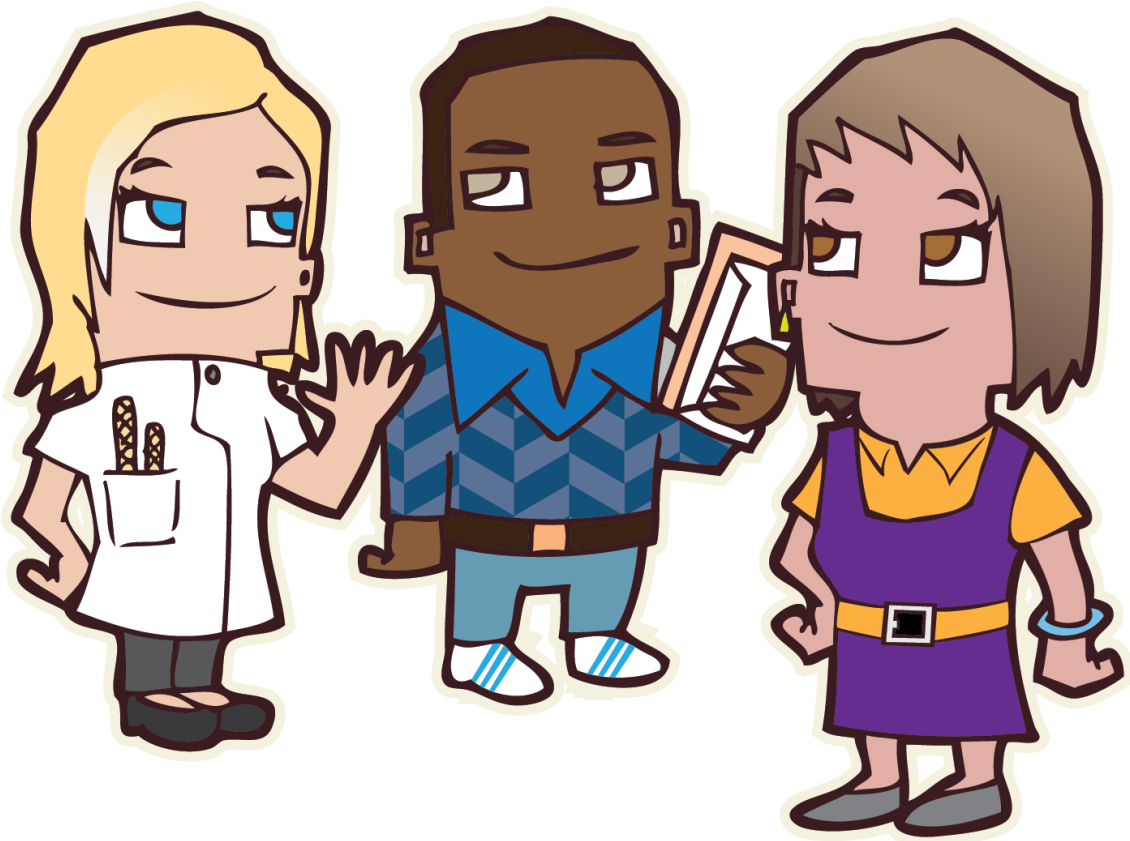


Learner/Parent Help & Support Booklet



National Help/Support Information

Samaritans

24-hour support, What-ever you're going through they are there to listen.

FREE Phone 116 123

Sometimes writing down your thoughts and feeling can help you understand them better. Writing an email can be a calm and safe way to work through what's on your mind. Especially if it feels too upsetting to talk about on the phone.

You can also email jo@samaritans.org replied within 24 Hours.

Anxiety UK Help Line

Monday – Friday 09:30am – 17.30pm

Phone: 08444 775 774

Mind Info Line

Provides information on a range of topics including – types of mental health problems, where to get help, medication and alternative treatments, and advocacy.

Phone: 0300 123 3393 Web: www.mind.org.uk

Everyone's Invited

A place for survivors to share their stories. Our mission is to expose and eradicate rape culture with empathy, compassion, and understanding.

Web: www.everyonesinvited.uk

Kooth

An online counselling and emotional well-being support service for children And young people. Free, Safe and Anonymous.

www.kooth.com

Child Line

Child Line offers free, confidential Advice and support, whatever your worry, whenever you need help.

Phone: 0800 1111 Web: www.childline.org.uk

Missing Kids

Missing Kids is run by missing people. They have a free and confidential helpline that is open 24 hours a day. You can talk to them in confidence and they will explain your options and try to get you the help you want.

Phone: 116 000 Text: 116000 email: 116000@missingpeople.org.uk

C.A.L.M

A helpline that offers confidential, anonymous and free support, information & signposting to men throughout the UK.

Freephone: 0800 58 58 58 Web: www.thecalmzone.net

Beat

A helpline providing support and information relating to eating disorders For adults, young people, and their carers.

Youth Help Line 0845 634 7650 Help Line General: 0845 634 1414

Text: 07786201820 Web: www.b-eat.co.uk

Harmless

Provides a range of services about self-harm including support, information, training, and consultancy.

