



WorkPlace Leeds

Employment • Job Retention • Training

Mental Health Employment & Community Support Directory



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Leeds



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ABOUT US

WorkPlace Leeds specialises in supporting individuals recovering from mental health problems to find and retain employment. A partnership between Leeds Mind, Community Links and Touchstone, WorkPlace Leeds works closely with Leeds & York Partnership NHS Foundation Trust, Adult Social Care and psychological therapy providers (IAPT) to improve employment and retention outcomes for people across the city.

We are aware of the barriers clients may face when trying to access or retain employment. We enable people to develop realistic ways of sustainably overcoming issues such as anxiety, low self-confidence, gaps in employment history, or problems with sickness absence, and to learn how to enhance their wellbeing within a workplace setting. We work in a friendly and supportive way, offering individually-tailored programmes of support developed collaboratively with our clients. This can include CV building, interview skills, support with job search and tailored applications (for clients seeking work) or negotiating reasonable workplace adjustments, enhancing staff wellbeing, and support with absence management (for clients at risk of losing work).

For more information, see www.leedsmind.org.uk/employment, telephone 0113 230 2631 or Tweet us @WorkPlaceLeeds.

About the Directory

The Mental Health Employment & Community Support Directory was developed following consultation with Jobcentre Plus and Leeds City College. It is designed for use by employment specialists, mental health professionals and people with mental health issues. The Directory provides information on services, groups and resources that aim to enhance mental wellbeing and enable people to overcome barriers to employment, education or volunteering. Knowing what's out there and how to access it can often be the key to overcoming difficulties and achieving goals.

The Directory is organised in alphabetical order. When a service is SELF REFERRAL this means an individual can refer themselves independently, or be supported to make a referral by anyone, including a professional or family member. All services are SELF REFERRAL unless specified otherwise. Where services are available via GP/PROFESSIONAL referral, it may be worthwhile for the individual to directly request a referral from their GP or another health professional.

The directory mainly focuses on services for working-age adults. Information was checked in January 2013. This Directory is also available in electronic format. To obtain this, please contact us on the details given below.

Updating/Correcting Information

Please let us know (via email at admin@workplaceleeds.org.uk or telephone 0113 230 2631) if you spot omissions or mistakes throughout the directory, which has been produced as a 'quick guide' and may not represent a fully comprehensive summary of services. If you can't find what you are looking for or would like to find out more about mental health services generally, please see www.mentalhealthleeds.info. This is the [Information for Mental Health](http://www.mentalhealthleeds.info) website, which is due to be updated and improved in 2013, and will then become an ongoing resource for up-to-date information.

Here are two WorkPlace Leeds clients who found the right combination of support to cope with their mental health difficulties and achieve their employment goals –

David, 37, is a chef in a residential home



I had a lot of problems when I first came to WorkPlace Leeds. My biggest problem was getting stressed out at work. I started having panic attacks and felt like I really couldn't cope. It would just take one little thing to go wrong when I was cooking and there'd be a domino effect. Before I knew it, things had spiralled out of control. First my cake wouldn't rise, then I'd burn the pasta, then my custard would come out lumpy...it felt like everything was going wrong and I couldn't cope with it all.

By the time I was referred to WorkPlace Leeds in July 2011, things had got really bad, and I'd been off sick for a while. My retention specialist helped in so many ways. Firstly I needed to get my benefits sorted. I got loads of help and advice with that. Then I was referred to a counsellor who helped me understand my panic attacks and feel more in control. I learnt some coping strategies, like walking away from the situation for a few minutes and coming back to it.

Within a few weeks I went back to work on a phased return, which eased me back in again gently. Going back to doing full days straight away would have been really hard. But my specialist negotiated for me to go back on reduced hours. Having someone on my side made all the difference.

Back at work, I had to go to regular meetings with my managers. Before, these meetings had been horrible – I'd stay quiet because I was too nervous to speak, so I felt as if I didn't have a say in what was happening. After WorkPlace Leeds got involved, I met with my specialist before the meetings so I could prepare myself properly. If I struggled to speak, he'd encourage me. When we all worked together like that, it was actually quite helpful. I started keeping a diary when things went wrong at work, and my boss helped me find solutions to each of the problems I wrote down.

Now, I feel much more in control of it all, and more confident. It's great to be earning a living and using my skills. When someone asks me what I do, I feel proud to say: 'I'm a chef'. It's a good feeling.

Chris, 53, is a learning support assistant



Since I started teaching maths at Swarthmore college in autumn 2012, I've felt so much better. I can honestly say that if I wasn't in this job I wouldn't be so happy. When I think back to how I was a year ago, it's like I was a different person. I went to my GP feeling absolutely unable to cope. I don't think I was even coherent as I tried to explain how I felt, but I remember telling him I was suicidal. It felt like I'd run out of hope, I didn't know how to go on.

I was referred to the crisis team, who helped my wife access carers' support, and then I was allocated a care coordinator with the community mental health team, who referred me to WorkPlace Leeds.

Before my breakdown, I'd been employed as a support worker – but it wasn't the right job for me. The employment specialist at WorkPlace Leeds helped me reflect on my skills and experience in learning and education and to rediscover my passion for teaching. Meeting up with him for a walk or a coffee was a good opportunity to get out of the house, as well as giving me the space I needed to work out a new career plan. The changes he suggested to my CV helped me get my first job, which really kick-started my recovery. When he told me this job had come up at Swarthmore, I jumped at the chance to apply. It's such a friendly, warm place to work – not stressful at all. And it's great to be doing something that really matters to me again. Doing the right kind of work has been critical to overcoming my depression and regaining my happiness – and WorkPlace Leeds was central to that process.

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A

ABUSE

- See 'S' for sexual abuse, 'D' for domestic violence

ADDICTION

- Addiction Dependency Solutions is a SELF and HEALTH PROFESSIONAL REFERRAL service offering group-work, peer support, 1:1 advice and guidance, referral into detox, structured day programmes including an art group and women's group, as well as acupuncture sessions. There is also a service for people who aren't dependent on alcohol but worried about its impact on their lives. Based in the city centre on East Parade. Tel: **0113 247 0111** or see <http://www.adsolutions.org.uk/service/ads-leeds>.
- BARCA Leeds is part of the Leeds Community Drugs Partnership (other partners include DISC, St Anne's and St Martin's Healthcare) and offers the Community Drug Treatment Service (CDTS) and Harm Reduction Service. Support includes structured day programmes, 1:1 treatment plans from the multi-disciplinary team addressing work, training, housing and benefits issues, complementary therapies, and peer support. This is a SELF and HEALTH PROFESSIONAL REFERRAL service. Telephone **0113 255 2227** or see <http://www.barca-leeds.org>.
- St Anne's also has an information leaflet about the Community Drug Treatment Service. Telephone **0113 236 6610** or see http://www.st-annes.org.uk/what_we_do/substance_use/Drugs.htm
- Spacious Places offers a therapeutic programme including 16 hours of structured activity per week for people who are willing to engage with the Alcoholics Anonymous or Narcotics Anonymous 12-step programme in order to manage substance dependency problems. SELF or PROFESSIONAL REFERRAL. Tel: **0113 247 0153** or see <http://www.spaciousplaces.org.uk>.
- Alcoholics Anonymous can be contacted locally on **0113 245 4567**. Meetings take place throughout the city on a weekly basis.
- Narcotics Anonymous also hosts meetings throughout the city. To find out when/where, see <http://www.ukna.org/> or call **0300 999 1212**
- 'Alcohol and you'. An NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help)

- Leeds Addiction Unit is a service offered by Leeds and York Partnerships NHS Foundation Trust (LYPFT). This is a REFERRAL ONLY service which offers dual diagnosis support, key-working, community detox and group work. LYPFT can be contacted on **0113 305 5000** or see <http://www.leedspft.nhs.uk/>.

ADHD

- Leeds and York Partnerships NHS Foundation Trust (LYPFT) now offers an Attention Deficit Hyperactivity Disorder (ADHD) diagnosis and support service. This is GP/HEALTH PROFESSIONAL REFERRAL. Contact LYPFT on **0113 305 5000** or see <http://www.leedspft.nhs.uk/>.
- The West Yorkshire ADHD Support Group is a peer-led service for parents of children with ADHD and adults with ADHD. Meets monthly at Pinderfields hospital, Wakefield. Call **01924 373 530** or see <http://west-yorkshire-adhd.org.uk/>.

ADOPTION

- See Families under 'F'

ADULT OUTREACH TEAM

- This is a PROFESSIONAL REFERRAL service managed by Adult Social Care which supports people to access community activities and work towards travelling independently (usually on public transport) through goal-focused 1:1 work. Contact **0113 336 7745, 07891 271 517** or **07891 271 521** or email Adults.Outreach.Team@leeds.gov.uk.

ADVOCACY

- See Mental Health under 'M'

ANGER MANAGEMENT

- 'Controlling anger – a self-help guide'. An NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help).
- Start Treating Others Positively (STOP) offers anger management groups for men and women as well as 1:1 sessions in central Leeds. There is also a support group for women whose partners have anger problems. SELF REFERRAL. <http://www.stoponline.org/> or tel: **0113 244 6007**.

ANXIETY

- Anxiety Alliance UK – www.anxietyalliance.org.uk, email anxietyalliance@btinternet.com, or helpline no: **0845 296 7877**. Offers telephone and online support. Individual goal-setting and checking is offered through this service.

