







Support Services and Agencies for Young People - *PLEASE RING/EMAIL FIRST TO CHECK OPENING TIMES*****

	Service	Contact	Opening Hours		Support Available	Services Relevant to 11-18yr olds
PSYCHOSIS	<p align="center">Aspire</p> 	<p>Address: 1 Armley Court Armley Road Leeds</p> <p>Tel: 0113 200 9170</p> <p>Website: https://www.commlinks.co.uk Advise GP/A&E Support to Parents as a first port of call</p>	Monday	9am – 6pm	The primary aim of the service is to reduce the duration of untreated psychosis, promote recovery, positive mental health and wellbeing for all service users. Aspire promote understanding around psychosis, working in therapeutically and practically. Aspire will support people for up to 3 years.	<p>Aspire Early Intervention in Psychosis Team Service (Aspire) work with young people aged 14 to 35, currently experiencing their first episode of psychosis, and who are living in Leeds or registered with a Leeds GP.</p> <p>To make a referral or for an informal discussion, you can contact 0113 200 9170.</p>
			Tuesday	9am – 6pm		
			Wednesday	9am – 6pm		
			Thursday	9am – 6pm		
			Friday	9am – 6pm		
			Saturday	Closed		
			Sunday	Closed		
			<p align="center">Referrals</p> We advise that you make a referral over the phone by ringing 0113 200 9170. A duty worker will be available Monday – Friday, 9am – 6pm to discuss the referral and offer advice.			
EMOTIONAL SUPPORT AND DISTRESS	<p align="center">LSLCS</p> 	<p>Address: Dial House, 12 Chapel Street Halton Leeds LS15 7RW</p> <p>Tel: 0113 260 9328</p> <p>Website: https://www.lslcs.org.uk/</p>	<p align="center">Connect Helpline</p> <p align="center">Call: 0808 800 1212 Text: 0771 566 1559 Online: Click here</p>		Leeds Survivor-Led Crisis Service (LSLCS) are part of a network of mental health services in Leeds including: <ul style="list-style-type: none"> • Dial House • Dial House @ Touchstone • Connect Helpline • Leeds Suicide Bereavement Service • Group Work • Well-Bean 'Hope in a Crisis' Cafe 	<p>Connect Helpline Connect is a telephone helpline open every night of the year for people living in Leeds. The service provides emotional support and information for people in distress. People can ring who are in crisis, anxious, depressed or lonely. They will be offered non-judgemental and empathic support and information about other services.</p>
			Monday	6pm-2am		
			Tuesday	6pm-2am		
			Wednesday	6pm-2am		
			Thursday	6pm-2am		
			Friday	6pm-2am		
			Saturday	6pm-2am		
			Sunday	6pm-2am		
			Full information about all services can be found on their website here			

