

# Mental health



If you need help urgently call Bradford First Response on 0800 952 1181. If someone is in immediate danger call 999.



## What is mental health?

Mental health affects how we think, feel and act. It also helps how we handle stress, relate to others and make healthy choices.



Mental health is important at every stage of life.



There are 5 steps you can take to improve your mental health and wellbeing.

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the moment.

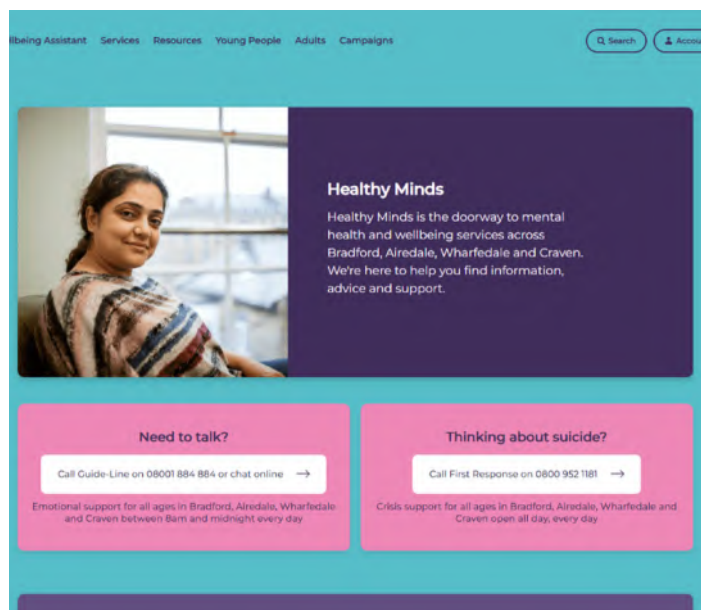


You can find out more by visiting [Five Ways to Wellbeing](#) on the Living Well website.



If you need some support with your mental health there are some services listed on this page.

# Healthy Minds Website – Services for Support



For information about more services available in the district visit [Healthy Minds](#).



The website is the main place to find information about mental health and wellbeing services across Bradford, Airedale, Wharfedale and Craven.



## Support for your mental health

### Guideline

Confidential, emotional support provided by Mind in Bradford.

You call on 08001 884 884 or [chat online](#).

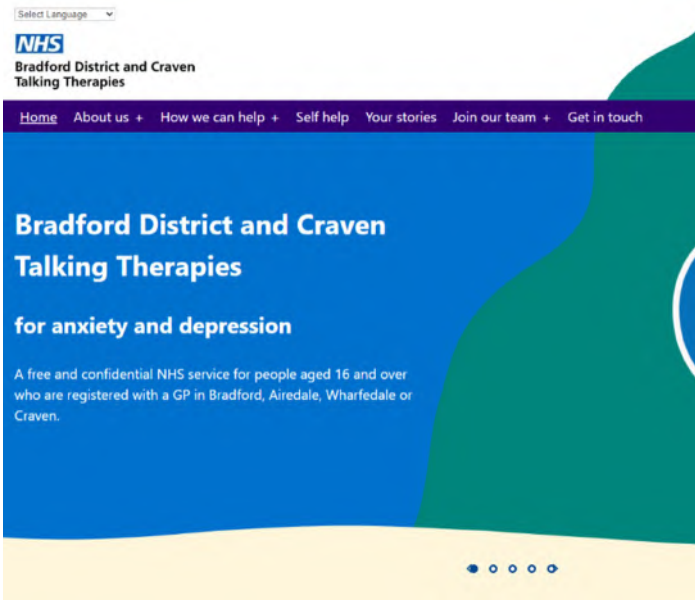


## MyWellbeing IAPT Services

NHS service to help you manage everyday problems such as:

- feeling low
- having problems sleeping
- feeling anxious
- feeling stressed

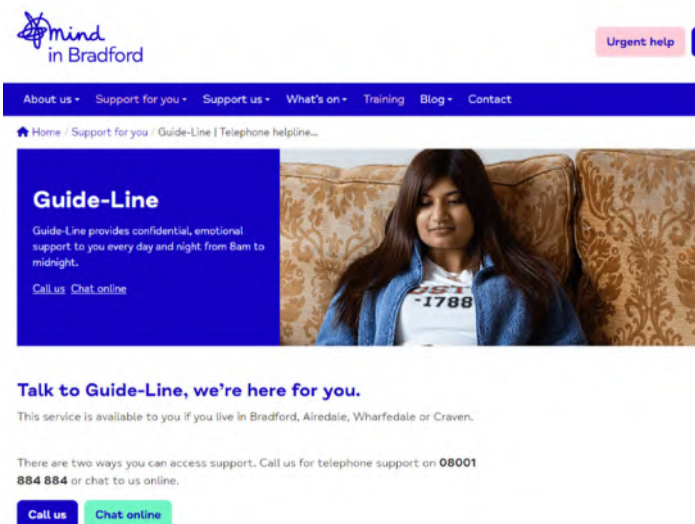
You can call on 0300 555 5551 or visit [MyWellbeingIAPT](https://www.nhs.uk/mywellbeingiapt).




