

# USEFUL PHONE NUMBERS FOR HELP AND SUPPORT OVER THE CHRISTMAS AND NEW YEAR PERIOD

	<p>116 123 – Free to call number 24 hours a day every day</p>
	<p>0300 304 7000 between 4:30pm and 10:30pm each evening. The Saneline helpline is a specialist mental health helpline</p>
	<p>01722 580 180 The Trussell Trust runs a network, giving emergency food and support to people in crisis across the UK.</p>
	<p>0800 4 70 80 90 Open 24 hours every day Free confidential helpline for older people.. Call Silver Line for information, friendship and advice at any time of the day or night.</p>
	<p>0808 808 4994 A confidential helpline service for young people under 25 who need help, but don't know where to turn. You can call The Mix if you are feeling low, anxious or lonely or want to talk through something that is upsetting you like relationship difficulties, family problems or drug use.</p>
 <p>prevention of young suicide</p> <p>HOPELineUK 0800 068 41 41</p>	<p>0800 068 41 41 HopelineUK is a confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide..</p>
	<p>0800 585858 CALM offers support to men in the UK, of any age, who are feeling down or in crisis..</p>
	<p>0808 808 4000 A debt advice charity run by the Money Advice Trust offering a free and confidential debt advice service</p>
<p>Leeds Housing Options</p> 	<p>0113 222 4412 An advice service if you are homeless, at risk of homelessness or simply want advice about your housing options.</p>
<p>Leeds Crisis Assessment service</p>	<p>0800 183 1485 A city-wide mental health service for people 18 years and over.</p>
	<p>0113 3801381 8pm until 8am every night of term including weekends. Leeds Nightline is a listening and information service for students in Leeds. It is a confidential, anonymous and non-judgemental service which does not advise or direct.</p>
<p>Connect Helpline</p>	<p>0808 8001212 6pm-2am every evening of the year Emotional support and information every night for people in Leeds. Call Connect if you are feeling anxious, lonely, angry or just need to talk.</p>
	<p>0113 2609328 Friday to Monday 6pm-2am LSLCS provide out-of-hours support to people in acute mental health crisis with the aim of reducing hospital admissions, A&amp;E visits, and use of statutory crisis services.</p>
<p>Dial House @ Touchstone</p>	<p>0113 249 46756 6pm-2am Tuesday &amp; Thursday. The service provides out-of-hours crisis services to people from BME groups in acute mental health crisis and is staffed by a Manager, Senior Crisis Support Worker and three Crisis Support Workers who are all from BME groups.</p>



CHRISTMAS

ADVICE

