

Counselling, Support & Advice

Help Employee Assistance

Tel 0800 0285149 (counselling, information, advice)

www.leeds.helpeap.com

Confidential support 24hours a day, 7 days a week

If you are worried about any personal or work-related problems, you can contact Leeds City

Council Employee Assistance Service for further information.

Samaritans

Tel 0845 7909090

24 hr hotline

Confidential, non-judgmental support service.

Stop it Now! Freephone Helpline

Tel: 0808 1000 900

Helpline that offers confidential advice and support to adults. If you are unsure or worried about your own thoughts or behaviour towards children, or the behaviour of someone you know, whether they are an adult or a child, our experienced advisors are available to discuss your concerns with you and can offer confidential advice and guidance on an appropriate course of action.

Sahara Black Women's Refuge

Tel 2305087

Refuge for black single women, black women with children and white women with black children.

The only totally black led service for black women and children experiencing violence. Provides support and/or emergency accommodation.

West Indian Family Counselling Service**Tel 2625131**

10.00 -13.00 hours, Monday to Friday.

Individual and family counselling; support and advice.

NSPCC Child Protection Helpline**Tel 0800 800500**

Free 24 hour National Service.

Provides counseling, information and advice to anyone concerned about a child at risk of abuse.

Leeds Crisis Centre**Tel 2755898**

10.00 – 22.00 hours; answerphone out of hours, 365 days a year.

Counselling and support for people who are finding it difficult to cope at a stressful time

in their lives. Short term help, usually no more than 8 weeks.

Crèche; African-Caribbean,

Asian and Gay workers available.

STAR Surviving Trauma After Rape**Tel 01924 298954 Minicom 01924 298594**

Answerphone outside office hours.

Support, counselling and practical help for men and women who have been raped or

sexually assaulted over the age of 17.

Women's Counselling and Therapy Service**Tel 2455725**

Provides individual counselling for women in the Leeds

Tel 2755898

10.00 – 22.00 hours; answerphone out of hours, 365 days a year.

Counselling and support for people who are finding it difficult to cope at a stressful time

in their lives. Short term help, usually no more than 8 weeks.
Crèche; African-Caribbean,
Asian and Gay workers available.

Leeds Domestic Violence Services (LDVS)

Tel 0113 2460401 – 24 hour helpline

Support for all women and children experiencing violence –
offering emergency
accommodation, and support and information for women living
at home.

SARSVL (Support After Rape & Sexual Violence Leeds)

Tel 2021844

Monday, Wednesday, Thursday, Friday 6 – 8pm

Grandparents Association

The national charity which supports all grandparents and their families. We not only celebrate the joys of grand-parenting, but our helpline and our expert advice is there to help you, whatever your problem.

Tel: 03001237015

<http://www.grandparents-association.org.uk>

Family Lives

Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. We know that many people play active roles in raising children, from dads and mums, grandparents, stepparents and non-resident parents. Our role is to support all of you to achieve the best relationship possible with the children that you care about, as well as supporting parenting professionals. We believe that happy children come from happy families and currently support families to improve the outcomes for over 1 million children each year.

Tel: 0808 800 2222

<http://www.familylives.org.uk>

IAPT

Northpoint Wellbeing (formerly known as Leeds Counselling) is one of four agencies delivering the Leeds IAPT service in Leeds, as part of the Improving Access to Psychological Therapies programme.

This service is intended to help NHS patients with common mental health problems such as depression, anxiety and panic attacks, and stress. The service is available for people aged 17+ upwards.

You can refer yourself to the Leeds IAPT service by calling Tel:0113 843 4388 or visiting www.leedsiapt.com

Adult Social Care

Adult Social Care provides help and support for older people, those with mental health problems, sensory or physical impairments, learning disabilities and other people with special needs, so that they can live as independently as possible.

www.leeds.gov.uk/Health_and_social_care

Tel: 0113 222 4401

Free Fire Safety Assessment

Online booking for a free assessment including free fire alarms and a plan for evacuation in the event of a fire.

hfsc@westyorksfire.gov.uk

<http://www.westyorksfire.gov.uk/contact#safety-check>

The Market Place

Advice, information and Counselling for young people aged 13-23 years (25 years for Drop-in).

The Market Place Drop-In is open four days a week:

- Wednesday 3 - 6pm
- Thursday 12 - 3pm
- Friday 2 - 5pm
- Saturday 12 - 4pm

Counselling and My Plan is by appointment only, with sessions available Wednesday to Saturday including some evening appointments.

<http://www.themarketplaceleeds.org.uk/>

28 Kirkgate City Centre, Leeds LS2 7DR

Tel: 0113 246 1659