Phone: 0115 880 0280 Web: www.harmless.org.uk

Switchboard

LGBTQI+ Offering Advice & Support –

Open 10:00am – 22:00pm Every day 0300 330 0630

Or email chris@switchboard.lgbt (Emails answered within 72 hours)

The Mix

The Mix is a charity that provides free information and support for under 25's. They can help you take on the embarrassing problems, weird question and please-don't-make-me-say-it-out-loud thoughts you have. The Mix gives young people the support and tools you need to take on any challenge you're facing.

Phone: 0808 808 4994 (Open 7 days per week 16:00pm – 23:00pm)

Crisis Messenger (24/7 support if you need help right now)

Text THE MIX to 85258

Or Visit www.themix.org.uk - Where you can send in questions

Jobcentre Plus

To make a claim for Benefit.

New Claims Line

Phone: 0800 055 6688

Or visit www.gov.uk/contact-jobcentre-plus/new-benefit-claims on Line

Help & Support for Parents or somebody that is concerned about a young person**NSPCC**

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

Phone: 0800 800 5000

Or Visit www.nspcc.org.uk

The National LGBTQI+ Domestic Abuse Help Line (Galop)

Phone: 0800 999 5428 Open – 10:00am – 17:00pm Mon, Tue, Fri & 10:00am – 10:00pm Wed & Thur

Staying Safe On-Line**Thinkuknow**

This organisation gives advice on staying safe online, and also there are links if you are concerned for yourself or a friend.

Web: www.thinkuknow.co.uk

CEOP

CEOP helps young people who are being sexually abused or are worried that someone they have met either on line or face to face is trying to abuse them. For more information on support.

Visit: www.ceop.police.uk/Safety-Centre/

Local: Help & Support for Parents or somebody that is concerned about a young person

Concerned about a young person – Social Services/Initial Response Team's

Leeds

Children's Services – Initial Response Team

Phone 0113 2224403: Open Monday to Friday 9 am to 5pm except Wednesdays open from 10 am. Email: childrens.services@hants.gov.uk

Leeds Safeguarding Children's partnership – Initial Response

Phone: 0113 3760336

Out of Hours: Phone 0113 5350600

www.leedsscp.org.uk

Citizens Advice Service

Leeds phone: 08082787878

Web: [Citizens Advice Leeds - Citizens Advice Leeds](#)

Families Together Leeds

Phone: 0113 5326587

Email: leeds.admin@family-action.org.uk

Helping the following families

- Early Years
 - Mental Health & Wellbeing
 - Grants
 - Family Support
 - Training and Consultancy service
 - Special guardianship Support
 - Help and advice
-

LMWS

Emotional Wellbeing & Mental Health Service for Children

Working with young people with:

Mood and anxiety disorders, Behavioural and conduct disorders, Emerging personality and attachment disorders, Eating disorders, Psychotic disorders, Deliberate self-harm and suicidal thoughts, Substance misuse, Autistic spectrum disorder (ASD), Attention-deficit hyperactivity disorder (ADHD), Neurodevelopmental disorders, Prolonged bereavement problems.

Phone: 0113 8434388– 09:00am – 17:00 Monday – Friday

Email: [eeds.mws@nhs.net](mailto: Leeds.mws@nhs.net)

Web: <http://www.leedscommunityhealthcare.nhs.uk>

EHC – Education Health & Care Plan – Requests

Leeds Sendiass: **Web:**sendiass.leeds.gov.uk

Phone: 0113 3785020

Local Help/Support Information – For Young People

Counselling/Mental Health

Leeds

Mind Mate

Leeds MindMate SPA (Single Point of Access) works with the local services to find the right support for 16 – 18 years old across Leeds.

Web: <http://www.mindmate.org.uk>

Phone: 03005550324

Teen Connect (LSLCS)

Emotional support for 11 – 18 years olds who can offer up to an hour support by phone, text, or online chat.

Web: www.lslcs.org.uk

Phone: 0113 2609328

The Market Place Leeds

Free, confidential support for 11 – 25 years old in Leeds offering one, one support, counselling, group work and drop-in sessions.

Web: www.themarketplaceleeds.org.uk

Phone: 0113 2461659

Sexual Health Leeds

Merrion centre

Phone: 01133920333

City Wise

Phone: 0113 2954820

Web: leedssexualhealth.com

Drugs Alcohol/Addiction

Forward Leeds

Phone: 0113 8872477

Web: www.forwardleeds.co.uk

Domestic Violence support

Leeds Domestic Violence service

24-hour support line – 0113 2460401

Web: ldvs.uk

Housing & Homelessness

Forward Leeds

Phone : 0113 8872477

Web: www.forwardleeds.co.uk/getting-help/housing-support

Gipsil Housing support

Phone: 0113 3918000

Web: gipsil.org.uk

Young Carers

Carers Leeds

Phone: 0113 3804300

Email: www.carersleeds.org.uk

LGBTQI+ Help & Support

Proud 'n Diverse

Support for 18 – 25 years old for the following support

- Knowledge of the LGBTQI Community
- Social Gatherings
- Helping Others
- Sharing Experiences
- Information
- Entertainment Evenings
- Safe Environment

Phone: 0113 2444209

Email: <http://www.mesmac.co.uk>