- 'Anxiety, a self-help guide'. An NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help)
- Cognitive behavioural therapy-focused counselling is available for common mental health issues through IAPT (Improving Access to Psychological Therapies) services in the city. SELF REFERRAL through calling **0113 843 4388**
- Anxiety management, confidence building and other workshops are available through Leeds Mind's peer-support service. See <http://www.leedsmind.org.uk/self-help/> for a timetable or ring **0113 305 5802**.
- Anxiety management courses are available at St Anne's Resource Centre (RAISE), 1st floor, St. Anne's Resource Centre, 66 York Street, Leeds LS9 8AA. Call **0113 243 1894**, or email: starc@st-annes.org.uk. Leaflet available here: http://www.st-annes.org.uk/Resources/St%20Annes/Leaflets/RAISE%20Confidence%20Building%20leaflet_Mar2012.pdf.
- Online resources for people experiencing anxiety/panic/stress can be found at MoodJuice <http://www.moodjuice.scot.nhs.uk/> and Living Life to the Full <http://www.lltf.com>.
- See Mental Health, under 'M', for information on self-referral services offered by Leeds Mind, IAPT, Community Links and Touchstone.

ARTHRITIS

- Information on managing pain of arthritis symptoms can be found at: <http://www.arthritisresearchuk.org>. See [http://www.arthritiscare.org.uk/ LivingwithArthritis](http://www.arthritiscare.org.uk/LivingwithArthritis) for guides on working with arthritis, reasonable adjustments under Equality Act 2010, and coping with difficult emotions. Also a helpline for people to talk through arthritis-related problems: **0808 800 4050**.

ARTS

Activities that inspire creativity have been shown to support positive mental health.

- Inkwell, a community arts organisation which is part of Leeds Mind, runs a Craft Café every Thursday, 3-5pm. Based in Chapel Allerton, the craft café offers jewellery making, painting, ceramics etc and delicious cakes. Inkwell also offers acoustic evenings, art shows, salsa classes and other activities. See www.leedsmind.org.uk or contact **0113 307 0108**.
- The Arts and Minds Network brings together organisations which use the arts to support mental wellbeing. A list of community groups can be found at <http://amnetwork.squarespace.com>, including choirs, poetry and creative

writing groups, film and drama groups, open mic nights, music groups and organisations and art-based groups and activities. Contact **0113 305 6621**.

- Swarthmore Education Centre, based in Woodhouse Square, LS3 1AD, runs a craft café on Saturdays. See www.swarthmore.org.uk or contact **0113 243 2210** for more information.

ASYLUM SEEKERS

- See 'R' for Refugees and Asylum Seekers

AUTISM

- SACAR is an organisation offering support to adults with Autistic Spectrum Disorder (ASD). Tel **0113 277 5656** or see www.sacar-trust.org. The Leeds branch offers a Preparation for Work course, as well as supporting people with ASD to work on social skills and manage difficult life events. This is a SELF REFERRAL service.
- Leeds and York Partnerships NHS Foundation Trust (LYPFT) offers a diagnostic service for adults with ASD. This is GP/HEALTH PROFESSIONAL REFERRAL only. See under 'L'.

B

BACK PAIN

- Back pain groups are held at leisure centres throughout Leeds, to enable people with back pain to develop pain management strategies, and to lessen symptoms. Can be contacted at **0113 392 4792** (North East) or **0113 392 9812** (South). This is a GP REFERRAL service.
- Back Care Helpline – This is a national service, providing the opportunity to speak to someone who has experienced back pain. The helpline offers support and information. Telephone: **0845 130 2704**.

BEING WELL AT WORK

- A ten week course offered by WorkPlace Leeds exploring techniques for dealing with work related issues, such as time management, assertiveness, conflict resolution, dealing with distress. Contact WorkPlace Leeds on **0113 230 2631**. This is a SELF REFERRAL service. There is a charge of £60.

BENEFITS

- See Debt under 'D' for details of agencies offering support with benefits and financial issues.

- Jobcentre Plus delivers an outreach service across the city offering 1:1 benefits calculations, support with benefits changes, and enabling a smooth financial transition from benefits to work. Contact Marie ([07810 507309](tel:07810507309)) or Daniel ([07796 937 105](tel:07796937105)) for West North West, Mark ([07855 319 830](tel:07855319830)) or Bernard ([07796 276 175](tel:07796276175)) for East North East and Sue ([07500 987 120](tel:07500987120)) or Simon ([07920 806 493](tel:07920806493)) for South.
- Disability Information and Advice Line (DIAL) offers information and advice on benefits and other issues. Contact [0113 214 3630](tel:01132143630).
- Leeds Citizens Advice Bureau runs specific sessions for people with mental health issues at venues across the city. For more information see www.leedscab.org.uk or contact [0844 477 4788](tel:08444774788).
- The Welfare Rights Service offers 1:1 support with completing benefits application forms and appealing against benefits decisions, as well as providing information, advice and guidance on benefits issues. Contact [0113 3760452](tel:01133760452), email Welfare.Rights@leeds.gov.uk or see <http://www.leeds.gov.uk/residents/Pages/Welfare-Rights.aspx>.

BEREAVEMENT

- People bereaved by suicide may need particular support. Help is at Hand is a Department of Health resource for people bereaved by suicide and other sudden, traumatic death. Google 'bereaved by suicide', phone [0300 123 1002](tel:03001231002) or download a copy from www.dh.gov.uk/publications.
- 'Bereavement – a self-help guide' – An NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help).
- CRUSE bereavement care offers support to people who are struggling to cope with bereavement and loss. The Leeds branch operates a helpline, 1:1 counselling, a drop-in centre, a crisis support team and a bereavement support group. This is a SELF REFERRAL service, contactable on [0113 234 4150](tel:01132344150). See www.cruse.org.uk for more information. There is usually a waiting list.
- The Compassionate Friends is a national organisation offering support to parents whose child (of any age) has died (from any cause, including murder and suicide). See www.tcf.org.uk for more information. Helpline is open every day 10am-4pm and 7-10pm. Tel [0845 123 2304](tel:08451232304).
- SANDS (Support after Neo-Natal Death and Stillbirth) offers support to parents who have lost their babies through stillbirth or 'cot death'. Helpline [0207 4365881](tel:02074365881) or see <http://www.uk-sands.org/Support/Overview.html>

- The Leeds Bereavement Forum has a directory of services and lots of help for bereaved people and their friends and families. Telephone **0113 225 3975**, email info@lbforum.org.uk, or see www.lbforum.org.uk.

BIPOLAR DISORDER

- Bipolar UK offers self-help groups for people with bipolar disorder, focusing on self-management. Also offers advice and support on employment issues. See <http://www.bipolaruk.org.uk> for more details. There are three support groups in Leeds, one in St Mary's Hospital, Armley, on the 1st Monday of the month, 7.30-9.30pm, one at West Yorkshire Playhouse on the 3rd Monday of the month, 11am-2pm, and one at Garforth on the 1st Thursday of every month at 7.00pm - 9.00pm at Brook House. More info on the groups from Bipolar UK on **020 7931 6480**. Groups are SELF-REFERRAL only.

C

CARERS

- Leeds mental health carers support service is run by Leeds and York Partnership NHS Foundation Trust (LYPFT), with support groups in north west, north east, west, east, south and central Leeds, Wetherby and Morley. Also runs groups for carers looking after people with Autistic Spectrum Disorder or people with eating disorders (see below), and Asian women carers. Contact the service on **0113 295 4445**.
- Carers Leeds provides a range of services including respite grants, counselling, social events, advice on benefits etc. SELF REFERRAL. See www.carersleeds.org.uk or phone **0113 246 8338**.
- Also see Diversity under 'D' for carers groups offered for specific communities and see Families under 'F' for services for young carers.
- Touchstone runs a support group for carers of people with mental health issues. See <http://www.touchstonesupport.org.uk/services/carers-support-project/> Contact **0113 219 2727**
- The Yorkshire Centre for Eating Disorders facilitates a carers group for people caring for family members with an eating disorder. This is held on the first Wednesday of the month at the Newsam Centre, Seacroft Hospital. Tel: **0113 305 6400** or see www.yced.nhs.uk.
- See 'P' for Positive Care Programme, which is also available to carers.

CHRONIC FATIGUE SYNDROME/ME (CFS/ME)

- If someone has CFS/ME and they are not registered with the Leeds CFS/ME service (which is part of LYPFT), it is possible for them to be referred via their GP if more work could be done on vocational rehabilitation, sleep, anxiety etc. GP REFERRAL only. See http://www.leedspft.nhs.uk/our_services/CFS_ME.
- Local online support group/forum The Leeds ME Network has social meetings for ME sufferers and their carers on the third Thursday on odd numbered months, 12.30 - 2pm at the West Yorkshire Playhouse café. They also have details of other local and national support groups and campaign to improve local services See <http://leedsmenetwork.yolasite.com/>.
- ME Association has a helpline: **0844 576 5326**. Also see <http://www.meassociation.org.uk>.

COMMUNITY ALTERNATIVES TEAM

- Facilitates community-based groups and activities as well as 1:1 input for people with mental health issues across the city. Groups include walking, football, pool, coffee meet-ups, Asian women's group etc. SELF and HEALTH PROFESSIONAL REFERRAL. Call **0113 214 5030** or email cat@leeds.gov.uk.

COMPLEMENTARY THERAPY

- Positive Care Programme, a 12-week programme for people with mental health conditions, is run by Touchstone. Involves meditation, massage, t'ai chi etc. Free. SELF REFERRAL. See 'P' for details.
- Harmony Hill, LS14, is a social enterprise offering reduced-rate treatments such as massage, reiki, hot stone therapy etc for people on benefits. Reduced-rate treatments start at £10 for 30 minute massage. For people with disabilities/mental health issues, there is also a discretionary opportunity to have up to 6 treatments on a donation-only basis (suggested donation £5). See www.harmonyhill.co.uk or Tel **0113 218 8335** or **07963 253 938**.
- Leeds Healing Centre operates from Burley Lodge Centre, LS4, from 11am-3pm on Fridays. A donation of £4 is requested for each healing session. See <http://leedshealingcentre.org/> or contact **07985 121 810** or **01274 617 700**.
- Leeds Wellbeing Centre, Eastgate, LS2, offers reduced rates for people who use mental health services. Treatments include massage, acupuncture, reflexology and reiki. See www.leedswellbeingcentre.org.uk or contact **0113 244 4546**.

