

Crisis Services:

Dial House Leeds: 0113 2609328—A place of sanctuary, now offering telephone support all night, where a trained crisis support worker will be able to speak to you for up to 1 hour

Leeds Survivor Led Crisis – Connect helpline 08088001212 (Freephone 6pm – 2am)
Survivor.led@slscs.org.uk

Papyrus- Prevention of Young Suicide 08000684141 /pat@papyrus-uk.org
Open Weekdays 9am–10pm, Weekends and Bank Holidays 2pm–10pm:

CALM – Campaign Against Living Miserably: 0800 58 58 58
<https://www.thecalmzone.net/>

The Samaritans helpline
116 123 (Freephone)

NHS Urgent Help (none emergency)
111



Mental Health Advisors



What do we do?

The Mental Health Advisors can provide a space to be heard, practical support and self-help techniques to help manage your problem.

We can help if you are struggling with stress, worries, anxiety, low mood, sleep difficulties, or want to speak to someone about a problem relating to your mental health.

We also offer triage and signposting to other specialist mental health services within Leeds.

Referrals are a one off / single appointment for 40 minutes, but a follow up appointment is available if you feel this is something you would benefit from.

Who We are:

There are three Mental Health Advisors based at the practice, Danielle, Jon and Gary. Appointments are available Monday to Friday.

What it isn't:

- We do not provide advice or prescriptions for medication. If this is something you want to discuss, then please make an appointment with your GP.
- It is not a Crisis referral service. If you feel that things have gotten worse in the time you are waiting for your appointment and you need more immediate support, please contact your GP or Leeds crisis services. (see back of leaflet).

Patient Feedback:

"Having someone to talk about everything overall is really helpful. They can provide options to deal with the situation".

"Really good starting point for thinking in detail about the next steps, what to work on, and how to work on it. Very friendly and helpful."

"The mental health advisor was really nice and made me feel comfortable whilst talking about what's been going on."

Leeds Student Medical Practice

