



IF YOU ARE FEELING THAT YOU CAN'T COPE, OUR STAFF SUPPORT LINE AND LOCAL MENTAL HEALTH CRISIS LINES ARE OPEN AS NORMAL THROUGHOUT THE CHRISTMAS AND NEW YEAR PERIOD.

Call **0808 196 3833**. Open 8am to 8pm 7 days a week, including all bank holidays.

Local 24/7 crisis lines:

Leeds **0800 183 1485** Bradford **0800 952 1181**

Calderdale, Kirklees & Wakefield **0800 183 0558**

Night OWLS is a new service for children and young people experiencing a mental health crisis. Available 8pm to 8am every day Night OWLS is a confidential support line for children and young people, helping them, their parents and carers.

Call **0300 2003900** Text **07984 392700**

Chat on www.wynightowls.org.uk



CHECK-IN.

Looking after each other

workforce.wyhpартnership.co.uk