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| **Name** | **Criteria** | **Contact Details** |
| [Leeds Jewish Welfare Board](https://ljwb.co.uk/) | Available to all faiths 18+ | Email: [hello@ljwb.co.uk](mailto:hello@ljwb.co.uk)  Tel: 0113 268 4211 |
| [West Yorkshire 24 hour helpline](https://www.mindwell-leeds.org.uk/services-directory/west-yorkshire-24-hour-mental-health-helpline/) | Available to anyone 18+ and registered with a Leeds GP. It provides confidential support, advice and information for anyone who is concerned about their mental health, or is worried about a family member or someone they care for. | Tel: 0800 183 0558 |
| Leeds Mental Wellbeing Service (LMWS) | [MWS](https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/) is a city-wide service that provides support and psychological therapies for common mental health problems, such as anxiety, stress and depression for people aged 17 and over. | Email: [**leeds.mws@nhs.net**](mailto:leeds.mws@nhs.net)  Tel. 0113 843 4388 |
| [Connect Helpline](https://www.lslcs.org.uk/) | Leeds Survivor Led Crisis Service offers high quality, person centred, radical and innovative services to people experiencing mental health crisis. The service offers support to deaf people using BSL:  For online support with Deaf Connect (7am-11pm on Monday, Wednesday and Saturday), Text: 07984 396 001 and Facetime: **survivor.led@lslcs.org.uk** | Tel: 0808 800 1212 (Free phone)  Email: [survivor.led@lslcs.org.uk](mailto:survivor.led@lslcs.org.uk) |
| MAECare (Moor Allerton Elderly Care) | [MAECare](https://maecare.org.uk/) supports people aged 60+ in the LS17 area of Leeds, to be as independent as possible and to have the best quality of life they possibly can. It runs numerous activities to encourage people to get out and about. It also arranges visits to people in their own homes so they can enjoy a friendly chat. | Tel: 0113 2660371 (9am-4pm)  Email: [info@maecare.org.uk](mailto:info@maecare.org.uk) |
| Childline | [Childline](https://www.childline.org.uk/) helps anyone under the age of 19 in the UK with any issue they’re going through. No issue is too small or too big. Trained counsellors offer support.  Childline is free, confidential and available any time, day or night. | Tel: 0800 1111  [Email](https://www.childline.org.uk/login/?returnPath=%2flocker%2finbox%2f%3fin_type%3dnav)  [1-2-1 Counsellor Chat](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/) |
| The Silver Line | [The Silver Line](https://www.thesilverline.org.uk/) helpline is run by Age UK and offers a confidential telephone service for older people. It provides friendship, conversation and support 24 hours a day for 7 days a week. It is available to anyone over the age of 55. | Tel: 0800 4 70 80 90 |
| Family Lives | [Family Lives](https://www.familylives.org.uk) provides targeted early intervention and crisis support to families. | Tel:  0808 800 2222  Email: askus@familylives.org.uk  [Live chat](https://www.familylives.org.uk/how-we-can-help/online-chat) 1030am- 9pm |
| Samaritans | [Samaritans](https://www.samaritans.org/) are there to listen with no judgement and no pressure. No issue is too small or too big. Support is given by trained counsellors. | Tel: 116 123 (Freephone) |
| Age UK | [Age UK](https://www.ageuk.org.uk/) are experts in the issues affecting older people. Whether it’s providing information and advice, being a friendly voice on the other end of the phone or helping make sure the voices of older people are heard. | Tel: 0800 678 1602 8am-7pm 365 days a year |
| NHS 111 | [NHS 111](https://111.nhs.uk/) is an online service that provides medical advice and guidance. | Tel: 111 |