COMPUTER SKILLS

- Basic computer skills courses are held at St Vincent's on York Road. Contact **0113 248 4126** or see <http://www.stvincents-svp.org.uk/serveduc.html>.
- Swarthmore, based at Woodhouse Square, LS3, offers a range of computer courses including beginners' classes, web design and CLAIT courses. See www.swarthmore.org.uk or contact **0113 243 2210**.
- Learn Direct offers IT courses which can be completed via distance learning. See <http://www.learnirect.co.uk/>, visit the Learn Direct centre in the Merrion Centre or tel: **0113 242 8231**.
- Leeds City College offers accredited IT courses as well as basic computer skills sessions at many of its sites. See <http://www.leedscitycollege.ac.uk/ak-doc/part-time-courses-s2012.pdf> or Tel **0113 386 1997**
- The RAISE centre at St Anne's offers a range of courses including Computer Skills. To find out more, contact **0113 243 1894** or go to the RAISE on the 1st floor, St. Anne's Resource Centre, 66 York Street, Leeds LS9 8AA.. For a leaflet, see: http://www.st-annes.org.uk/Resources/St%20Annes/Leaflets/RAISE_ComputerCourses-leaflet%20March%2012.pdf.

COUNSELLING

- Cognitive behavioural therapy-focused counselling is available for common mental health issues through IAPT (Improving Access to Psychological Therapies) services in the city. SELF REFERRAL through calling **0113 843 4388**
- Leeds Mind offers a counselling service based in Horsforth which involves a sliding scale fee system. Contact **0113 305 5800**.
- Leeds Counselling, based in the city centre, provides one-to-one counselling and offers evening appointments. Fees apply. Contact **0113 245 0303**.
- A counselling service for unwaged or low waged people living in the East Leeds area is offered by St Vincent's, based on York Road. Contact **0113 248 4126** or see <http://www.stvincents-svp.org.uk>,
- The Women's Counselling and Therapy Service, Oxford Place, LS1 3AX, offers individual group work and counselling for women. (There is a long waiting list, some restrictions around eligibility, and/or the waiting list may be closed). Contact **0113 245 5725**.

CRISIS MANAGEMENT

- Leeds Survivor Led Crisis Service offers a helpline service, CONNECT, from 6-10.30pm every evening providing emotional support and information for

people in distress: **0808 800 1212**. This is a peer-led service open to all. See <http://www.lslcs.org.uk/>.

- People in crisis can also go to Dial House, in Halton, LS15 7RW, a safe space offering emotional support and sanctuary from 6pm to 2am on Fridays, Saturdays, Sundays and Mondays, also run by the Leeds Survivor Led Crisis Service. Taxi transport is provided and there is a family room for people who need to bring their children. Tel. **0113 260 9328**. See <http://www.lslcs.org.uk/>.
- To seek crisis support from NHS services, ring NHS Direct on **0845 4647**, or go to A&E (both of which are 24-hour services). Alternatively, make an emergency GP appointment.
- People who are already accessing services with Leeds and York Partnership NHS Foundation Trust (LYPFT) can access the Crisis Assessment Service directly by contacting the single point of access referral system on **0300 300 1485**. This is staffed 24 hours.
- The Samaritans helpline offers emotional support to people who are distressed and/or in crisis. Available 24 hours on **0113 245 6789**.
- If there is an immediate and serious risk to someone's safety, call **999**.
- See 'D' for crisis support for people who are deaf.

D

DEBT

- Leeds Citizens Advice Bureau runs specific sessions for people with mental health issues at venues across the city. For more information see www.leedscab.org.uk or contact **0844 477 4788**
- Burley Lodge, LS4, offers advice on debt management issues as well as benefits and housing advice/guidance. See www.burleylodge.org.uk or contact **0113 275 3498** or **0113 275 4142**.
- Ebor Gardens Advice Centre, LS9, also offers debt management advice. Telephone **0113 235 0276** or email egac@btinternet.com.
- Asha Neighbourhood Project offers advice and guidance on debt issues for people from the South Asian community. See Diversity, under 'D'.
- Consumer Credit Counselling Service runs a freephone helpline Monday-Friday 8am-8pm - **0800 138 1111**. See www.stepchange.org for more information.

- A Government-led website, www.moneyadvice.org.uk, offers advice and guidance on money issues such as making a will, managing debt, and managing mortgage repayments, or contact **0800 088 7505**.

DEPRESSION

- 'Depression and Low Mood – a self-help guide' – An NHS produced-guide available at: <http://www.nth.nhs.uk/pic/selfhelp> (or google Northumbria and self-help).
- Cognitive behavioural therapy-focused counselling is available for common mental health issues through IAPT (Improving Access to Psychological Therapies) services in the city. This can be accessed via PROFESSIONAL and SELF REFERRAL through calling **0113 843 4388**. See Mental Health under 'M' for more information.
- Support groups for people with depression are offered within a peer support model by Leeds Mind. See <http://www.leedsmind.org.uk/self-help/> for a timetable or ring **0113 305 5802**.
- Leeds-based Connect helpline **0808 800 1212** is for people who feel distressed and want to talk. Also offers information and advice on local services to service users and carers.
- Online resources for people experiencing depression can be found at MoodJuice <http://www.moodjuice.scot.nhs.uk/> and Living Life to the Full <http://www.lltff.com>.
- See Diversity, under 'D', for groups supporting people with depression from specific communities.
- See Mental Health, under 'M', for more information on self-referral services offered by Leeds Mind, Community Links and Touchstone.

DIABETES

See Long term conditions, under 'L' and Expert Patient Programme, under 'E'.

- The Diabetes UK Leeds group meets on the first Monday of the month at the West Yorkshire Playhouse from 7pm-9pm. Email diabetesleeds@hotmail.co.uk or call 07840686618.

DISABILITY

- See Benefits under 'B', Mobility under 'M', Autism and ADHD under 'A', Learning Disability under 'L', Mental Health under 'M'

- Disability Information and Advice Line (DIAL) offers information and advice on benefits and other issues. Contact **0113 214 3630**.

DOMESTIC VIOLENCE

- Behind Closed Doors provides support for people whose lives have been affected by domestic violence. This includes a 24-hour helpline: **0113 246 0401**, outreach workers who can provide advice/guidance on issues relating to housing, benefits, budgeting, safety planning, an advocacy team to provide support with legal processes, and a resettlement team to support the move from temporary to settled accommodation. This is a SELF REFERRAL service. See www.behind-closed-doors.org.uk.
- HALT offers a legal advice line, **0113 243 2632**, which provides support and advice on issues such as contacting the police, injunctions, legal advice on children and finances etc.
- Women's Health Matters runs three support groups for women who have been, or are, victims of domestic violence. The groups are held in partnership with other organisations and take place in Richmond Hill, Gipton and South Leeds. This is a SELF REFERRAL service. Contact Lucy on **0113 276 2851** to find out more about the groups or email admin@womenshealthmatters.org.uk.
- See Anger Management under 'A' for information about STOP, which offers 1:1 and group support for people who want to manage their anger more effectively.

DIVERSITY

- See 'G' for Gay, Lesbian, Bisexual and Transgender, 'W' for women, 'M' for men
- Asha Neighbourhood Project works with South Asian women and their families in South Leeds. Advice and advocacy on benefits, education, housing, consumer issues and immigration matters. Classes offered include basic English, computing, business, maths. Bengali, Urdu spoken. Tel: **0113 270 4600**. SELF REFERRAL.
- Asian men's self-help group, Lovell Park Day Centre, LS7, meets on Tuesdays, 1-2.30pm. Contact via Lovell Park **0113 214 5025**. SELF REFERRAL.
- Community Alternatives Team (CAT) runs a range of social groups for men and women from ethnic minority communities. SELF and HEALTH PROFESSIONAL REFERRAL. Call **0113 214 5030** or email cat@leeds.gov.uk.

- Dosti – Asian Women’s Support Project is run by and for Asian women. It provides counselling, support and advocacy as well as a range of therapeutic activities and opportunities for friendship/mutual support. Languages spoken include Gujarati, Hindi, Punjabi, Urdu. SELF REFERRAL. Several groups operate in different parts of the city – see www.dostileeds.org.uk for more information or Tel **0113 203 8893**.
- Hamara Healthy Living Centre in south Leeds, LS11, offers advice and information on care, health, benefits and immigration advice. Languages spoken include Urdu, Punjabi, Bengali and Pashtun. Tel **0113 277 3330** or visit website www.hamara.co.uk.
- Jewish Helpline (Miyad) is a London-based service offering telephone support at limited times in the week on **0800 652 9249**. See www.jewishhelpline.co.uk.
- Leeds Irish Health and Homes provides supported accommodation and an outreach service which offers support, advice and information covering a number of issues. Offers a range of social groups including lunch, women’s, carers’, rambling, and knitting groups. Based in Sheepscar, LS7. Tel **0113 262 5614** or see www.lihh.co.uk.
- Solace, based in Harehills, offers counselling and one-to-one support, information and guidance to refugees or asylum seekers who have survived traumatic experiences and have mental health issues. See <http://www.solace-uk.org.uk/> or contact **0113 249 1437**.
- Leeds Jewish Care Services runs the Neshama project for people with mental health issues, which includes an employment project, walking group, art therapy, counselling, carers’ support group, outreach services and supported housing. Contact the Jewish Welfare Board on **0113 268 4211** or for more information go to www.ljwb.co.uk.
- Support group for gypsy and traveller mums. Contactable via Women’s Counselling and Therapy Service, on **0113 245 5725**.
- Leeds Gypsy and Traveller Exchange (GATE) offers support with accessing healthcare and training/employment. Contact **0113 240 2444**.
- The Muslim Women’s Helpline offers a national support service. Contact **0208 9048 193** or see www.muslimcommunityhelpline.org.uk.
- Isis is a health and well-being group for African, African Caribbean and dual heritage women, based in Chapeltown. Contact **0113 307 0300**, email admin@bhileeds.org.uk or see www.blackhealthinitiative.org.