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MENTAL HEALTH	<p>MindMate</p> 	<p>Website: https://www.mindmate.org.uk</p> <p>Young People: https://www.mindmate.org.uk/im-a-young-person/</p> <p>Parents and Carers: https://www.mindmate.org.uk/im-a-parent-or-carer/</p> <p>Professionals: https://www.mindmate.org.uk/im-a-professional/</p> <p>Leeds MindMate SPA Team: 0113 376 0324 leeds.mindmatespa@nhs.net</p>	<p>Leeds MindMate SPA Referrals from Professionals</p> <p>Phone: 0300 555 0324</p> <p>Email: leeds.mindmatespa@nhs.net.</p> <table border="1"> <tr> <td>Monday</td> <td>9am–5pm</td> </tr> <tr> <td>Tuesday</td> <td>9am–5pm</td> </tr> <tr> <td>Wednesday</td> <td>9am–5pm</td> </tr> <tr> <td>Thursday</td> <td>9am–5pm</td> </tr> <tr> <td>Friday</td> <td>9am–5pm</td> </tr> <tr> <td>Saturday</td> <td>Closed</td> </tr> <tr> <td>Sunday</td> <td>Closed</td> </tr> </table> <p>Please remember to gain consent to make the referral from the young person/parent/carer (as appropriate) and provide a copy of patient information leaflet.</p> <p>MindMate SPA Referral Form Patient information leaflet</p>	Monday	9am–5pm	Tuesday	9am–5pm	Wednesday	9am–5pm	Thursday	9am–5pm	Friday	9am–5pm	Saturday	Closed	Sunday	Closed	<p>MindMate is a Leeds-based website for young people, their families and the professionals who support them. They provide help to explore emotional wellbeing and mental health issues and offer information about where support is available.</p> <p>It is for all children and young people who have a Leeds GP, up to the age of 18.</p>	<p>Leeds MindMate SPA</p> <p>Leeds MindMate SPA is for professionals to refer into, when they are working with children and young people and identify they have a need for support with their emotional wellbeing or mental health. As from young people (13-17 years) or parents and carers of children (5-17 years) can now talk directly to the SPA team. They can call 0300 555 0324 during office hours.</p> <p>Leeds MindMate SPA will work with all services available locally to find the right support for the child / young person.</p>
	Monday	9am–5pm																	
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Thursday	9am–5pm																		
Friday	9am–5pm																		
Saturday	Closed																		
Sunday	Closed																		
MENTAL HEALTH	<p>The Marketplace</p> 	<p>Address: 18 New Market St, Leeds LS1 6DG</p> <p>Tel: 0113 246 1659</p> <p>Website: https://www.themarketplaceleeds.org.uk/</p>	<table border="1"> <tr> <td>Monday</td> <td>3–6pm</td> </tr> <tr> <td>Tuesday</td> <td>3–6pm</td> </tr> <tr> <td>Wednesday</td> <td>3–6pm</td> </tr> <tr> <td>Thursday</td> <td>3–6pm</td> </tr> <tr> <td>Friday</td> <td>6–9pm</td> </tr> <tr> <td>Saturday</td> <td>2–4pm</td> </tr> <tr> <td>Sunday</td> <td>2–4pm</td> </tr> </table>	Monday	3–6pm	Tuesday	3–6pm	Wednesday	3–6pm	Thursday	3–6pm	Friday	6–9pm	Saturday	2–4pm	Sunday	2–4pm	<p>Services are free, confidential and available for 11-25 year olds in Leeds. The Marketplace offers a range of services including:</p> <ul style="list-style-type: none"> • One to one support, • Counselling, • Group-work • Daily drop-in. 	<p>Daily Drop-In</p> <p>Drop-in is for young people 13 -25 years old, offering some immediate support on any issue and a safe space for young people to talk. Drop-In services can get busy - please call to see if Drop-In is available before coming down</p>
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MENTAL HEALTH	<p align="center">Kooth</p> 	<p>Online only</p> <p>Website: https://www.kooth.com</p> <p>Users need to register and log in to use the online services.</p>	Monday Tuesday Wednesday Thursday Friday Saturday Sunday	12pm–10pm 12pm–10pm 12pm–10pm 12pm–10pm 12pm–10pm 6–10pm 6–10pm	Free, safe and anonymous online support for young people via the Kooth website. Users need to register and log in to use the online services.	Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.
MENTAL HEALTH	<p align="center">YoungMinds Crisis Messenger</p> 	<p>The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK</p> <p>Text: YM to 85258</p>	Monday Tuesday Wednesday Thursday Friday Saturday Sunday	24hr a day 24hr a day 24hr a day 24hr a day 24hr a day 24hr a day 24hr a day	YoungMinds aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen and help texters think more clearly, enabling them to know that they can take the next step to feeling better.	The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK for young people experiencing a mental health crisis and in need of support. It is confidential and it is free to text their service from the all major mobile networks.
MENTAL HEALTH	<p align="center">Papyrus</p> 	<p>HOPELINEUK</p> <p>Tel: 0800 068 4141</p> <p>Text: 07786209697</p> <p>Email: pat@papyrus-uk.org</p>	Monday Tuesday Wednesday Thursday Friday Saturday Sunday	9am – 10pm 9am – 10pm 9am – 10pm 9am – 10pm 9am – 10pm 2pm – 10pm 2pm – 10pm	HOPELINEUK advisers want to work with people to help them understand why thoughts of suicide might be present. They provide a safe space to talk through anything happening, that could be impacting someone's ability to stay safe.	Support is available to anyone having thoughts of suicide or those concerned for a young person can contact HOPELINEUK for confidential support and practical advice. <ul style="list-style-type: none"> • For children and young people under 35 who are experiencing thoughts of suicide • For anyone concerned that a young person could be thinking about suicide

