

MENTAL HEALTH SUPPORT



West Yorkshire have services available to support you with managing and improving your mental health based on the area you live. Please find the contact details below.

LEEDS

The community mental health team is under Leeds and York Partnership. For a referral, speak to your GP.

For further information visit:

<https://www.cwp.nhs.uk/our-services/east-cheshire/adult-and-older-peoples-community-mental-health-teams-cheshire-east>

CRISIS



SERVICES

Get advice from 111 or ask for an urgent GP appointment if you need urgent help.

Call 999 or go to A&E now if you do not feel you can keep yourself or someone else safe.

You can also call Samaritans on 116 123 to access free talking services.

WAKEFIELD

The Single Point of Access (SPA) team in Wakefield acts a streamlined point of contact for all secondary mental health referrals in the area.

Referrals accepted from: AHPs, Consultants, Courts, GPs etc.

For further information visit:

<https://www.southwestyorkshire.nhs.uk/services/single-point-of-access/#service-about>

BRADFORD

The community mental health team is under Leeds and York Partnership. If you are registered with a GP in Bradford you can ask your GP to make a referral through our Single Point of Access telephone number: 01274 221189

For further information visit:

<https://www.bdct.nhs.uk/our-services/mental-health-services/community-mental-health-teams-cmhts/>

KIRKLEES

NHS talking therapies are a type of help provided by the National Health Service (NHS) where you can talk to someone who is specially trained to listen and understand your feelings, or you can participate in workshops.

For further information visit:

<https://kirklees-talkingtherapies.nhs.uk/about-us/>



CALDERDALE

The South West Yorkshire Partnership NHS Foundation Trust provide mental health services in Calderdale and Kirklees.

The mental health liaison team are available 24/7 for any adult (18+) who might be experiencing problems with their mental health. The team are based at Calderdale Royal Hospital and Huddersfield Royal Infirmary.

For further information visit:

<https://www.cht.nhs.uk/services/mental-health-services/>

LOCAL SERVICES

<https://northpoint.org.uk/service/gp-based-services/>

NORTHPOINT

<https://leedsmentalwellbeingservice.co.uk/>



<https://www.mindwell-leeds.org.uk/>

MindWell

