

Emergency

If you feel suicidal or feel like harming yourself or other people:

- Call 999 or 111. Please be aware, you may be advised to phone the Samaritans or your own GP. If you cannot make contact with the above,
- go to your nearest AandE Department (Pontefract or Pinderfields)

Non-emergency- Adults, Local Services

Visit your GP, or attend your nearest Walk-in Centre		
NHS 111 service - if you need medical help fast, but it's not a 999 emergency		
South West Yorkshire NHS Trust Drury Lane, Wakefield, WF1 2TE www.southwestyorkshire.nhs.uk	Tel: 01924 316900	9am – 6pm, and out of hours referral.
Samaritans 37-39a Charlotte Street, Wakefield www.samaritans.org	01924 377011 01924 116123 (Freefone)	24 hours a day, 7 days a week (for phones) Drop in 8am - 10pm except Monday and Saturday
Wakefield District Citizens Advice Bureau 27 King Street, Wakefield WF1 2SR www.wakefielddistrictcab.co.uk	03444 111444	Monday and Weds-Fri 9am - 5pm Tuesday 9am – 8pm First Sat of every month 9am – 1pm
St Giles Centre, Pontefract WF8 1AT	03444 111444	Wednesday 10am – 2pm
Town Hall, Normanton, WF6 2DZ	03444 111444	Monday 10am - 1pm
Old Town Hall, Featherstone WF7 5WW	03444 111444	Tuesday 10am – 1pm
Westfield Resource Centre, South Elmsall WF9 2PU	03444 111444	Tuesday 10am – 1pm
Village Hall, Upton WF9 1JB	03444 111444	Wednesday 10am – 1pm
Conference Room, Moorthorpe Railway Station, WF9 3QF	03444 111444	Thursday 10am - 1pm
Right Steps- (run by Turning Point) 57 Kirkgate, Wakefield WF1 1HX www.turning-point.co.uk	01924 234860	Monday- Friday 8am – 8pm Saturday 9am – 6pm Sunday 10am – 4:30pm
Thinking Forward for Mental Health St Catherines Church Doncaster Road Wakefield WF1 5HL tf4mh@outlook.com	Christine Bethell- 07925 313467	No Drop-in times specified- however the group do meet every Thursday 4pm – 6pm
Well Woman Centre 24 Trinity Church Gate, WF1 1TX info@wellwomenwakefield.org.uk	01924 211114 No male adults are permitted on site.	Monday 5pm -7:30pm Friday 10am - 12:30pm
Mesmac 12 Cheapside, WF1 2SD www.mesmac.co.uk	01924 211116	Monday-Friday 9:30am - 5:30pm
Gasped 5a Cheapside, WF1 2SD resourcecentre@gasped.co.uk	0845 146 0002 01924 787501	No drop-in, appointments need to be made by phone.
Andy's Man Club 5a Cheapside, WF1 2SD info@andysmanclub.co.uk	Send email request to book onto session	Monday 7pm (except BH's)

Wakefield and 5 Towns Recovery College Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield WF1 2TE www.wakefieldrecoverycollege.co.uk	01924 316946	Courses and groups provided to support people, also signposting to other organisations.
Facing The Future (Suicide Bereavement, run by the Samaritans/Cruse) 37-39a Charlotte Street, Wakefield info@facingthefuturegroups.org	0208 939 9560	No drop-in, appointments need to be made by phone, and mandatory attendance is required for 1 st session.
Wakefield District Domestic Abuse Service (WDDAS)	0800 915 1561	No drop-in, appointments need to be made by phone.
Rosalie Ryrie Foundation (predominately deals with DA/DV issues) 69 Brunswick Street, WF1 4PA www.rosalieryiefoundation.org.uk	01924 315140	No drop-in, appointments need to be made by phone/email.
Live Well Wakefield www.livewellwakefield.nhs.uk		Signposts to their services and other local ones.
Wakefield District Housing Tenants (WDH)	01977 724403	Self-Referral, non-urgent
Health and Wellbeing Development Team	Tel: 01977 705473	No hours listed on webpage

Adults, National Services

Saneline	0300 304 7000 www.sane.org.uk	4.30pm to 10.30pm
The Samaritans	www.samaritans.org	116123 (Freefone 24/7)
Citizens Advice Bureau	www.citizensadvice.org.uk	03444 111444
CALM (for men 16-45)	0800 585858 www.thecalmzone.net	5pm- Midnight
The Mix (up to 25 yr old)	0808 808 4994 (freefone)	4pm - 11:00pm (may get cut off from 10:15 if a high volume of people are waiting)
Mindout (LGBTQ and)	01273 234839 www.mindout.org.uk	24/7 Answerphone, but will call back if details are left.
Grassroots (Suicide Prevention)	www.prevent-suicide.org.uk	Signposts to other services, and has a downloadable app (from app stores)- Stay Alive which provides 'pocket guide' help and support
Richmond Fellowship	www.richmondfellowship.org.uk www.wakefield.support@richmondfellowship.org.uk	Website available 24/7, does have a Wakefield branch, but due to the nature of the support given, not openly publicised.
Doc Ready	www.docready.org	Helps people understand the MH rights, when accessing GP support, and how to talk about with their GP.

