 0711

Student line

0808 801 0811

Hospitals

Bradford Royal Infirmary
01274 542200

Shipley Hospital
01274 773390

Airedale Hospital
01535 652511

Leeds General Hospital
01132 433144

Skipton Hospital
01756 792233

Harrogate Hospital
01423 885959

Burnley Hospital
01282 425071

Additional Contacts

St Giles Trust

Support around all forms of exploitation
www.stgilestrust.org.uk
020 7708 8000

Switchboard National LGBT Support

0800 0119 100
www.switchboard.lgbt

Family Action Bradford

www.family-action.org.uk/what-we-do/children-families/bradford/

Families Together Leeds

www.family-action.org.uk/what-we-do/children-families/families-together-leeds/

Leeds Young Carers Support

www.family-action.org.uk/what-we-do/children-families/leeds-young-carers-support-service/

Relate Leeds and Bradford

www.relatebradford.org

Cruse Bereavement

www.cruse.org.uk

Step 2

Supporting Young People's Health in Bradford District
www.step2.org.uk

Barnardo's Positive Identities

www.barnardos.org.uk/get-support/services/positive-identities-gender-space

Young Carers Bradford and Craven

www.carersresource.org/young-carers/