

Your guide for support services



Kirklees Safeguarding Children Partnership

Information and contact details for support services surrounding mental health and wellbeing for children, young people, and families.

National Autistic Society

For impartial, confidential information along with advice and support for autistic people and their families and carers.

0808 800 4104
www.autism.org.uk/

CALM (Campaign Against Living Miserably)

Help and support online to help against suicide.

0800 585858
www.thecalmzone.net

Change Grow Live (CGL)

A confidential drug and alcohol service for young people using drugs and/or alcohol as a way to cope.

0808 169 8711
www.changegrowlive.org

ChildLine

Free, anytime, day or night for help with any worry (under 19's).

0800 1111. If you're worried about a child call **0808 800 5000**.
www.childline.org.uk

Combined Minds

A useful app to provide help for families and friends to support young people with their mental health. Available on your app store.

www.combinedminds.co.uk

Doc Ready

Discover information and advice to help you prepare to talk to somebody about mental health, including a doctor.

www.docready.org

Elefriends

A safe place to listen, share and be heard.

www.elefriends.org.uk

Family Action

Providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.

0808 802 6666 or
text **07537 404 282**
www.family-action.org.uk/

Family Lives

Providing help and support to families who are struggling.

0808 800 2222
www.familylives.org.uk/

Galop

Emotional and practical support for LGBT+ people experiencing domestic abuse.

0800 999 5428
www.galop.org.uk/domesticabuse

Heads Above the Waves

Online advice, support, and coping strategies for young people suffering from depression and self-harm.

www.hatw.co.uk

Karma Nirvana

Supporting victims of honour-based abuse and forced marriage.

0800 5999 247
www.karmanirvana.org.uk/

Kirklees Children Social Services

01484 456848

Kirklees Council Coronavirus

For information or support related to coronavirus.

www.kirklees.gov.uk/beta/health-and-well-being/coronavirus.aspx

Kirklees Domestic Abuse Service

Information and support for people who are experiencing abuse, and also for those who recognise that they are using abusive behaviours and want to make changes.

www.kirklees.gov.uk/beta/domestic-abuse/index.aspx

Kooth

Free, safe, and anonymous online support for 11 to 19 year olds.

www.kooth.com

Lone Parent Helpline

Information and advice on the key issues faced by lone parents, including maintenance, benefits, legal rights and childcare.

0800 018 502

ManKind Initiative

Support for male victims of domestic abuse.

01823 334244
www.mankind.org.uk

Meetwo

A safe and secure forum for teenagers to discuss any issues that are affecting their lives.

www.meetwo.co.uk



Mindout

An anonymous online instant message service to support and improve the mental health and wellbeing of LGBTQ communities.

www.mindout.org.uk

NCDV (National Centre for Domestic Violence)

Providing information, advice, and help for speedy protection against domestic violence.

0800 970 2070 or text **NCDV to 60777**

www.ncdv.org.uk

NSPCC

Discover all about the work the NSPCC do to prevent abuse, help rebuild children's lives and support families.

0808 800 5000

www.nspcc.org.uk

PALS (Patient Advice and Liaison Service)

Offers confidential advice, support and information on health-related matters for patients, families, and carers.

0800 587 2108

Papyrus

Providing confidential suicide prevention advice.

0800 0684141 or text **0786 0039967**
www.papyrus-uk.org

Prisoners' Families Helpline

Providing advice and support to the families of people in prison.

0808 808 2003

Refuge

For confidential, non-judgemental information and support on domestic abuse.

0808 2000 247

www.nationaldahelpline.org.uk/

Relate

Advice, tips, and counselling services to help your relationship stay healthy.

0300 100 1234

www.relate.org.uk/

Runaway

Support for if you are thinking about running away, if you have already run away, or if you have been away and come back.

116 000 (or free text)

Samaritans

Free, anytime support. Providing a listening ear, and emotional support.

116 123

www.samaritans.org/branches/huddersfield/

SelfharmUK

Peer-to-peer communications for young people aged 14-19. A space for them to share their encouraging experiences through the use of blogs, stories, poetry and art.

www.selfharm.co.uk

Shout

Available for UK residents of any age, in need of crisis support.

Text Shout to **85258**

www.giveusashout.org

Stay Alive

An app available to support those at risk of suicide or those worried about someone.

www.prevent-suicide.org.uk

Stop It Now!

Access confidential advice and guidance on an appropriate course of action for those unsure or worried about their thoughts or behaviour towards children, or the behaviour of someone you know – adult or child.

0808 1000 900

www.stopitnow.org.uk

The Base

A free and confidential drug and alcohol service for young people up to the age of 21 in Kirklees.

www.changegrowlive.org/the-base-kirklees/info

The Brunswick Centre

Supports the needs of people with HIV and helps them make informed choices, build healthier relationships and live positive lives free of stigma.

01484 469691

www.thebrunswickcentre.org.uk

The Mix

Offers young people under 25, 1-2-1 chat plus advice and support on a range of issues.

0808 808 4994 or text

THEMIX to 85258 for crisis support.

www.themix.org.uk

The Money Advice Service

Free and impartial money advice.

0800 138 7777

www.moneyadviceservice.org.uk

Thriving Kirklees

Working together for healthy children, young people and families.

0300 304 5555

www.thrivingkirklees.org.uk

Victim Support

Emotional and practical support to anyone under 18 who has been affected by a crime

0300 303 1971

www.victimsupport.org.uk

Winston's Wish

Giving hope to grieving children and supporting families through their support and advice.

08088 020021

www.winstonswish.org

Young Minds

Information and resources for children and young people, parents, and professionals about looking mental health and wellbeing.

Text YM to **85258** for urgent help.

Parents can call the helpline on

0808 802 5544.

www.youngminds.org.uk