- Touchstone runs a range of services for people from Black and Ethnic Minority Communities, including a Sikh Elders Project <http://www.touchstonesupport.org.uk/services/sikh-elders-service/> contact **0113 271 8277** and a Chinese Satellite Project which includes a men's group, women's group, walking group and one-to-one key work. See <http://www.touchstonesupport.org.uk/services/chinese-satellite-project/>.
- Touchstone's Support Centre at 53-55 Harehills Avenue, LS8, can be accessed on a drop-in basis by people from Black and Ethnic Minority Communities. Services include information, advice and guidance, complementary therapies, art groups, social groups, walking groups etc. See <http://www.touchstonesupport.org.uk/services/support-centre/> or call **0113 219 2727**.

E

EATING DISORDERS

- 'Eating disorders'. An NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help).
- The Yorkshire Centre for Eating Disorders accepts only HEALTH PROFESSIONAL REFERRALS but a SELF REFERRAL support group takes place every Wednesday at 5pm at the Newsam Centre, Seacroft Hospital. Tel: **0113 305 6400** for more information.
- B-EAT is a national organisation supporting people with eating disorders. See <http://www.b-eat.co.uk> or contact helpline: **0845 634 1414**

EDUCATION

- See Literacy/Life skills under 'L' for information on a range of education providers, including Leeds City College and Swarthmore.

EMPLOYMENT

- WorkPlace Leeds is a partnership between Leeds Mind, Touchstone and Community Links which supports people with mental health issues to gain and retain employment. The service accepts referrals from the Community Alternatives Team, LYPFT, Adult Social Care day centres and IAPT. For more information, including further details about eligibility criteria, tel **0113 230 2631** or see www.leedsmind.org.uk. If referral to WorkPlace Leeds is not possible, consider the following options:

EMPLOYMENT (Continued)

- See Autism under 'A' for information on employment support for adults with Autistic Spectrum Disorder, Diversity under 'D' for information on projects supporting specific groups or communities with employment goals, Addiction under 'A' for employment-focused services for people with substance dependency problems, Young People under 'Y' for employment services for 16-25s.
- Job shops are held by the Employment and Skills team at locations throughout the city, offering information and guidance on CVs, applications, interviews and training. See <http://www.leeds.gov.uk/docs/Map%20April%202012.doc> for a full list of job shops, including telephone numbers.
- Leeds City College offers a range of courses focusing on work skills and employability. Tel **0113 3861996** for information.
- Swarthmore Education Centre offers a Confidence to Employment course and a work club on Wednesdays, 1-3pm. Tel **0113 243 2210** or see www.swarthmore.org.uk.
- Leeds City Libraries offer a range of work-focused options including one-to-one appointments with an employment advisor, which can be booked by contacting **0113 247 8282**. There are work clubs at libraries throughout the city which focus on CV/interview skills/job search. Also an Enterprise Club and an Inventors' Club. For a timetable see <http://www.leeds.gov.uk/leisure/Pages/Jobseekers-services.aspx>.
- St Vincent's offers a 20-week Employability programme, Step Up, supporting people to gain work experience, build up a CV, gain job application and interview skills and get help with job search. Email matthew.henderson@stvincents-svp.org.uk or contact **0113 248 4126**.
- Unity Housing runs a course, Steps2 Work, which focuses on confidence-building, benefits advice and CV/job search/interview skills. Contact the Employment Outreach Officer on **0113 200 7700**.
- Volunteering opportunities are frequently advertised on www.do-it-org.uk. For support and information regarding volunteering, contact Voluntary Action Leeds (VAL) on **0113 297 7920**. VAL is based on St Paul's Street, LS1.
- Remploy, Ingeus and Pluss offer employment-focused support through the Work Programme, but this is a PROFESSIONAL REFERRAL only service.

EMPLOYMENT RETENTION

WorkPlace Leeds also supports people with mental health issues who are in work but struggling to maintain their jobs. For more information, including further details about eligibility criteria, tel **0113 230 2631** or see www.leedsmind.org.uk. If it is not possible to refer to WorkPlace Leeds, consider the following options:

- Leeds Occupational Health Advisory Service offers practical support to people whose health is affected by their work. Contact **0113 294 8222**.
- See 'B' for Being Well at Work, a course offered by WorkPlace Leeds which supports people to manage stress and improve confidence levels at work. This is offered on a SELF REFERRAL basis, cost: £60 for 10 weeks.
- Access to Work is a Government-funded scheme which funds adjustments and adaptations to support someone with a disability to return to work or take up a job. This can include paying for job retention or employment support for someone with a mental health issue. It could also be used to buy equipment (such as noise cancelling headphones) or fund other adjustments in the physical environment. The Yorkshire region's head office is in Glasgow. See <https://www.gov.uk/access-to-work#how-to-claim> or contact **0141 950 5327**.
- Pluss offers retention support to people who have a Disability Employment Advisor (DEA) who are at risk of losing their job or struggling to maintain work. Anyone claiming Disability Living Allowance is eligible for support from a DEA. For support with referral to a DEA, or if someone already has a DEA and requires job retention support, contact Pluss on **0845 601 4122** or see www.pluss.org.uk.
- To contact a Disability Employment Advisor in your area, arrange an appointment by calling **0113 214 8131/33/32**.
- ACAS (Advice, Conciliation and Arbitration Service) offers support to employers and employees engaged in workplace dispute. Contact **0845 747 4747**.
- PERS (Payment and Employment Rights Service) offers free support and advice to people working in the voluntary sector in West Yorkshire. Helpline: **01924 428 030** (operates with restricted hours).
- Community Legal Advice is a helpline offering free specialist advice on a range of subjects, including employment. Contact **0845 345 4 345**.
- Yorkshire Mediation Services helps to resolve conflict in the workplace and achieve solutions without resorting to formal or legal processes. Contact **0113 242 4110**.
- Health For Work supports employers/employees in small-to-medium business. Call **0800 077 8844** or see www.health4work.nhs.uk.

EXERCISE

- Information on the benefits of exercise for mental health is available at <http://www.mentalhealth.org.uk/help-information/mental-health-a-z/E/exercise-mental-health/>
- Community Alternatives Team facilitates exercise-focused groups including football. See 'C'.
- Go to <http://www.leedsletschange.co.uk> for information on physical activities in each area of Leeds.
- Leeds Card scheme offers discounts on leisure centres and other facilities across the city. See under 'L' for lifestyle.
- Health Trainers offer individualised 1:1 support for people with health-related goals such as increasing exercise levels, improving diet or cutting down on drinking or smoking. There are seven schemes available throughout Leeds. This is a SELF-REFERRAL programme. See <http://www.healthforall.org.uk/?pid=13> for more information or Tel **0113 270 6903**.

EXPERT PATIENTS PROGRAMME.

- Free six-session courses offered Leeds-wide for disabled people or those with long term health conditions. Involves relaxation, breathing exercises, looking at healthy eating, exercise, anger management, problem-solving skills, effective communication. Costs are covered, including childcare. Specific courses include pain management and mental health recovery. Contact **0113 843 4548**. SELF REFERRAL. See http://www.leedscommunityhealthcare.nhs.uk/what_we_do/adult_services1/expert_patients_programme/ for more information.

F

FAMILIES

- See 'Y' for information on services for young people.
- Families Need Fathers is a support network and charity which supports parents (mainly fathers but also grandparents and mums) to maintain contact with their children. Meetings held on first Tuesday of the month at 7.30pm at the Victoria Hotel, Great George Street. Contact Don on **07981 710 179** to find out more or see www.fnf.org.uk.
- Support is offered at children's centres throughout Leeds for parents with children under 5. This includes courses focused on parenting skills, one-to-one family support workers, social and educational activities, employment

support, and information, advice and guidance on health issues. See <http://www.leeds.childrencentres.org/> or contact **0113 247 4386** for more information, including individual contact details for each children's centre.

- Home-Start Leeds provides one-to-one support to families who are experiencing difficulties while bringing up children under 7 (including mental health issues). Can be accessed via SELF or a PROFESSIONAL REFERRAL process. See <http://www.home-startleeds.co.uk/> or Tel **0113 244 2419**.
- Support for young carers (eg of a parent with a mental health issue) is offered by Willow Young Carers Service. This can be accessed via SELF or PROFESSIONAL REFERRAL. Contact **0113 262 2851**. To access a referral form or for more information, see <http://www.barnardos.org.uk/willow.htm>.
- After Adoption Yorkshire provides support to parents whose children have been adopted, for people who were adopted themselves, and for families going through the process of adoption. Office line: **0113 264 8367**, Advice line: **0113 230 2100**. For more information/resources see <http://afteradoptionyorkshire.org.uk/>.
- The Family Hub Leeds offers a range of information and advice for parents and families, on issues such as childcare, pregnancy, education, support groups etc. See www.thefamilyhubleeds.org.
- Support groups for parents in Leeds include Little Hiccups, for parents of children with special needs, Parent Power, for parents of children with disabilities, ABC Leeds, for parents of children with Autistic Spectrum Disorder, Mencap, for parents whose children have learning disabilities, Zig Zag, a group for empowering and informing parents, and Gingerbread, a group for single parents. For information on all of these groups see www.thefamilyhubleeds.org or contact **0800 731 0640** or **0113 247 4386**.