## Mind in Bradford

A range of services including one to one support and group support.

Visit [Mind in Bradford](https://www.mind.org.uk/branches/bradford).



Do you need immediate help? See services that can support you urgently →



# Whatever's on your mind, we're here to listen

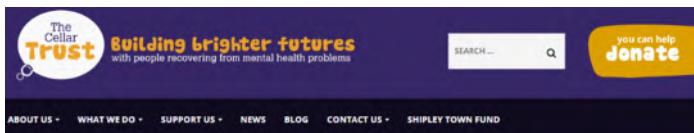
Free digital mental wellbeing support for adults across the UK

[Watch video to find out more](#)

## QWELL

You can get support by text and online. It is a safe space for people over 18 to share thoughts and feelings and get support from qualified professionals.

Visit [Qwell](#).



The Cellar Trust **Building brighter futures**  
with people recovering from mental health problems

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## The Cellar Trust

The Cellar Trust offer lots of support options to people coping with mental health problems or illness. They include:

- peer support – this is when people use their own experiences to help each other
- group crisis support – for when you need urgent mental health support
- pathways to employment – to look at opportunities for work placements, trials and paid work.

Welcome to The Cellar Trust



We are a registered mental health charity (No. 701982) that supports people with their mental health, across the Bradford district, Craven surrounding areas.

Working with partners to give people struggling with their mental health the support they need, so that they can live positively and independently, and build their own brighter future.

We all have mental health and our state of health can change at any time. Mental health affects everyone in different ways and sometimes the negative effects can be devastating. Our purpose is to support people when they face these challenges, and to empower them to move forward.

[Our services](#)



You can call 01274 586474 or visit [The Cellar Trust](#).

## Support for children and young people



### West Yorkshire Night Owls Helpline

This is a confidential support line for children, young people and their parents and carers.

The service is available from 8pm until 8am.

Call 0800 1488 244

Text 07984 392700

[Live chat](#)



### Kooth

Available for young people aged 11 to 18 living in Bradford, Airedale, Wharfedale and Craven. It is a safe space to connect with others and get support around your mental health and emotional wellbeing.

Visit [Kooth](#)

The screenshot shows the NHS website interface for Bradford District Care. At the top, there is a navigation menu with links for Home, About us, Services, Service users & carers, Get involved, Working with us, News & events, Supporting you, and Chat. Below the navigation, there is a search bar with the text 'Search for a service'. To the right of the search bar, there is a dropdown menu for 'Select travel distance' with 'No preference' selected. Below the search bar, there is a 'Search' button and a 'Clear' button. On the right side of the page, there is a section titled 'Child and Adolescent Mental Health service (CAMHS)' with a description: 'Our Child and Adolescent Mental Health service (CAMHS) help children and young people who may be having problems. They may be very upset or very angry, they may be behaving or their family or carers, friends or teachers may be very worried about them. CAMHS support young people from pre-school years up to 16 years of age, (or up to 18 years of age if still there are severe and long standing concerns about emotional well-being and behaviours)'. Below the description, there is a section titled 'Bradford and Keighley CAMHS Covid-19' with a description: 'We are still open. In response to the coronavirus pandemic, some changes have been made to deliver our services. Some of our services have been replaced with telephone or video counselling. You may notice staff are wearing Personal Protective Equipment (PPE) when needed. You may notice staff are wearing Personal Protective Equipment (PPE) when needed. You may notice staff are wearing Personal Protective Equipment (PPE) when needed.'

### Child and Adolescent Mental Health Service (CAMHS)

Support from pre-school age up to age 16 or 18 if you are still in school. You need to be referred through your GP or other health professional.

Visit [CAMHS](#)

## Support for carers



Caring for others can be stressful. If you are caring for someone else it is important to take care of your own mental wellbeing as well.



Visit [Carers Count](#) for information on wellbeing courses. They cover health and wellbeing, carers rights, benefits and other support for carers.

Take a look at our downloadable calendars and booking links to find out more about our events! Please note that due to the coronavirus outbreak, most of our events are currently cancelled.

[Carers Count Groups](#)



You can also get local support through [Carers Resource](#). They offer practical support, access to a wellbeing review, and to a small carer wellbeing grant where appropriate.

# Mental health crisis or feeling suicidal



If you are in a mental health crisis or feeling suicidal here are some services that can help:

The screenshot shows the NHS website for Bradford District Care. The main heading is 'First Response – crisis service'. A large blue box contains a telephone icon and the text: 'If you need urgent mental health support call First Response. Call: 0800 952 1181'. Below this, there is a 'Description' section with text: 'Our First Response crisis service offers support 24 hours a day, seven days a week to people in Bradford, Airedale, Wharfedale or Craven experiencing a mental health crisis. Mental ill health is common, with 1 in 4 people in the UK experiencing a problem each managed well through medication and/or therapy, but if your first experience of mental health is a crisis, we want you to feel reassured that trained professional support is available.' There is also a search bar and a 'Helpful? - Give feedback' button.

