

**Mental Health Wakefield - please note some of these details may have changed - an updated version will be shared once details have been checked/confirmed**

**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 A&E 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		
<b>South West Yorkshire NHS Trust</b> Drury Lane, Wakefield, WF1 2TE <a href="http://www.southwestyorkshire.nhs.uk">www.southwestyorkshire.nhs.uk</a>	Tel: 01924 316900	9:00-18:00, and out of hours referral.
<b>Samaritans</b> 37-39a Charlotte Street, Wakefield <a href="http://www.samaritans.org">www.samaritans.org</a>	01924 377011 01924 116123 (Freefone)	24 hours a day, 7 days a week (for phones) Drop in 8:00-10:00pm except Monday+Saturday
<b>Wakefield District Citizens Advice Bureau</b> 27 King Street, Wakefield WF1 2SR <a href="http://www.wakefielddistrictcab.co.uk">www.wakefielddistrictcab.co.uk</a>	03444 111444	Monday + Weds-Fri 9:00-5:00pm Tuesday 9:00-8:00 First Sat of every month 9:00-1:00
St Giles Centre, Pontefract WF8 1AT	03444 111444	Wednesday 10:00-2:00
Town Hall, Normanton, WF6 2DZ	03444 111444	Monday 10:00-1:00
Old Town Hall, Featherstone WF7 5WW	03444 111444	Tuesday 10:00-1:00
Westfield Resource Centre, South Elmsall WF9 2PU	03444 111444	Tuesday 10:00-1:00
Village Hall, Upton WF9 1JB	03444 111444	Wednesday 10:00-1:00
Havercroft Community Learning Project, Mulberry Place, WF4 2BD	03444 111444	Monday 10:00-1:00
Hemsworth Town Council, Community Centre, Bullenshaw Road, WF9 4NE	03444 111444	Friday 10:00-1:00
Conference Room, Moorthorpe Railway Station, WF9 3QF	03444 111444	Thursday 10:00-1:00
<b>Right Steps-</b> (run by Turning Point) 57 Kirkgate, Wakefield WF1 1HX <a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>	01924 234860	Monday- Friday 8:00-20:00 Saturday 9:00-18:00 Sunday 10:00-16:30
<b>Thinking Forward for Mental Health</b> St Catherines Church Doncaster Road Wakefield WF1 5HL <a href="mailto:tf4mh@outlook.com">tf4mh@outlook.com</a>	Christine Bethell- 07925 313467	No Drop-in times specified- however the group do meet every Thursday 16:00-18:00
<b>Well Woman Centre</b> 24 Trinity Church Gate, WF1 1TX <a href="mailto:info@wellwomenwakefield.org.uk">info@wellwomenwakefield.org.uk</a>	01924 211114 <b>No male adults are permitted on site.</b>	Monday 5:00-7:30pm Friday 10:00-12:30
<b>Mesmac</b> 12 Cheapside, WF1 2SD <a href="http://www.mesmac.co.uk">www.mesmac.co.uk</a>	01924 211116	Monday-Friday 9:30-5:30

<b>Gasped</b> 5a Cheapside, WF1 2SD <a href="mailto:resourcecentre@gasped.co.uk">resourcecentre@gasped.co.uk</a>	0845 146 0002 01924 787501	No drop-in, appointments need to be made by phone.
<b>Andy's Man Club</b> 5a Cheapside, WF1 2SD <a href="mailto:info@andysmanclub.co.uk">info@andysmanclub.co.uk</a>	Send email request to book onto session	Monday 7:00pm (except BH's)
<b>Wakefield &amp; 5 Towns Recovery College</b> Drury Lane Health & Wellbeing Centre, Drury Lane, Wakefield WF1 2TE <a href="http://www.wakefieldrecoverycollege.co.uk">www.wakefieldrecoverycollege.co.uk</a>	01924 316946	Courses and groups provided to support people, also signposting to other organisations.
<b>Facing The Future</b> (Suicide Bereavement, run by the Samaritans/Cruse) 37-39a Charlotte Street, Wakefield <a href="mailto:info@facingthefuturegroups.org">info@facingthefuturegroups.org</a>	0208 939 9560	No drop-in, appointments need to be made by phone, and mandatory attendance is required for 1 <sup>st</sup> session.
<b>Wakefield District Domestic Abuse Service</b> (WDDAS)	0800 915 1561	No drop-in, appointments need to be made by phone.
<b>Rosalie Ryrie Foundation</b> (predominately deals with DA/DV issues) 69 Brunswick Street, WF1 4PA <a href="http://www.rosalieryriefoundation.org.uk">www.rosalieryriefoundation.org.uk</a>	01924 315140	No drop-in, appointments need to be made by phone/email.
<b>Live Well Wakefield</b> <a href="http://www.livewellwakefield.nhs.uk">www.livewellwakefield.nhs.uk</a>		Signposts to their services and other local ones.
<b>Wakefield District Housing Tenants</b> (WDH)	01977 724403	Self-Referral, non-urgent
<b>Health and Wellbeing Development Team</b>	Tel: 01977 705473	No hours listed on webpage