FIBROMYALGIA

- Leeds Fibromyalgia Support Group. Meetings held monthly. For more details, contact **0844 887 2444**. This is a SELF-REFERRAL group.

G

GAY, LESBIAN, BISEXUAL AND TRANSGENDER

- Leeds Gender Identity Service is a PROFESSIONAL ONLY referral service for people struggling with gender identity issues, provided by Leeds and York Partnership FoundationTrust (LYPFT). See under 'L'.

- MESMAC is a sexual health organisation working with men who have sex with men. Projects include Blast, for young men at risk of being sexually exploited. Contact **0113 244 4209**.
- Transtastic is a social networking site for transgender people. See www.transtastic.com.
- Leeds Lesbian, Gay and Bisexual Switchboard is a listening and information service for gay, lesbian and bisexual people as well as their friends and family. Contact **0113 245 3588**.
- Parents, Friends and Family of Lesbians and Gays (PFLAG) offers information, advice and resources online. See www.pflag.co.uk.
- See <http://www.leeds-lgbt-students.webs.com/inleeds/> for information on gay-friendly faith organisations (CofE, Catholic and Jewish), recommended gay pubs, and community organisations including transgender support.
- Out to 25 offers groups, 1:1 support, projects and information for young people who are questioning their sexual or gender identity or who identify as lesbian, gay, bi or transgender. Contact **07903 319 435**.
- See the gay leeds website for information on groups, events and campaign issues at <http://www.gayleeds.com/groups/>.

GROUPS

- Community Alternatives Team facilitates social, activity and community groups for people with mental health issues. See CAT under 'C'.
- Support groups are offered by Leeds Mind on a peer-led basis. See Mental Health under 'M'.
- Groups for specific communities/issues are offered by a number of organisations. See Diversity and Domestic violence under 'D', Addiction under 'A', Gay, Lesbian, Bisexual & Transgender under 'G', Men under 'M', Women under 'W' and Young people under 'Y'.
- See 'E' for information on groups offered by Expert Patient Programme
- Groups for specific mental health issues are available. See 'B' for Bipolar Support Groups, 'H' for Hearing Voices groups, 'S' for self-harm, 'P' for Personality Disorder.
- For Recovery groups see 'R'.
- For social groups see Social Isolation under 'S'.

- Walking in Yorkshire has a large list of walking groups in the region. See www.walkinginyorkshire.co.uk/groups.

H

HEALTH PROMOTION

- See 'E' for Expert Patient Programme, 'F' for Fibromyalgia, 'D' for diabetes, 'H' for heart disease, 'B' for back pain, 'P' for pain, 'L' for Lifestyle.
- Feel Good Factor Healthy Living Centre has a range of projects mainly in East Leeds/Chapelton, including Eat4Life cooking courses, free relaxation sessions, walking groups, Active4Life sessions and a community garden. Tel **0113 350 4200** or see <http://www.fgfleeds.org/projects.html>.
- Touchstone runs a project, East Leeds Health for All, focused on Burmantofts and Harehills, which runs walking groups, swimming sessions for women, healthy eating groups etc. People from black and ethnic minority communities from across Leeds are welcome to participate. See <http://www.touchstonesupport.org.uk/services/east-leeds-health-for-all-project/> or contact **0113 248 4880**.
- Change4Life is a national initiative with some local projects. See www.nhs.uk/change4life for tips on healthy eating, activities in the local area, tips on managing alcohol etc, or contact Alison Cater on **0113 305 7581** for information about local projects, such as reduced-price entry to fitness facilities. Also see www.leedsletschange.co.uk.
- Zest for Life is an initiative based in East Leeds offering a programme of physical activities such as line dancing and salsacise, healthy eating sessions, and community groups such as confidence-building. Also runs Jamie Oliver's Ministry of Food courses. See www.zesthealthforlife.org. or contact **0113 240 6677**.
- See www.healthylivingnetworkleeds.org.uk. Runs a number of projects focused on healthy living activities. Tel: **0113 295 1043**. This is a SELF REFERRAL process.

HEALTH TRAINERS

- Health Trainers offer individualised 1:1 support for people with health-related goals such as increasing exercise levels, improving diet or cutting down on drinking or smoking. There are seven schemes available throughout Leeds, although the whole city may not be covered by these schemes. This is a SELF-REFERRAL programme. See <http://www.healthforall.org.uk/?pid=13> for more information or Tel **0113 270 6903**.

HEARING IMPAIRED

- Leeds Survivor-Led Crisis Service currently provides specialist support for people who are deaf, including phone support through the CONNECT helpline, and face-to-face support at Dial House. Contact **0113 260 9328** to find out more. CONNECT is available from 6-10.30pm every evening on: **0808 800 1212**. To find out more about these services, see crisis under 'C'.
- National Centre for Mental Health and Deafness provides advice and support for agencies and health professionals working with people who are deaf/hard of hearing and have mental health problems. See www.bsmhd.org.uk for more information. Tel: **0161 772 3400**.

HEARING VOICES GROUPS

- Facilitators trained by the Hearing Voices Network run a group on Wednesdays at Starbucks, Albion Street, Leeds, 5.15-6.30pm, for and with people who hear voices. Contact **0113 200 9170** or just go along.
- Leeds Survivor-Led Crisis Service runs a hearing voices group on Wednesdays from 12-2pm at Dial House, Halton. See www.lslcs.org.uk or contact **0113 260 9328** for more information.

HEART DISEASE

- Heart to Heart, a cardiac support group for people living with heart disease, meets at the Spire Hospital, Gledhow. Tel **0300 330 331** for more information.

HOMELESSNESS

- Anyone who is struggling to get a hot shower or do their laundry can make use of the facilities at the St Anne's Resource Centre, RAISE, 66 York Street, Leeds LS9 8AA, **0113 243 1894**. Contact this number for further information about services for homeless people offered by St Anne's.
- People who are not registered with a GP and do not have a fixed address may register with the York Street practice at 68 York Street, LS9 8AA. For more information contact **0113 295 4840**.
- Contact Leeds Housing Options for information about homelessness and charities supporting homeless people. Leeds Housing Options, Leeds City Council, 1st Floor, 2 Great George Street, LS2 8BA. Tel: **0113 222 4412**
- Leeds Housing Concern offers a range of support for people requiring temporary accommodation and can signpost to charities supporting homeless people. Contact **0113 276 0156** or see www.leedshc.org.uk.

HORTICULTURE

Gardening has been shown to have a positive impact on mental wellbeing.

- Caring for Life in Cookridge is a Christian charity which offers social and volunteering opportunities on its farm, including horticulture, agriculture, small mammals, equestrian, poultry and conservation work. See www.caringforlife.co.uk or contact **0113 230 3600**.
- Hollybush in Kirkstall is part of the Trust for Conservation Volunteers (TCV) and offers a wide range of opportunities including gardening-focused conservation, natural landscape conservation (eg repairing walls, building paths) and woodwork. See <http://www.tcv.org.uk/hollybush> or contact **0113 274 2335**.
- Inkwell, a community arts organisation which is part of Leeds Mind, has a gardening project. Based in Chapel Allerton. See www.leedsmind.org.uk or contact **0113 307 0108**.
- Oblong Community Centre runs several community gardening projects in the Woodhouse/Hyde Park/Little London areas. Email Duncan@oblong.org.uk, contact **0113 245 9610** or see www.oblongleeds.org.uk.

HOUSING

- Stonham/Home Group runs the Leeds Prevention Scheme, whereby one-to-one support is provided by a keyworker to enable people to maintain their tenancy. This includes support with managing bill payments, housing security, relations with neighbours, maintaining the home etc. SELF or PROFESSIONAL REFERRAL. Tel **0113 246 8660**.
- Leeds City Council's Mental Health Housing Support Team offers support with maintaining and/or bidding for tenancies in housing association/council homes. Support may be practical and emotional and is offered on a one-to-one basis. SELF or PROFESSIONAL REFERRAL. Tel **0113 214 4710**.
- Community Links has two housing-focused teams. The Sustainment team supports people with mental health issues to maintain a tenancy, offering one-to-one help with practical issues such as budgeting as well as supporting people emotionally. The Resettlement team focuses on enabling people to live independently, also offering practical and emotional support and accessing grants for furniture/decoration etc. SELF or PROFESSIONAL REFERRAL. See www.commlinks.co.uk or contact **0113 276 8855**.
- Touchstone also offers support with housing issues through its Housing Service, which offers accommodation and floating support. See <http://www.>

touchstonesupport.org.uk/services/housing-service/ for more information including a referral form. SELF or PROFESSIONAL REFERRAL. Contact **0113 271 8277**

- Leeds Mind offers shared accommodation and floating tenancy support through SELF or PROFESSIONAL REFERRAL. See <http://www.leedsmind.org.uk/housing/> for a referral form or contact **0113 305 5805**.
- St Anne's offers supported accommodation and other housing-focused support. Contact **0113 343 5151** or email info@st-annes.org.uk.
- See Young People under 'Y' for information on Archway's housing support for 16-25s.
- See Diversity under 'D' for information on housing projects for specific groups such as Jewish and Irish people

I

ISOLATION

- See Social Isolation under 'S'.

J K

L

LEARNING DISABILITIES

- Leeds Mencap offers a range of groups and support including playschemes, dance projects, social groups and sibling support. Tel **0113 235 1331** or see www.leedsmencap.org.uk.
- Mencap has a national helpline offering advice on issues relating to working with people who have learning disabilities. It is **0808 808 1111**.
- Through the Maze is an information service with categories for carers, health, housing, social life, transport etc. See <http://www.through-the-maze.org.uk> or contact **0113 269 1889**.
- A wide range of services are available through LYPFT, which is a PROFESSIONAL REFERRAL ONLY organisation. See under 'L'.
- People in Action supports people with learning disabilities to live their lives to the full, focusing on education and learning, health and social wellbeing, recreation, independent living, and offering advice and guidance. See <http://www.peopleinaction.org.uk/> or contact **0113 247 0411** for more information.

