


## Information on Personal Counselling/Support for Adults

Some adults have experienced abuse as children whether it be physical, emotional, sexual abuse or neglect. Frequently they have never had the chance to talk through these experiences and what it means for them. If you, or someone you know, would like to talk to someone in confidence then these contacts may be useful to you.


### ChildLine

 **0800 1111** (Free 24-hour service)

Free confidential, counselling service for children and young people in trouble or danger.

More information is available from: [www.childline.org.uk](http://www.childline.org.uk)

### Leeds Domestic Violence Services (LDVS)


 **0113 246 0401**

 [hello@ldvs.uk](mailto:hello@ldvs.uk)

LDVS is a consortium comprising Leeds Women's Aid, HALT and Behind Closed Doors. It offers support for those experiencing domestic violence – offering emergency accommodation, and support and information for women living at home. Those experiencing domestic violence can access emotional support and information via the 24-hour helpline number.

More information is available from [www.ldvs.uk](http://www.ldvs.uk)

### Leeds Mental Wellbeing Service

 **0113 843 4388**

 [leeds.mws@nhs.net](mailto:leeds.mws@nhs.net)

Leeds Mental Wellbeing Service is the NHS mental health provision in Leeds. They can support you to manage everyday problems such as feeling low, anxious or stressed, or struggling with sleep. through their wide range of psychological support options, including phone support, instant-access online resources, group classes, and one-to-one 'talking therapies'. Available for people aged 17+ upwards.

More information is available from [www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)

### West Yorkshire 24-hour Mental Health Helpline


 **0800 183 0558**

The West Yorkshire helpline provides confidential support, advice and information for anyone who is concerned about their mental health or is worried about a family member or someone they care for. The service is for anyone aged 18 and over who is registered with a Leeds GP. It's also available to people registered with GPs in Calderdale, Kirklees, Wakefield and Barnsley.

More information is available from [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

### Leeds Survivor Led Crisis Service

 **0808 800 1212 (Connect Helpline)**

 **0113 260 9328 (Dial House)**

 **0800 148 8244 (West Yorkshire Night Owls)**


Connect is a free telephone and online support helpline open 6pm–2am every night of the year for people living in Leeds. The service provides emotional support and information for people in distress.

They also have Dial House which is open for two-hour face-to-face visits between 6pm–2am on Mondays, Wednesdays, Fridays, Saturdays, and Sundays.

West Yorkshire Night Owls is a confidential support line for children and young people who are in crisis and their parents and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield. This service runs 8pm–8am every night.


More information is available from: [www.lslcs.org.uk](http://www.lslcs.org.uk)

### Leeds and York Partnership NHS Foundation Trust's Single Point of Access (SPA)

 **0800 183 1485** (if deaf or hearing loss – Text – 07983 323 867)

This phone number is for anyone needing urgent care or treatment for a mental health crisis.

## North Point Wellbeing Ltd

 **0113 245 0303**

 [info@northpoint.org.uk](mailto:info@northpoint.org.uk)

One of the largest charitable providers of therapeutic services in the region, working with adults, children and young people.

More information is available from: [www.northpoint.org.uk](http://www.northpoint.org.uk)

## NSPCC Child Protection Help Line

 **0808 800 5000**

 [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Free 24-Hour service

Provide counselling, information and advice to anyone concerned about a child at risk of abuse.

More information is available from: [www.nspcc.org.uk](http://www.nspcc.org.uk)

## Samaritans

 **0113 245 6789**

 [jo@samaritans.org](mailto:jo@samaritans.org)

24 hour telephone. Face to face support also available. National line 08457 909090. Deaf and hearing impaired service users – minicom 08457 90 91 92. Confidential support for people who are feeling desperate or suicidal.

More information is available from: [www.samaritans.org](http://www.samaritans.org)

## SARSVL (Support After Rape and Sexual Violence Leeds)


 **Helpline: 0808 802 3344**

 [support@sarsvl.org.uk](mailto:support@sarsvl.org.uk)

SARSVL are an independent feminist organisation offering a women only safe space and specialist support for any women and girls in Leeds who have been affected by sexual violence of any kind at any time in their lives and need their support. Nearly half the survivors they speak to are adult survivors of Child Sexual Abuse (CSA). They are trans inclusive.

More information is available from: [www.supportafterrapeleeds.org.uk](http://www.supportafterrapeleeds.org.uk)

## Women's Counselling and Therapy Service (WCTS)

 **0113 245 5725**

 [info@womenstherapyleeds.org.uk](mailto:info@womenstherapyleeds.org.uk)

Office Hours vary through Monday to Friday.

Provides counselling for women in the Leeds area. All services are free but donations are welcomed but not expected.

More information is available from: [www.womenstherapyleeds.org.uk](http://www.womenstherapyleeds.org.uk)

Contact information updated December 2022