### Adults, National Services

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

		publicised.
<b>Doc Ready</b>	<a href="http://www.docready.org">www.docready.org</a>	Helps people understand the MH rights, when accessing GP support, and how to talk about with their GP.

**West Yorkshire and Harrogate Suicide Bereavement Service** <https://wyhsbs.org.uk/> new 19.12.19

### **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+ 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 & 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 & Belle Vue Community Centre, Montague Street, Wakefield WF1 5BB

Email: [swy-tr.livewellwakefield@nhs.net](mailto:swy-tr.livewellwakefield@nhs.net)

[www.southwestyorkshire.nhs.uk/services/live-well-wakefield](http://www.southwestyorkshire.nhs.uk/services/live-well-wakefield)

### 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 <a href="http://www.southwestyorkshire.nhs.uk">www.southwestyorkshire.nhs.uk</a>	01924 316900	9:00-18:00, and out of hours referral.
<b>Change, Grow, Live</b> Unity House, Wakefield WF1 1EP (Drug & Alcohol service)	01924 831114 <a href="mailto:wakefieldservicereferral@cgl.org.uk">wakefieldservicereferral@cgl.org.uk</a>	Monday- Friday 9:00-5:00, <b>appointments can be made outside of these hours on request, self-referral can be made too.</b>

### Non-Emergency- Children/ Young People, National Services

<b>Childline</b> <a href="http://Childline.org.uk">Childline.org.uk</a>	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.
<b>Young Minds</b> <a href="http://Youngminds.org.uk">Youngminds.org.uk</a> (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.
<b>No Panic Helpline</b> <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>	0844 967 4848	Daily 10:00am - 10:00pm
<b>Youth helpline</b> (Run by No Panic)	0330 606 1174 For people aged 13-20 years old.	Monday-Friday 15:00-18:00 Thursday + Saturday 18:00-20:00
<b>Papyrus Hopeline</b> (Suicide prevention/bereavement) <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>	0800 068 4141 Text: 07786 209697	Monday- Friday 10:00-10:00pm Weekends/Bank Hols: 2:00-10:00pm
<b>Heads Above the Waters</b> (Suicide)	No helpline, online form to fill in, Signposting service.	
<b>CALM</b> (for men 16-45) <a href="http://www.thecalmzone.net">www.thecalmzone.net</a>	0800 585858	5:00pm- Midnight
<b>Selfharm UK</b> <a href="http://selfharm.co.uk">selfharm.co.uk</a>	No helpline, online form to fill in, Signposting service.	
<b>Elefriends</b> <a href="http://Elefriends.org.uk">Elefriends.org.uk</a>	Online community, no helpline. Download the elefriends app, via appstores.	Can also join up via Facebook.
<b>The Mix</b> (up to 25 yr old)	0808 808 4994 (Freefone)	4:00-11:00pm ( <b>may get cut off from 10:15 if</b>

<a href="http://themix.org.uk">themix.org.uk</a>	Web counselling available for 10-18 yr olds, via Online form. Text: THEMIX to 85258- 24/7 support	a high volume of people are waiting)
<b>Mindout</b> (LGBTQ+) <a href="http://mindout.org.uk">mindout.org.uk</a>	01273 234839	24/7 Answerphone, but will call back if details are left.
<b>Grassroots</b> (Suicide Prevention) <a href="http://prevent-suicide.org.uk">prevent-suicide.org.uk</a>	Signposts to other services, and has a downloadable app (from app stores)- Stay Alive which provides 'pocket guide' help & support	
<b>Doc Ready</b> <a href="http://docready.org">docready.org</a>	Helps people understand the MH rights, when accessing GP support, and how to talk about with their GP.	
<b>Cruse Bereavement Care</b> <a href="http://Cruse.org.uk">Cruse.org.uk</a>	0808 808 1677	24/7, signposts to local services.