LEEDS AND YORK PARTNERSHIP NHS FOUNDATION TRUST (LYPFT)

- Offers community and in-patient care for people with acute and/or severe and enduring mental health issues, and provides a range of specialist mental health services. See Mental Health under 'M', Crisis Management & Carers under 'C', Autism & ADHD under 'A', Eating Disorders under 'E', Learning Disabilities under 'L', Post-Natal Depression & Psychosis under 'P'.

LIFESTYLE

- See Health under 'H' for information on Health Trainers, Health Promotion etc
- Feel Good Factor Healthy Living Centre has a range of projects mainly in East Leeds/Chapelton, including Eat4Life cooking courses, free relaxation sessions, walking groups, Active4Life sessions and a community garden. Tel **0113 350 4200** or see <http://www.fgfleeds.org/projects.html>.
- Healthy Living Network is involved in a range of health-focused projects across the city. See www.healthylivingnetworkleeds.org.uk. Tel: **0113 295 1043**.
- A Leeds Card offers discounts on leisure activities such as theatre, attractions such as museums, retailers and physical activities such as swimming and exercise classes. See <http://www.leeds.gov.uk/leisure/Pages/Leeds-Card.aspx> for an application form and discount list, or contact **0113 224 3636**.
- Leeds Let's Change offers vouchers for reduced entry to leisure centres etc as well as providing lots of information on smoking cessation, alcohol management, healthy eating etc. See www.leedsletschange.co.uk.

LITERACY/LIFE SKILLS

- 'Easy read' versions of the self-help guides published by Northumbria NHS Trust, such as 'Depression and Low Mood – a self-help guide', or 'Anxiety – a selfhelp guide' are also available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help).
- Caring for Life, in Cookridge, offers literacy and basic computer skills sessions for people with mental health issues and disabilities. Tel **0113 230 3600** or see www.caringforlife.co.uk.
- Courses in life skills, basic literacy, and numeracy skills are held at the RAISE centre at St Anne's, 66 York Street, LS9. Tel **0113 243 1894**. Leaflet and information at http://www.st-annes.org.uk/what_we_do/Homelessness/Resource_Centre_Leeds.
- Literacy and numeracy skills and ESOL courses are held at St Vincent's on 82 York Road, LS9. Contact **0113 248 4126** or see <http://www.stvincents-svp.org.uk/serveduc.html>.

- Learn Direct offers courses which can be completed via distance learning. See <http://www.learnirect.co.uk/>, visit the Learn Direct centre in the Merrion Centre or tel: **0113 242 8231**.
- Leeds City College offers literacy and numeracy courses at many of its sites. See <http://www.leedscitycollege.ac.uk/ak-doc/part-time-courses-s2012.pdf> or Tel **0113 386 1997**
- Swarthmore Education Centre offers lifeskills, literacy, numeracy and ESOL courses. See www.swarthmore.org.uk or contact **0113 243 2210**.
- Skill is The National Bureau for Students with Disabilities, promoting education and training to adults and young people with disabilities. Contact **0800 328 5050** or see www.skill.org.uk.
- Jamie Oliver's Ministry of Food offers a 10-week course based in Kirkgate Market, teaching cooking skills in a sociable, friendly environment over two hour sessions. Costs £30 (some supported places). See <http://www.jamieoliver.com/jamies-ministry-of-food/leeds.php> or Tel **0113 242 5685**.

LONELINESS

- See Social Isolation under 'S'

LONG TERM CONDITIONS

- See Diabetes and Disability under 'D', Pain under 'P', Fibromyalgia under 'F', CFS/ME under 'C', Arthritis under 'A', Mental Health under 'M'
- The Expert Patients Programme offers free six-session courses for disabled people or those with long term health conditions. Leeds-wide. Involves relaxation, breathing exercises, looking at healthy eating, exercise, anger management, problem-solving skills, effective communication. Costs are covered, including childcare. Specific courses include pain management and mental health recovery. Contact **0113 843 4548**. SELF REFERRAL. See http://www.leedscommunityhealthcare.nhs.uk/what_we_do/adult_services1/expert_patients_programme/ for more information.
- Positive Care Programme, a 12-week programme for people with mental health conditions, is run by Touchstone. Involves meditation, massage, t'ai chi etc. Free. SELF REFERRAL. See 'P'.

M

MEDIATION

- See Employment Retention under 'E' for information about Yorkshire Mediation Services.

MEN

- CALM (Campaign Against Living Miserably) – is a helpline for young men aged 15-35 feeling stressed about physical or mental illness, bullying etc. Tel **0800 585 858**.
- MAN-age is a group run by the Leeds Survivor-Led Crisis Service for men who have experienced mental health crisis. It runs on Thursdays from 3.15-5.15pm at Dial House, in Halton, LS15. This is a peer-led SELF REFERRAL service. Telephone Nick on **0113 260 9328**.
- Space2 runs a social group for men in Seacroft on Tuesday mornings, offering an opportunity to try woodwork and other creative activities, as well as socialising with other men. Contact **0113 320 0159**.
- Touchstone Support Centre runs a men's drop-in on Wednesdays from 12-4pm, at 53-55 Harehills Avenue, LS8. See <http://www.touchstonesupport.org.uk/services/support-centre/> or call **0113 219 2727**.
- A group for Asian men runs at Lovell Park, LS7, on Tuesdays, 1-2.30pm. Contact the group via Lovell Park on **0113 214 5025**. SELF REFERRAL.
- See 'F' for information on Families Need Fathers.

MENTAL HEALTH

- Secondary mental health services, for people who require more intensive support, are provided by Leeds and York Partnerships NHS Foundation Trust (LYPFT). This is usually via GP or other PROFESSIONAL REFERRAL. Services include crisis assessment; intensive home- or unit-based support; in-patient care; community mental health teams; psychology/therapeutic services; and specialist care for people with eating disorders, gender identity issues, ADHD, autism, perinatal mental health issues, chronic fatigue syndrome/ME or dementia. Other specialist services include child and adolescent mental health care, learning disabilities, the Leeds Addiction Unit, forensic services, and liaison psychiatry.
- Primary mental health services, for adults with common mental health issues, are provided through IAPT, which is a PROFESSIONAL and SELF REFERRAL service, accessed through contacting **0113 843 4388**. Therapies available include guided self-help, stress and mood management, one-to-one cognitive behavioural therapy (CBT) and other psychotherapeutic approaches. Therapists work with people to develop new ways of coping, and to feel more in control of difficult emotions.

- See 'A' for Anxiety, 'B' for Bipolar, 'C' for Crisis Management, 'D' for Depression, 'E' for Eating Disorders, 'H' for Hearing Voices, 'O' for Obsessive Compulsive Disorder, 'P' for Panic, 'R' for Recovery, 'S' for Self Harm.
- Leeds Mind offers a range of services for people with mental health issues, including employment and key-working services (PROFESSIONAL REFERRAL, see under 'E'), housing (SELF or PROFESSIONAL REFERRAL, see under 'H'), peer support (see 'P') and community arts (see 'A' for arts and 'S' for social isolation) (both SELF REFERRAL). See www.leedsmind.org.uk or contact **0113 305 5802**.
- Community Links accepts SELF REFERRALS for its Mental Health Support Service. This involves a support worker providing one-to-one input to help an individual manage distress, providing support for their carers, promoting independence and recovery, alleviating loneliness and preventing relapse. The service is provided across seven days. Contact **0113 262 0033** or see <http://www.commlinks.co.uk/mental-health-support-service> for a referral form and further information.
- Community Links offers a range of other services for people with mental health issues, including housing (see 'H'), respite accommodation, and a service for young people experiencing psychosis; called aspire (see 'P'). Contact the switchboard number on **0113 307 0080**.
- Touchstone accepts SELF REFERRALS for its Community Support Team, which enables people with severe and enduring mental health issues, chaotic or challenging behaviours and/or ex-offenders to manage their mental health more effectively. As well as providing one-to-one keywork support, the service also runs social/activity groups and provides access to resources such as a laundry. Contact **0113 216 2792** or download a referral form at <http://www.touchstonesupport.org.uk/services/community-support-team>. Touchstone also offers a range of other services, all of which can be SELF REFERRAL, including housing support (see 'H'), complementary therapies (see 'P' for Positive Care Programme), health promotion (see 'H') and services specifically for people from black and ethnic minorities backgrounds (see 'D' for Diversity), including the:
 - Touchstone Support Centre at 53-55 Harehills Avenue, LS8, which can be accessed on a drop-in basis on Mondays-Fridays, 9-4.30pm. Services include information, advice and guidance, complementary therapies, art groups, social groups, walking groups etc. See <http://www.touchstonesupport.org.uk/services/support-centre/> or call **0113 219 2727**.

- Oblong Community Centre offers a seven-week course, Headspace, which addresses issues such as low self esteem, confidence and stress management. Email Duncan@oblong.org.uk, contact **0113 245 9610** or see www.oblongleeds.org.uk.
- Advocacy for Mental Health and Dementia offers an advocacy service to ensure people with mental health issues have their voices heard in situations such as meetings with health professionals, and to address any issues with the services they are receiving. See www.a4mhd.org.uk, email office@a4mhd.org.uk or contact **0113 236 5900**.
- Mind – mental health charity. Has an info line **0300123 3393** and lots of resources including information booklets, at www.mind.org.uk.
- Rethink – mental health charity. Has an advice line for people with mental health problems – **0208 974 6814**. Also see www.rethink.org.
- Sane – mental health charity. Has an advice line for people with mental health problems – **0845 767 8000**.
- See <http://www.time-to-change.org.uk/> for information and advice on challenging the stigma associated with mental health issues
- See the Information for Mental Health website for information on mental health services and resources in Leeds: www.mentalhealthleeds.info
- Volition is an umbrella organisation that represents the voice of the mental health voluntary sector in Leeds. See under 'V'.