## First Response

For urgent mental health crisis support for people of all ages living in Bradford, Airedale, Wharfedale and Craven.

Call 0800 952 1181. This is a 24 hour helpline.

You can also visit [First Response](#)

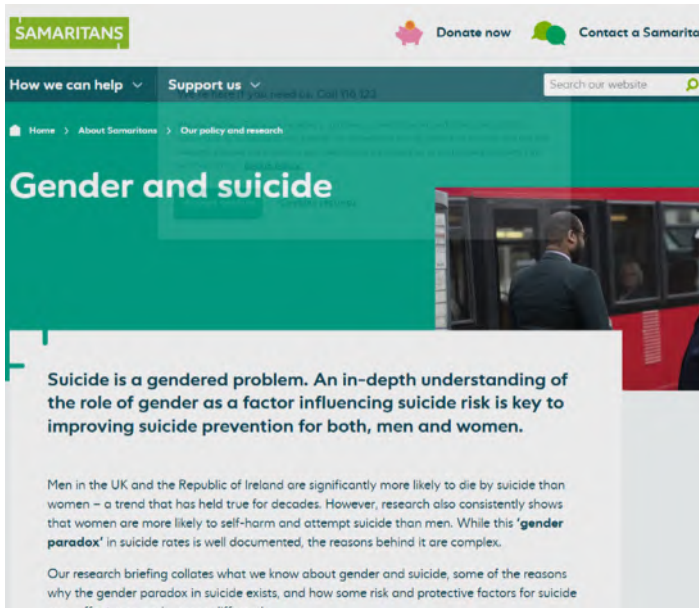


## Safe Spaces

Anyone aged 7 and over living in Bradford District and Craven can access urgent same-day support from Safe Spaces at our Bradford and Keighley hubs.

Call First Response on 0800 952 1181 and ask for Safe Spaces. They will be able to help you get a same-day appointment.



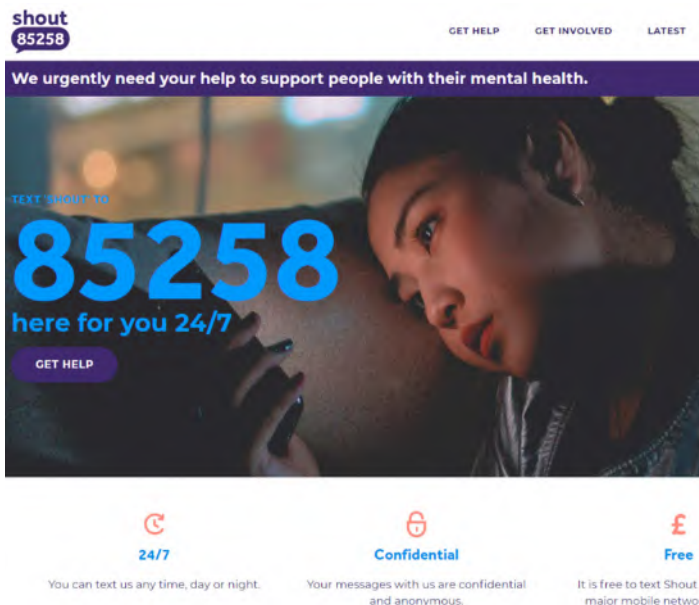


## Samaritans

Call 116 123, this is a free 24-hour helpline. You can also visit [Samaritans](#)

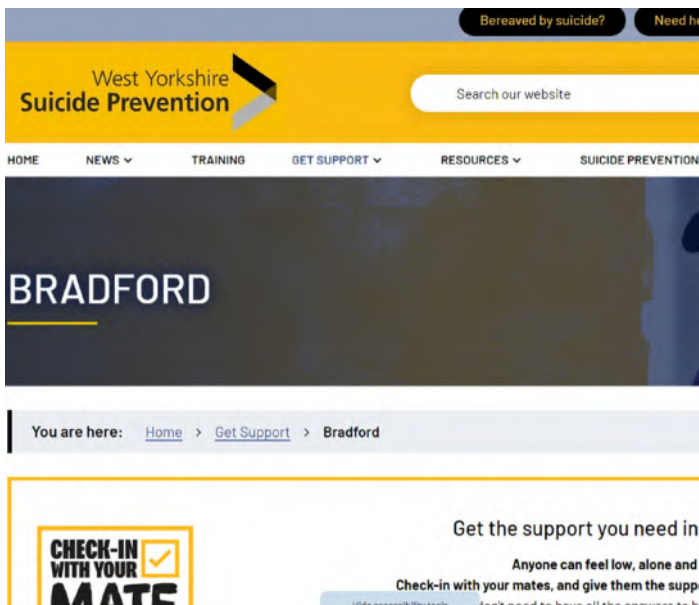
## NHS 111

Call 111 or visit [NHS111](#)



## Shout

Text 'shout' to 85258. This is a free 24-hour text service. You can also visit [Shout](#)



## Check in with your mate

For information about local support services for men in Bradford visit [Check in with your Mate](#)