### Other Useful websites

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

### 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.	<a href="mailto:Bethanytlc2@gmail.com">Bethanytlc2@gmail.com</a> <a href="http://www.bethanytlc.org.uk">www.bethanytlc.org.uk</a> Brian Hamill Painting: Mondays 14:00-16:00 Friendship Group: Last Friday (Monthly) 10:00-16:00 (Drop-in)
Inspire Arts Group The Art House Drury Lane, Wakefield WF1 2TE	01924 312000		<a href="mailto:info@the-arthouse.org.uk">info@the-arthouse.org.uk</a>
Catch a Falling Star The Art House	07947 237622		<a href="http://www.catchafallingstar.community">www.catchafallingstar.community</a> Tony Howell/Holly Blacker

Drury Lane, Wakefield WF1 2TE			Meets fortnightly: Wednesdays 18:15-20:15
5 Towns Veterans Support	01977 310401	Castleford Library Carleton Street Castleford, WF10 1BB	<a href="http://www.facebook.com/5townsveteranssupporthub">www.facebook.com/5townsveteranssupporthub</a> Meets weekly: Tuesdays 10:00-14:00
Carers Wakefield 25 King Street, Wakefield WF1 2SR	01924 305544		<a href="http://www.carerswakefield.org.uk">www.carerswakefield.org.uk</a> Drop-in service Monday-Friday 9:00-17:00
Cossins Music School	079049 81504	Offers music sessions for children and adults	<a href="mailto:melanie@cossinsmusicschool.co.uk">melanie@cossinsmusicschool.co.uk</a> <a href="http://www.cossinsmusicschool.co.uk">www.cossinsmusicschool.co.uk</a>
Think Cre8tive Group	07904 981504	Works in mental health and wellbeing using the arts and music	<a href="mailto:mel@thinkcre8tivegroup.com">mel@thinkcre8tivegroup.com</a> Also runs a Rock Painting group for new mums, telephone for more info.
Castleford Heritage Trust Queens Mill, Aire Street Castleford, WF10 1JL	07778 054390	Lots of activities going on, to help people make new friends, and to help the community	John Heywood Quilters: Alternate Fridays 13:00-16:00 Crafting: 1 <sup>st</sup> /3 <sup>rd</sup> Thursday 13:00-16:00

### 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.	<a href="http://www.kidzaware.co.uk">www.kidzaware.co.uk</a> <a href="mailto:Gillian@kidzaware.co.uk">Gillian@kidzaware.co.uk</a> Gillian Archbold
Spectrum People 1 Navigation Walk, Hebble Wharf, Wakefield WF1 5RH	01924 311400	Social Prescribing -supports vulnerable people of all ages.	<a href="http://www.spectrumhealth.org.uk">www.spectrumhealth.org.uk</a> <a href="mailto:info@spectrum-cic.nhs.uk">info@spectrum-cic.nhs.uk</a> 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](mailto:societysmash@gmail.com)

Locations:

**Airedale Library:** The Square, Airedale WF10 3JJ

(1<sup>st</sup> Monday of the month, 1:00 – 3:00 pm)

**The Link:** Beancroft Road, Castleford WF10 5BP

(1<sup>st</sup> Tuesday of the month, 1:30 – 3:30 pm)

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

(2<sup>nd</sup> Tuesday of the month, 10:00 – 12:00 pm)

**Pontefract Library:** Shoe Market, Pontefract WF8 1BD

(4<sup>th</sup> Wednesday of the month, 13:00 – 15:00 pm)

**Hemsworth Library**

Market Street, Hemsworth WF9 4JY (Last Monday of the month, 13:30-15:30)