MOBILITY

- Also see Disability under 'D'
- The William Merritt Disabled Living Centre and Mobility Service at St Mary's Hospital, Armley, offers information and advice on a range of issues relating to mobility and disability. For information and assessments relating to adaptations and equipment to aid mobility in the home (such as adapted seating, kitchen gadgets, stairlifts, bathing aids etc), contact **0113 305 5332**. Free assessments with an occupational therapist are offered on a SELF REFERRAL basis. For advice on adaptations to enable driving, and for driving assessments, contact **0113 305 5288**. See <http://www.williammerritleeds.org/> for more information.

N

NIGHTMARES

- See 'P' for Post Traumatic Stress Disorder and 'S' for sleep



OBSESSIVE COMPULSIVE DISORDER (OCD)

- OCD Action is a national charity offering factsheets, conferences, forums etc. Tel: **0870 360 6232** or see www.ocdaction.org.uk.
- Treatment for OCD is usually offered through IAPT (unless the condition has become severe).
- 'Obsessions and Compulsions - a self help guide' is an NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help),
- See Mental Health, under 'M', for information on self-referral services offered by Leeds Mind, IAPT Community Links and Touchstone.



PAIN

- Pain management courses are run by the Expert Patients Programme three times per year. See http://www.leedscommunityhealthcare.nhs.uk/what_we_do/adult_services1/expert_patients_programme/ for more information or Tel **0113 843 4548**.
- Action on Pain is a voluntary-led service with a helpline, Painline, Tel: **0845 603 1593**. See <http://www.action-on-pain.co.uk/> for excellent leaflets on 'Understanding chronic pain'; 'Pacing'; 'Have Pain, Will Travel'; 'Managing your Pain'.
- For back pain, see 'B'
- Pain and arthritis. See 'A'.
- The Chronic Pain Service. Service for people who have had chronic pain for three months or more. Any queries, contact Kath Marczewsky on tel: **07947 400 015** or **0113 392 9819** or see http://www.leedscommunityhealthcare.nhs.uk/what_we_do/adult_services1/chronic_pain_service1/. This is a GP REFERRAL service. Kath is able to provide support with pain management strategies, use of exercise, grading and pacing.

PANIC ATTACKS

- 'Panic – a self-help guide' – An NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help).

- See Mental Health, under 'M', for information on self-referral services offered by Leeds Mind, Community Links, Touchstone and IAPT.
- See Anxiety, under 'A' for information on anxiety management groups.

PEER SUPPORT

- See 'A' for anxiety, 'D' for depression, 'W' for women's groups, 'Y' for young people
- Anxiety management, confidence building, assertiveness and other workshops are available through Leeds Mind's peer-support service. The service also runs regular support groups. See <http://www.leedsmind.org.uk/self-help/> for a timetable or ring **0113 305 5802**.
- Leeds Survivor Led Crisis Service provides a range of interventions including the Connect Helpline, Dial House and groups such as the men's group, hearing voices group and self-harm group. The service is peer-led, run by people who have experienced mental health crisis. Contact **0113 260 9328** or see <http://www.lslcs.org.uk/>.

PERSONALITY DISORDER

- The Personality Disorder Clinical Network is a multi-agency partnership based in South Leeds which supports people with personality disorder across the city. Most aspects of the service are accessible via PROFESSIONAL REFERRAL only. However, Journey – a group which supports people with personality disorders to engage in activities that are meaningful to them in order to enhance their wellbeing – is accessible via SELF REFERRAL. This is a 24-week group which initially meets weekly, then monthly. See <http://www.touchstonesupport.org.uk/wp-content/uploads/2011/09/PDCNDayServices1.pdf> for a leaflet, or Tel **0113 855 7950**.
- See Mental Health, under 'M', for information on self-referral services offered by Leeds Mind, Community Links and Touchstone.

POSITIVE CARE PROGRAMME

- A 20-week programme of complementary therapies, including healing, Indian head massage, acupuncture, meditation, tai chi etc, for people with long-term health conditions, and also for unpaid carers. Combines 1:1 sessions with groupwork. Tel **0113 210 3343** or see <http://www.touchstonesupport.org.uk/services/positive-care-programme/>.

POST NATAL DEPRESSION/PERINATAL MENTAL HEALTH

- 'Post Natal Depression – a self-help guide' is an NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help).

- Forums and email support from mums who have experienced Post Natal Illness are offered through www.pni.org.uk.
- Pudsey Post Natal Depression and Anxiety Support Group meets every Friday at Swinnow Children's Centre at 9.45am. Creche available. Craft activities and peer support. Contact Beccy on **07786 545 967** or see <http://www.netmums.com/leeds/local/view/support-groups/postnatal-depression/pudsey-postnatal-depression-and-anxiety-support-group>.
- See Mental Health, under 'M', for information on self-referral services offered by Leeds Mind, IAPT, Community Links and Touchstone,
- For information on specialist services provided by Leeds and York Partnerships NHS Foundation Trust, see http://www.leedspft.nhs.uk/our_services/Perinatal_Mental_Health or contact **0113 305 5650**. Services include in-patient mother and baby unit, specialist advice on medication in breastfeeding and pregnancy, pre-conception planning, and programmes for enhancing mother-baby bonding. This is a PROFESSIONAL REFERRAL service.

POST-TRAUMATIC STRESS DISORDER (PTSD)

- Combat Stress is a charity working specifically with veterans whose combat experiences have led to mental health issues, especially PTSD. The service offers a helpline: **0800 138 1619** as well as other services including residential rehabilitation and outreach support. See www.combatstress.org.uk.
- ASIST (Assistance and Support In Surviving Trauma) offers people with PTSD and their families a helpline and 1:1 support. Helpline: **01788 560 800**. See www.assisttraumacare.org.uk
- Mind produces a booklet on PTSD with information and advice for people who've experienced PTSD and their families. See http://www.mind.org.uk/help/diagnoses_and_conditions/post-traumatic_stress_disorder.
- See Mental Health, under 'M', for information on self-referral services offered by Leeds Mind, IAPT, Community Links and Touchstone.

PSYCHOSIS

- Specialist support for young people (aged 14-35) experiencing a first episode of psychosis is provided by aspire, which is part of Community Links (see Mental Health under 'M' for more information on Community Links). This is a SELF and PROFESSIONAL REFERRAL service. Support is available for up to 3 years and may involve making sense of the experience of psychosis, family-focused interventions, case management, support with employment, education, housing and finances, CBT and other therapies, and medication

management/prescribing. For more information, contact **0113 200 9170** or see <http://www.commlinks.co.uk/sites/aspire/pages/how-we-support-people>

- If someone experiencing psychosis is in crisis, see 'C' for information on crisis support.
- See Hearing Voices under 'H', Young People under 'Y' and Mental Health under 'M' for more information.
- Support for people experiencing psychosis is also available through the secondary mental health services offered by LYPFT (see under 'L' or 'M').

Q

R

RECOVERY

- LYPFT and Leeds Metropolitan University jointly run a Recovery and Social Inclusion module which is open to clinical staff, people who use mental health services and their carers. This would be appropriate for someone who wants to learn about Recovery-focused ways of managing their mental health. Contact Anne Perry on **0113 295 2473 / 07957 379 092**.
- A Recovery Group meets at Crossgates Methodist Church Hall on Thursday afternoons at 1.30pm. For more information contact Julie Webb at LYPFT on **0113 295 3473**.
- See Mental Health, under 'M', for information on self-referral services offered by Leeds Mind, Community Links, IAPT and Touchstone.
- See Peer Support, under 'P', for peer-led recovery-focused courses.

REFUGEES/ASYLUM SEEKERS

- Solace provides counselling, advocacy and group therapy services for asylum seekers and refugees. Based in Rounday Road, LS8. Contact **0113 249 1437** or see <http://www.solace-uk.org.uk/>.
- PAFRAS (Positive Action for Asylum Seekers and Refugees), based in Harehills, LS8, offers a twice-weekly drop in providing emergency food, clothing and health supplies, as well as providing case-work and group-based mental health support. Email info@pafRAS.org.uk, see www.pafRAS.org.uk or contact **0113 262 2163**.

- Leeds Asylum Seekers Support Network offers temporary shelter and befriending. Also supports people to learn English in their own home. See www.lassn.org.uk, email admin@lassn.org.uk or contact **0113 373 1759**
- Refugee Action is a national charity with a Leeds-based hub, offering information, advice and guidance for asylum seekers and refugees, including those who would like to return to their home countries. See www.refugee-action.org.uk or contact **0113 302 3050**.

RELAXATION

- A mindfulness meditation practice group is held in Chapel Allerton at Inkwel Arts on Tuesdays, 6-7pm - £6 or (£2 for people with mental health issues). See <http://shonalowecounselling.com/mindfulness-meditation-teaching-or-guided-practice/> or contact Shona on **07583 865 922**.
- Some good suggestions for relaxation techniques can be found at: http://helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm.
- YouTube is a good source of relaxing imagery and music which may aid relaxation practice. Try searching for 'YouTube' and 'relaxation music'.
- Insight for Wellbeing offers workshops and retreats at its Chapel Allerton base, focusing on meditation, mindfulness and stress-management. A full day's workshop costs £40, for example. There is also a free 20-minute guided meditation on the website: www.insightforwellbeing.co.uk Tel: Zeenat on **07908 132 256**.
- Swarthmore Education Centre offers classes in meditation, T'ai Chi, Chilates and Yoga. See www.swarthmore.org.uk or contact **0113 243 2210**.

