



Helplines and Advice and Services

Telephone Numbers

- Mindmate Single Point of Access: **0300 5550324** (Mental Health and Wellbeing)
- Childline: **0800 1111** (Freephone)
- NHS helpline: **111**
- National Domestic Violence Helpline: **0808 2000 247** (24 hours a day - Freephone)
- Leeds Domestic Violence Service: **0113 2460401** (24 hours a day)
- Leeds Women's Aid: **0113 2460401**
- National Men's Advice Line: **0808 801 0327**
- Samaritans: **116 123** (24 hours a day - Freephone)
- Trussell Trust Food Bank: **0113 2772229**
- Family Action: FamilyLine: **0808 802 6666/ 07537 404282** (text)
- Welfare support: **0113 3760330**
- Housing Leeds: **0113 3760410**

Websites:

- Mindmate: <https://www.mindmate.org.uk/>
- Kooth: www.kooth.com (online counselling for children from age 11 upwards)
- NSPCC: <https://www.nspcc.org.uk/>
- Leeds Domestic Violence support: <https://ldvs.uk/>
- [www.leedswomen's aid.co.uk](http://www.leedswomen'said.co.uk)
- www.mensadviceline.org.uk

Apps

- Headspace
- Calm
- The Happy Child