Live Well Wakefield

Our team understands that there are many things that can affect our ability to feel healthy and remain independent. We appreciate this and can offer individual support to help you address any needs.

The team consists of Live Well advisors who promote health and wellbeing in adults 18 and in the Wakefield District. Advisors are able to meet with clients within their home or community setting and discuss with them options available to support with maintaining their health and wellbeing.

The advisors can act as an advocate guiding a person through the varying health and social care pathways. The Live Well Wakefield team has extensive knowledge of services available throughout the district, and regularly update directories of social, exercise and support groups in your local area, which can support you in finding a meaningful activity.

Who can the Live Well Wakefield service help?

All adults who live in the Wakefield district who:

- Are in need of information, advice and support in coping with everyday life
- Are feeling alone or lonely and looking for social opportunities
- Are feeling low or anxious and unsure of services that could help
- Require support to manage their long-term condition or that of someone they care for
- Want to become more involved in the community

The Expert Patient Programme

If you have an ongoing illness or condition, we have a course that could change your life.

Our self-management courses – known as the Wakefield Expert Patients Program (EPP) – are free NHS courses, run by people like you, and put you back in control of your condition.

The course can teach you new tools and techniques to manage your health and improve your wellbeing

One of our courses specifically looks at support for your mental health.

‘New Beginnings’ is a free course that runs over 7 sessions and is aimed at people who are living with any mental health condition. The course aims to offer people:

- Tools to address many of the common symptoms experienced when living with a mental health condition
- Advice on healthy eating in relation to mental health
- Discussions around what is ‘mental health’
- Tools to manage depression and maintain positive thinking

For further information, or to book a place please contact us on:

Telephone 01924 255363 Mon-Fri 9:00-17:00

Agbrigg and Belle Vue Community Centre, Montague Street, Wakefield WF1 5BB

Email: swy-tr.livewellwakefield@nhs.net

Non-Emergency- Children/ Young People, Local Services

Visit your GP, or attend your nearest Walk-in Centre		
NHS 111 service - if you need medical help fast, but it's not a 999 emergency		
South West Yorkshire NHS Trust Drury Lane, Wakefield, WF1 2TE www.southwestyorkshire.nhs.uk	01924 316900	9am – 6pm, and out of hours referral.
Change, Grow, Live Unity House, Wakefield WF1 1EP (Drug and Alcohol service)	01924 831114 wakefieldservicereferral@cgl.org.uk	Monday- Friday 9am – 5pm, appointments can be made outside of these hours on request, self-referral can be made too.

Non-Emergency- Children/ Young People, National Services

Childline Childline.org.uk	0800 1111 (Freefone from both Landline/mobile) 1-2-1 Webchat also available	24/7, for email counselling they need to set up an account with the site.
Young Minds Youngminds.org.uk (Will refer people onto local services)	No phone line. Text Crisis service: text YM to 85258 Parents helpline: 0808 802 5544	Text service is free with the following: EE, O2, Vodafone, 3, Virgin Media, BT, Giffgaff, Tesco, Telecom Plus.
No Panic Helpline www.nopanic.org.uk	0844 967 4848	Daily 10am - 10pm
Youth helpline (Run by No Panic)	0330 606 1174 For people aged 13-20 years old.	Monday-Friday 3pm – 6pm Thursday and Saturday 6pm - 8pm
Papyrus Hopeline (Suicide prevention/bereavement) pat@papyrus-uk.org	0800 068 4141 Text: 07786 209697	Monday- Friday 10am -10pm Weekends/Bank Hols: 2pm-10pm
Heads Above the Waters (Suicide)	No helpline, online form to fill in, Signposting service.	
CALM (for men 16-45) www.thecalmzone.net	0800 585858	5pm- Midnight
Selfharm UK selfharm.co.uk	No helpline, online form to fill in, Signposting service.	
Elefriends Elefriends.org.uk	Online community, no helpline. Download the elefriends app, via appstores.	Can also join up via Facebook.
The Mix (up to 25 yr old) themix.org.uk	0808 808 4994 (Freefone) Web counselling available for 10-18 yr olds, via Online form. Text: THEMIX to 85258- 24/7 support	4pm - 11pm (may get cut off from 10:15 if a high volume of people are waiting)
Mindout (LGBTQ and) mindout.org.uk	01273 234839	24/7 Answerphone, but will call back if details are left.
Grassroots (Suicide Prevention) prevent-suicide.org.uk	Signposts to other services, and has a downloadable app (from app stores)- Stay Alive which provides 'pocket guide' help and support	
Doc Ready docready.org	Helps people understand the MH rights, when accessing GP support, and how to talk about with their GP.	