S

SELF-CARE

- Anyone who is struggling to get a hot shower or do their laundry can make use of the facilities at the St Anne's Resource Centre, RAISE, 66 York Street, Leeds LS9 8AA, **0113 243 1894**.

SELF HARM

- 'Self harm – a self help guide' An NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help).
- A group for women who self-harm is run by the Women's Mental Health Matters and Leeds Survivor Led Crisis Service. For more information and to arrange an initial meeting, contact Helen on **0113 260 9328** or Nicola (Women's Health Matters) on **07791 681 668**. Group runs Tuesdays 12-2pm at Dial House; Leeds LS15.

- The Sirius project offers national online support with advice on how to stay safe, alternatives to self harm and links to other mental health services. See <http://www.siriusproject.org/groups.html>.
- See Mental Health, under 'M', for information on self-referral services offered by Leeds Mind, Community Links and Touchstone.

SELF HELP

- See Depression under 'D' for information on self-help resources including MoodJuice and Living Life to the Full.
- Self help guides on a range of subjects are available at <http://www.ntw.nhs.uk/pic/selfhelp>
- Headspace is a seven-week course which addresses issues such as low self esteem, confidence and stress management. Email Duncan@oblong.org.uk, contact **0113 245 9610** or see www.oblongleeds.org.uk.
- Primary Care Mental Health Service/ IAPT offers guided self help interventions. Support is offered with using self help resources to make positive changes in your life. See Mental Health under 'M'
- See Being Well at Work under 'B', Peer Support under 'P' and Recovery under 'R'

SEXUAL ASSAULT/ABUSE

- National Association for People Abused in Childhood (NAPAC) offers support through its helpline and website and can advise on links to local support groups. Helpline: **0800 085 3330** or see www.napac.org.uk.
- Rape Crisis has a national helpline: **0808 802 9999** and information/advice on issues such as reporting rape to the police. See www.rapecrisis.org.uk.
- Support After Rape and Sexual Violence Leeds (SARSVL) runs a helpline: **0113 202 1844** and has a website: <http://www.supportafterrapeleeds.org.uk/>.

SHYNESS

- 'Shyness and social anxiety – a self help guide'. An NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help).
- See 'Social isolation' under S.

SLEEP

- 'Overcoming sleep problems'- a self-help guide. An NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria and self-help).

SOCIAL ISOLATION

All groups listed here are SELF REFERRAL

- See Community Alternatives Team under 'C', Groups under 'G', Lifestyle under 'L', Diversity under 'D', Personality Disorder under 'P' (Journey group), Refugees/Asylum Seekers and Recovery under 'R', Gay, Lesbian, Bisexual and Transgender under 'G', Women under 'W' and men under 'M' for information on groups.
- The Crossgates drop-in meets every Thursday lunchtime at Crossgates Methodist Church Hall at 1.30pm. There is a social group and a Recovery-focused group.
- The Headingley Friday Support Group meets every Friday in Headingley. For people who feel lonely and isolated, and would like to work on their social skills. Provides opportunities to socialise and go on day trips etc. Tel: **0113 230 6043**.
- Making Space Leeds Befriending Scheme. Befriending project for people with long term mental health problems. See www.makingspace.co.uk for more details. Tel: **0113 276 1421**.
- Leeds Mind Befriending also offers peer support and friendship for people with long term mental health issues. Peer support programmes are also offered by Leeds Mind. See www.leedsmind.org.uk or contact **0113 305 5802**.
- People experiencing social isolation may wish to explore an interest or skill as a way of meeting others. Some suggestions for facilitating this could include:
 - Kirkgate Market, teaching cooking skills in a sociable, friendly environment over two hour sessions. Costs £30 (some supported places). See <http://www.jamieoliver.com/jamies-ministry-of-food/leeds.php> or Tel **0113 242 5685**.
 - Swarthmore Education Centre, which offers courses and workshops in craft/art subjects such as jewellery making, art, ceramics; in drama, singing or music; in languages; in personal development such as confidence building; in computers and in yoga, meditation, T'ai Chi. See www.swarthmore.org.uk or contact **0113 243 2210**.
 - See Horticulture under 'H' for gardening/conservation opportunities

- See Arts under 'A' for arts-based activities
 - Volunteering can be a way of overcoming social isolation. Volunteering opportunities are frequently advertised on www.do-it-org.uk. For support and information regarding volunteering, contact Voluntary Action Leeds (VAL) on 0113 2977920. VAL is based on St Paul's Street, LS1.
 - Space2 offers a range of groups in the Seacroft area, including a men's group, mind/body/spirit group and women's groups. See <http://space2.org.uk> or contact 0113 3200159.
-
- Community Centres across the city run a range of groups and activities, including:
 - Burley Lodge, LS6, which offers free debt advice, fitness classes and cookery groups. See www.burleylodge.org.uk Contact **0113 275 4142**.
 - HEART (Headingley Enterprise & Arts Centre), LS6, which runs classes including yoga, guitar, baby massage, life coaching. Contact **0113 275 4548**, or see www.heartcentre.org.uk.
 - Oblong, LS6, which offers English classes, gardening, healthy living groups. Contact **0113 245 9610** or see www.oblongleeds.org.uk.
 - For a list of community centres, see <http://www.locallife.co.uk/leeds/community.asp>.

STRESS

- 'Stress – a self-help guide'. An NHS produced-guide available at: <http://www.ntw.nhs.uk/pic/selfhelp> (or google Northumbria & self-help).
- Treatment for stress is usually offered by IAPT. See Mental Health under 'M' for more information.

T

TRAVEL SUPPORT

- People who struggle to use public transport independently can receive support from the Adult Outreach Team. See under 'A'.

U

V

VOLITION

- Volition is an umbrella organisation that represents the voice of the mental health voluntary sector in Leeds. It has more than 85 members. Volition promotes the voluntary sector in strategic planning and development of services, encourages partnership between agencies and across sectors and provides information to voluntary sector organisations to assist them in meeting the mental health needs of people using their services. See www.volition.org.uk or contact **0113 242 1321**.

W

WOMEN

- See 'P' for Post Natal Depression, 'D' for Domestic Violence, 'C' for Women's Counselling, 'D' for Diversity (groups for women from specific communities), 'S' for sexual assault/abuse.
- Women's Health Matters, based at Bridge House, LS10, offers information and advice on health issues and runs women-only support and friendship groups across the city. See www.womenshealthmatters.org.uk or contact the enquiry line on **0113 276 2851**.
- Spirals Women's Group is a peer-led drop-in group for women with mental health issues which meets in the Swardcliffe area. Contact **07983 009 235** (leave a message if no one answers, they will get back to you).
- Women's Counselling and Therapy Service offers 1:1, group and art therapy to women on a low income at its base in Oxford Place, LS1. A small charge is made for this. Please note that the waiting list may be closed at times. See www.womenstherapyleeds.org.uk or contact **0113 245 5725**.
- Touchstone runs a women's drop-in group on Tuesdays, 12-4pm, at its support centre at 53-55 Harehills Avenue, LS8. See <http://www.touchstonesupport.org.uk/services/support-centre/> or call **0113 219 2727**.

WORK

- WorkPlace Leeds is a partnership between Leeds Mind, Touchstone and Community Links which supports people with mental health issues to gain and retain employment, and which accepts referrals from Community Alternatives Team, Leeds and York Partnerships NHS Foundation Trust, Adult Social Care day centres and IAPT. Tel **0113 230 2631** or see www.leedsmind.org.uk for referral forms and inclusion criteria.
- See Employment under 'E' for more information.

X

Y

YOUNG PEOPLE

- Also see Families under 'F'
- Archway is a service offering housing support for people aged 16-25, group work including music, a cybersite, women's groups, photography and art. Support workers also offer 1:1 input on employment issues, parenting, bullying, emotional problems etc. Contact **0113 383 3900** or see <http://archwayleeds.blogspot.co.uk/p/resource-centre.html>.
- The Market Place, based in Kirkgate, LS1, offers information, support and counselling for young people, including a personal development plan for under-19s and counselling for under-23s. There is also a drop-in space to enable young people to offer peer support to each other. SELF and PROFESSIONAL REFERRAL. See www.themarketplaceleeds.org.uk or Tel: **0113 246 1659**.
- aspire is a service for young people experiencing psychosis, offered within Community Links. See Psychosis under 'P'. See Mental Health under 'M' for more information on Community Links.
- BARCA offers an Infospace for young people, with information on housing, sexual health, education, employment and training. This operates on a drop-in and/or 1:1 basis. Based in Bramley, LS13. Tel **0113 220 9784** or see www.barca-leeds.org.
- Connexions offers careers support, information, guidance and 1:1 input to manage barriers to work for young people aged up to 25. Contact **0113 226 2180**, visit the service at 1 Eastgate, LS2, or email connexions.leeds@prospects.co.uk.
- Support for young carers (eg of a parent with a mental health issues) is offered by Willow Young Carers Service. This can be accessed via SELF or PROFESSIONAL REFERRAL. Contact **0113 262 2851**. To access a referral form or for more information, see <http://www.barnardos.org.uk/willow.htm>.
- Support for children and young people with mental health issues is offered by CAMHS (Child and Adolescent Mental Health Service). This is a PROFESSIONAL ONLY referral service accessed through LYPFT (see under 'L').
- POPYRUS is an organisation which works to prevent youth suicide. Offers a helpline **0800 068 4141** (10-5pm and 7-10pm weekdays, 2-5pm weekends), SMS service **0778 620 967**, email pat@papyrus-uk.org. See www.papyrus-uk.org.

Z

Contact Details

WorkPlace Leeds

De Lacey House
Abbey Road, Kirkstall
Leeds, LS5 3HS

Tel: (0113) 230 2631

Email: admin@workplaceleeds.org.uk

Website: www.leedsmind.org.uk



Company Registered in England & Wales 2193270.

Registered Charity Number 1007625