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HEALTH	<p>0-19 Public Health Integrated Nursing Service</p> 	<p>Address: Various Leeds locations</p> <p>Tel: 0113 843 5683</p> <p>Website: https://www.leeds.gov.uk/phrc</p>	Monday	9am – 5pm	<p>From 1 April 2019 school nursing and health visiting services will come together as one 0-19 team to support children, young people and families. This new service will be known as the 0-19 Public Health Integrated Nursing Service.</p>	<p>Aged 11-19 Service PHINS will support children in a range of ways: emotional health, weight management, healthy relationships ensuring those with long term illnesses and other needs get extra support when needed. The PHINS help young people throughout their school life to reach their full potential.</p>
			Tuesday	9am – 5pm		
HEALTH	<p>ChatHealth</p> 	<p>Children aged 11-19 years, can text a 0-19 Specialist Public Health Nurse for confidential health support and advice on a range of health issues.</p> <p>Text: 07520 619 750</p>	<p align="center">ChatHealth</p> <p align="center">Text: 07520 619 750</p>		<p>Real-time advice on:</p> <ul style="list-style-type: none"> • Health issues • Sexual health • Emotional health and wellbeing • Bullying • Healthy eating • General health concerns. 	<p>Leeds Community Healthcare NHS Trust</p> <p>Text based service: 07520 619 750</p> <p>This service is available Monday to Friday, 8.30 am to 4.30 pm (except bank holidays). During these times ChatHealth aims to respond to all messages within 24 hours.</p>
			Monday	8.30am-4.30pm		


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SEXUAL HEALTH	Leeds Sexual Health Service 	Address: Leeds Sexual Health service Merrion Centre (1st floor) 50 Merrion Way, Leeds LS2 8NG Tel: 0113 392 0333 (Mon-Fri) 8:30 - 16:30 Website: https://leedssexualhealth.com/	Monday	8:15am–8pm	Sexual Health information including: <ul style="list-style-type: none"> • Check-ups • Contraception • Emergency contraception • Pregnancy • Sexual assault & rape • HIV Risk • Sex work • Drug or alcohol misuse 	Young people's clinic (Under 18) at the Merrion Centre, Leeds City Centre A dedicated service for under 18s only and will be open from 3 to 5pm Mondays, Tuesdays, Wednesdays and Thursdays at the Merrion Centre. This is a drop in service, so no appointment is necessary.
			Tuesday	8:15am–8pm		
			Thursday	8:15am–8pm		
			Friday	8:15am–5pm		
			Saturday	9:15am–1pm		
			Sunday	Closed		
			Drop In: Available Mon-Fri outside of clinic times. See website for clinic timetable.			

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YOUNG CARERS	Barnardo's Willow Young Carers 	Address: Host Media, 21 Savile Mount, Leeds, LS7 3HZ Tel: 0113 2622851 Website: https://www.barnardos.org.uk/willow.htm	Working hours vary depending upon individual cases	<ul style="list-style-type: none"> • One to one and group support • Speaking to other agencies and professionals • Activity days • Support around education, training and employment • Assist parents in improving the health and wellbeing of their children 	A service for children and young people aged 5 – 17 years old, and living within the Leeds area of West Yorkshire, supporting young carers who are looking after, or are affected by a family member with a physical or mental health illness, disability or substance misuse problem.
			Referrals can be made by Families or School (with parental permission)		

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RESOURCES	Public Health Resource Centre 	Address: Public Health Resource Centre Technorth 9 Harrogate Road Chapel Allerton Leeds LS7 3NB Tel: 0113 2953081 Website: www.leeds.gov.uk/phrc	Monday	9am–4pm	The Public Health Resource Centre (PHRC) offers support to anyone in Leeds with a responsibility or professional interest in public health or promoting health and wellbeing.	Health promotion resources available free to professionals. Call 0113 29 53081 or visit www.leeds.gov.uk/phrc Call to arrange an appointment or visit
			Tuesday	9am–4pm		
Wednesday	9am–4pm					
Thursday	9am–4pm					
Friday	Closed					
Saturday	Closed					
Sunday	Closed					

