



# Access support for your **mental wellbeing** across Bradford District and Craven

Bradford District and Craven  
Health and Care Partnership



## Daytime support

**MyWellbeing IAPT service** – A free NHS service to help people manage their everyday problems such as low mood, stress, or anxiety. No need to go through your GP to access support. Call: **01274 221234** or visit: [www.bmywellbeingiapt.nhs.uk](http://www.bmywellbeingiapt.nhs.uk)

**Guide-Line** – Feel like you need to talk to someone? Guide-Line provides confidential, emotional support 365 days a year. Call: **08001 884 884** (12pm to 12am), or use the live chat online at: [www.mindinbradford.org.uk/chat](http://www.mindinbradford.org.uk/chat) (12pm to 12am)

**Kooth** – Kooth is a free, safe and anonymous online community available 24/7, 365 days of the year and provides discussion forums, resources and access to online counselling for children and young people aged 10 to 18. [www.kooth.com](http://www.kooth.com)

## Crisis support

**First Response** – If you need urgent mental health crisis support you can contact First Response on **0800 952 1181**. This service offers support 24 hours a day, seven days a week to people of all ages living in Bradford, Airedale, Wharfedale and Craven.



## Night support

**Guide-Line** – Feel like you need to talk to someone? Guide-Line provides confidential, emotional support 365 days a year. Call: **08001 884 884** (12pm to 12am), or use the live chat online at: [www.mindinbradford.org.uk/chat](http://www.mindinbradford.org.uk/chat) (12pm to 12am)

**West Yorkshire Night OWLS Helpline (Pilot until March 2023)** – West Yorkshire Night OWLS is a confidential support line for children, young people, their parents, and carers. This service is available from 8pm to 8am. Call: **0800 1488 244**  
Text: **07984 392700** Live Chat:  
[www.lslcs.org.uk/services/night-owls-helpline](http://www.lslcs.org.uk/services/night-owls-helpline)

**Safe Spaces** – Safe Spaces is a crisis support service in the community for anyone aged 7 and over, open 365 days a year from 12pm to 2.30am. To access this service, call First Response on **0800 952 1181** and ask for 'Safe Spaces'.

For information and advice to help with your emotional wellbeing go to [www.healthyminds.services](http://www.healthyminds.services)



# The cost of living crisis

Bradford District and Craven  
Health and Care Partnership



Find out what help you can get with the cost of living crisis, handy tips on where you can make savings, and how to look after your mental health during these difficult times.



**Bradford  
Council**



[www.bradford.gov.uk](http://www.bradford.gov.uk)



**Craven  
Council**



[www.cravenc.gov.uk](http://www.cravenc.gov.uk)



For information and advice to help with your emotional wellbeing go to [www.healthyinds.services](http://www.healthyinds.services)