Cruse Bereavement Care Cruse.org.uk	0808 808 1677	24/7, signposts to local services.
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Other Useful websites

NHS Choices	www.nhs.uk enter 'mental health' in the search tool
NHS Mental Health Helplines	www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-helplines.aspx
Wakefield Council	www.wakefield.gov.uk (follow the directory, to the Mental Health pages, will refer to Turning Point)
Voiceability (advocacy service)	www.voiceability.org/services/Bradford (no longer a service for this org in wakefield)
Mind	www.mind.org.uk
Cloverleaf Advocacy	www.cloverleaf-advocacy.co.uk
Foundation	www.foundationuk.org
Well Women Centre	www.wellwomenwakefield.org.uk
Christians Against Poverty (CAP)	www.capuk.org
Carers Smart	www.carersmart.org
Sane Line (6-11pm)	www.sane.org.uk
Kooth (youth)	www.Kooth.com

Community Groups

Bethany Healing Centre West Wakefield Methodist Church, Thornes Road WF2 8QR	01924 259687	Local group offering support groups, friendship and access to other similar organisations in the district.	Bethanytlc2@gmail.com www.bethanytlc.org.uk Brian Hamill Painting: Mondays 2pm – 4pm Friendship Group: Last Friday (Monthly) 10am – 4pm (Drop-in)
Inspire Arts Group The Art House Drury Lane, Wakefield WF1 2TE	01924 312000		info@the-arthouse.org.uk
Catch a Falling Star The Art House Drury Lane, Wakefield WF1 2TE	07947 237622		www.catchafallingstar.community Tony Howell/Holly Blacker Meets fortnightly: Wednesdays 6:15pm - 8:15pm
5 Towns Veterans Support	01977 310401	Castleford Library Carleton Street Castleford, WF10 1BB	www.facebook.com/5townsveteranssupporthub Meets weekly: Tuesdays 10am – 2pm
Carers Wakefield 25 King Street, Wakefield WF1 2SR	01924 305544		www.carerswakefield.org.uk Drop-in service Monday-Friday 9am – 5pm
Cossins Music School	079049 81504	Offers music sessions for children and adults	melanie@cossinsmusicschool.co.uk www.cossinsmusicschool.co.uk
Think Cre8tive Group	07904 981504	Works in mental health and wellbeing using the arts and music	mel@thinkcre8tivegroup.com Also runs a Rock Painting group for new mums, telephone for more info.
Castleford Heritage Trust Queens Mill, Aire Street	07778 054390	Lots of activities going on, to help people make new	John Heywood Quilters: Alternate Fridays 1pm – 4pm Crafting: 1 st /3 rd Thursday 1pm - 4pm

Castleford, WF10 1JL		friends, and to help the community	
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Community Groups Continued....

Kidz Aware Suite 3 Bizz Space, Business Centre, Denby Dale Rd Wakefield WF2 7AZ	01924 376882	Provides advice to families with disabled children, as well as adults with disabilities/ MH problems.	www.kidzaware.co.uk Gillian@kidzaware.co.uk Gillian Archbold
Spectrum People 1 Navigation Walk, Hebble Wharf, Wakefield WF1 5RH	01924 311400	Social Prescribing - supports vulnerable people of all ages.	www.spectrumhealth.org.uk info@spectrum-cic.nhs.uk Bridget Gill/Tina Dransfield/Deanna Darcy

SMaSH Groups

Come and be part of The S.M.a.S.H. Society Self-Management and Self Help for anyone living with a health condition, living with someone with a health condition, or if you're feeling isolated, or even just want to be a part of something special in your community.

S.M.a.S.H Tel: 07721 241513 Email: societysmash@gmail.com

Locations:

Airedale Library: The Square, Airedale WF10 3JJ

(1st Monday of the month, 1pm – 3pm)

The Link: Beancroft Road, Castleford WF10 5BP

(1st Tuesday of the month, 1:30pm, – 3:30pm)

West Wakefield Methodist Church: Thornes Road, Wakefield WF2 8UR

(2nd Tuesday of the month, 10am – 12 noon)

Pontefract Library: Shoe Market, Pontefract WF8 1BD

(4th Wednesday of the month, 1pm – 3pm)

Hemsworth Library

Market Street, Hemsworth WF9 4JY (Last Monday of the month, 1:30pm - 3:30pm)