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HONOUR BASED CRIME	Karma Nirvana 	Address: Karma Nirvana Leeds LS6 9DW Tel: 0800 599 9247 Email: info@karmanirvana.org.uk Website: https://karmanirvana.org.uk/	If a Young Person is in immediate danger call 999		Karma Nirvana is an award-winning National charity supporting victims of honour-based abuse and forced marriage. Honour crimes are not determined by age, faith, gender or sexuality; they support and work with all victims.	National Helpline Direct support and guidance to victims and professionals. Karma Nirvana provides training to the Police, NHS and Social Services. Karma Nirvana act as expert witnesses in court, speak out in schools and attend awareness raising events nationally and internationally.
			Monday	9am–5pm		
			Tuesday	9am–5pm		
			Wednesday	9am–5pm		
			Thursday	9am–5pm		
			Friday	9am–5pm		
			Saturday	Closed		
			Sunday	Closed		
			National Helpline: 0800 599 9247			

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HOUSING	Flagship Leeds 	Address: Flagship 1 Woodfield Court, Gipton, Leeds, LS8 3NT Tel: 0113 391 8000 Email: referrals@flagshipleeds.org.uk Website: https://flagshipleeds.org.uk/	Call for an appointment or advice: 0113 391 8000	FLAGSHIP has been founded in Leeds to support vulnerable young people, the homeless and ex- offenders. GIPSIL is the lead agency delivering and managing the contract with delivery partners Turning Lives Around and Foundation.	FLAGSHIP's move on strategy for the services is to ensure that YP are able to move to appropriate accommodation within 6 months.
			Professionals can refer Young People with housing issues or a need for independent living accommodation using the Flagship Leeds Referral form.		

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DRUGS AND ALCOHOL	Forward Leeds 	Address: Various city based address; Forward Leeds Locations Tel: 0113 887 2477 Email: spocreferral.team@nhs.net Website: https://www.forwardleeds.co.uk/	Helpline: 0113 887 2477	Forward Leeds is the alcohol and drug service in Leeds for adults, young people and families. They offer a range of support and services that include: <ul style="list-style-type: none"> • One-to-one support around drug and alcohol issues • Emotional support – helping you to be happy, self-confident and resilient • Physical and sexual health support • Support to families and concerned others around young people's drug and alcohol use • Information and advice about drugs and staying safe 	Online Information for Young People can be found here A member of the Forward Leeds team can come to meet young people at home, at school or in a neutral venue that suits them. They can offer help to young people who: <ul style="list-style-type: none"> • Just want more to know more about drugs or alcohol • Want to find out how to stay as safe as possible • Want some support to reduce or stop using alcohol or drugs • Are worried about the effects that drugs are having on your mood, health, education or relationship
			Monday 9am–5pm Tuesday 9am–7pm Wednesday 9am–7pm Thursday 9am–7pm Friday 9am–5pm Saturday Closed Sunday Closed		
			Professionals, families and concerned others can refer young people using the Young Persons Referral Form Young Persons Referral Form Email to: spocreferral.team@nhs.net		

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Further Support:

Service	Support	Resources
Leeds City Council Children's Services One Minute Guides	<p>Building a common understanding of different roles, responsibilities and services across the children's workforce is an important part of helping us work together to achieve the best outcomes for children, young people and families in Leeds.</p> <p>Children's Services is a broad, varied and complex area of work and it can be difficult to make sense of the support available and know who does what.</p> <p>Leeds City Council Children's Services have developed a library of 'one minute guides' that aim to provide straight-forward information about the different work we do and who is involved.</p> <p>The guides are for everyone to use and new guides are regularly added to the existing list with new topics and information.</p>	You can find a full list of all the guides in the glossary document: OneMinuteGuides.pdf
GIDS	The Gender Identity Development Service (GIDS) is a highly specialised clinic for young people presenting with difficulties with their gender identity.	Visit website: http://gids.nhs.uk/

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Mermaids	Family and individual support for gender diverse and transgender children and young people.	Visit website: http://mermaidsuk.org.uk/
Childline	Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards.	Visit website: https://www.childline.org.uk