

Other things that can help when you're feeling low...

- Talk to a friend or family member about how you are feeling
- Do things you enjoy; this could involve going out for a walk, hobbies and interests such as colouring, or practising self care like having a warm bath
- Try not to isolate yourself; we often think the worst when we are alone. Telephone or email friends and family
- Eating regularly and drinking enough are important when we are going through a difficult time
- Try to stay away from things that give a 'quick fix' such as alcohol or eating unhealthy food as this often makes us feel worse later
- Think about how we got through difficult times before; what did we do and what skills and resources do we have?

Well Women Centre
24 Trinity Church Gate,
WF1 1TX
01924 211114

[Info @wellwomenwakefield.org.uk](mailto:Info@wellwomenwakefield.org.uk)



What to do if you feel at risk

Help us help you

Having suicidal thoughts, or thoughts of harming yourself or other, can feel frightening and overwhelming. You may know what has triggered these thoughts, or they may seem to come 'out of the blue'. We would welcome you being able to talk about these thoughts and feelings in your sessions so we can work with you to help you get the support you need.

However, unfortunately we do not provide an out of hours or crisis service. If you are not feeling able to keep yourself or others safe and you need to speak to someone urgently, you can use the services outlined in this leaflet to gain urgent support.

If you need to talk to someone at anytime of the day or night

The Samaritans of Wakefield and District

Telephone: 116 123 *free from any phone*

0330 094 5717 *local call charges*

Email: jo@samaritans.org *response time 24 hours*

Website: www.samaritans.org/

Due to the coronavirus outbreak, The Samaritans are unable to offer face to face service

SANEline

SANEline is an out-of-hours telephone helpline offering practical information, crisis care and emotional support to anybody affected by mental health problems. They also provide a free text-based support service called Textcare. Available between **4.30pm – 10.30pm each evening**, every day of the year.

Telephone: 0300 304 7000

Textcare: www.sane.org.uk/what_we_do/support/textcare

Website: www.sane.org.uk

Wakefield Safe Space/Here For You

Open to anybody aged 16 years and older living in Wakefield and the 5 districts, who feel they need same night support, but do not require medical or specialist attention.

Telephone: 07776 962 815 *from 6pm on the night you need support.*

Opening Times: Every day from 6pm.

If you need help with looking after someone or you're worried that a child or a vulnerable adult is at risk

Social care district

Telephone: 0345 8 503 503

Email: social_care_district@wakefield.gov.uk

Other useful information

Wakefield council housing advice team

Telephone: 01924 302085

Email: housingneedsservice@wakefield.gov.uk

The Housing Needs Service: for homelessness + preventing

Telephone: 01924 304362 / 304360

If you become homeless and there offices are closed you can contact 0345 8 506 506, or go to your nearest police station.

Other useful information on mental health

Rethink

A national mental health charity improving the lives of people severely affected by mental illness.

Telephone: 0300 5000 927

Website: www.rethink.org

Mind

A national charity provide advice and support to empower anyone experiencing a mental health problem.

Telephone: 0300 123 3393

The Mental Health Foundation Has tips to help you, your family and friends to look after your mental health at a worrying time when there are threats to people's physical health.

www.mentalhealth.org.uk

Other useful information

Citizens advice bureau

Telephone: 03444111444

Website: www.wakefelddistrictcab.co.uk

Normanton Food bank

Telephone: 01923 895634 or 07307 189851

Website: <https://normanton.foodbank.org.uk/>

St Catherine's emergency food bank

Telephone 01924 211130

National debt line

Telephone 0808 808 4000

Able Futures – Mental health support for people at work

Advice and guidance from a mental health specialist who can help you learn coping mechanisms, build resilience, access therapy or work with your employer to make adjustments to help your mental health at work.

Call Able Futures free on **0800 321 3137** from 8am to 10.30pm, Monday to Friday to find out more about our online mental health support.

Website: <https://able-futures.co.uk/individuals>

Who to call in a crisis

If you or someone else is feeling that they are going to harm themselves there are services available to help.

In an emergency call: 999 or go to Accident and Emergency

Contact your own GP, who are providing online or telephone consultations

NHS Direct: telephone 111 or www.111.nhs.uk

If you feel at risk from someone else or that you may harm someone else

In an emergency call: 999

If it is a non emergency call: 111

West Yorkshire 24-hour mental health helpline

You can phone the West Yorkshire 24-hour mental health helpline, free, . It provides confidential support, advice and information to anyone over 18 who is concerned about their mental health or worried about a family member or someone they care for.

Telephone: 0800 183 0558

If you feel unsafe at home or that you are unsafe towards others

Wakefield and District Domestic Abuse Service

Helplines: 0800 915 1561 please note these lines are open

07899717771 Monday to Thursday 8.30am–5pm

07876395460 and Fridays 8.30am–4.30pm

#SilentSolution

If you're in immediate danger and need to call the police but feel as though it is not safe for you to speak you can use the #Silent Solution

Call 999 as usual and after you have heard the automated message which starts with "you are through to the police" press 55. The police will know that it is not safe for you to speak and will ask you questions you can answer through your keypad.

*If someone in your care discloses sexual violence
or sexual abuse*

The Hazlehurst Sexual Assault Referral Centre (SARC) Yorkshire

Telephone: 0330 223 3617

Free, confidential healthcare and compassionate support to anyone in West Yorkshire that has experienced sexual assault or rape in their lifetime.

Our telephone 0300 223 0099 is open 24 hours a day, every day of the year.

Call to speak with a nurse for support and to discuss your options for making an in-person appointment and/or referrals

National Centre for Domestic Violence

A free, fast emergency injunction service to survivors of domestic abuse and violence regardless of their financial circumstances, race, gender or sexual orientation.

Freephone: 0800 970 2070

Text: NCDV to 60777

Email: office@ncdv.org.uk

If you need help with drug or alcohol problems

Turning Point Inspiring Recovery

Offer support and promote wellbeing and recovery from drug and alcohol related issues through our service hubs located in the Wakefield District.

If you need to speak with a member of the team please call **0300 123 1912**. Available 9am to 5pm on weekdays (4:30pm on Friday)

Online referrals can be made by visiting the website

Parenting advice and support

Wakefield Families Together

Website: <https://www.wakefieldfamielstogether.co.uk/>

Support for Self Harm

Battle Scars

Battle Scars is a small, dedicated, 100% survivor-led and run charity offering local, regional, national as well as international support around self-harm. While they do not have capacity to offer 121 or crisis support they do offer a number of support groups

Email: info@battle-scars.org.uk

Admin telephone number: 07410 380747 - office hours (this is not a support or crisis number)