



Wellbeing | Signposting for students and their families

Online Advice and Tips

YoungMinds

YoungMinds has some useful advice to help you understand your feelings, get information about mental health conditions, find support, and tips on how to support others.

<https://www.youngminds.org.uk/young-person/>



The Mix

The mix has lots of online guides to help support your holistic wellbeing, including mental health, alcohol and drugs, sex and relationships, housing, money, studies, and your body.

You can also access talking support through the mix via their helpline, 1:1 chat service, crisis messenger, or telephone and webchat counselling.

<https://www.themix.org.uk/>

<https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>

0808 808 4994 open 4pm – 11pm every day.



MindMate

MindMate offers information and tips on coping with common issues. It also offers advice on where to access relevant support in Leeds. It includes guided audio sounds for breathing techniques and mindfulness, top tips to feel good, and games.

If you are over 13, you can refer yourself via the MindMate SPA which will help you find the right support for you. You can do this using the link below or calling the phone number

<https://www.mindmate.org.uk/>

<https://self-referral.mindmate.org.uk/>

0300 555 0324.



Telephone Support

Kooth

Kooth offers online mental health support for young people. You can access articles, discussion boards, create a daily journal, and talk with a mental health professional via Kooth. You can receive professional support through either booked or drop in sessions, no referral or waiting list is required.

<https://www.kooth.com/>



Teen Connect

Teen Connect is a helpline for young people aged 11-18 living in the Leeds area. Teen Connect offer up to an hour of support either by phone, text, or online chat. All staff who support you are trained in counselling skills.

Call: **0808 800 1212**

Text: **0771 566 1559**

<https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>

Papyrus HopelineUK

HopelineUK work with young people to understand why thoughts of suicide might be present. They can provide a safe space to talk through anything happening in your life which could impact your safety. Trained professionals will provide you with advice and support that may help you move forward and stay alive.

Call: **0800 068 4141**

Text: **07860039967**

Email: pat@papyrus-uk.org

<https://www.papyrus-uk.org/papyrus-hopelineuk/>



Apps

Calm-Harm

Calm-harm helps young people aged 11-25 to resist or manage the urge to self-harm. It has a number of activities including breathing, comfort, distraction, expressing yourself, and releasing techniques. You can personalise the app to suit you and your needs.

<https://calmharm.co.uk/>



Headspace

Headspace offers articles, meditation, sleep, stress, and tools which can help you create life-changing habits to support mental wellbeing. Headspace can help you to reduce stress and get you through tough times.

<https://www.headspace.com/>



In Hand

In hand helps you to focus yourself in moments of stress or low mood. The app can guide you through simple steps to help work through your feelings/emotions. Activities include talking to someone, reading inspirational quotes, and taking pictures.

<http://www.inhand.org.uk/#>



Face-to-Face Support

The Market Place – drop-ins

The market place offers a face-to-face drop in service for 30 minutes from an experienced worker. You can access this by ringing on the day and booking a slot. Drop-ins are offered on:

Monday & Thursday **2.30pm – 5.30pm** 11-25-year olds

Friday **2.30pm – 5.30pm** 11-17-year olds

Saturday **2.00pm – 4.00pm** 11-17-year olds

0113 246 1659 – open 11:30am – 5:00pm

The Market Place – Counselling

The market place offers weekly counselling sessions which may be either short or long-term. Young people aged 11-17 can refer themselves by contacting The Market Place by phone. You will have a choice of face-to-face, telephone, or video counselling.

0113 2461659

In-school

Temple Moor has a Mental Health Practitioner and Emotional Literacy Support Assistants who can help support your emotional and mental well-being. Sessions usually take place once a week over a period of time. Drop-in sessions are sometimes offered. Talk to your Pastoral Leader about a referral.

GP Appointment

If you need support with finding the right mental health support, your GP can support you. Your GP may ask questions to assess your needs and then discuss options appropriate to you. Remember, you have a choice and you are the expert of knowing what support you want.

Crisis Support

CAMHS Crisis Helpline

CAMHS offer a helpline young people living in Leeds who want to talk about their mental health. If you are feeling in a crisis, this line is open 8am-8pm. Calls will be answered by a professional, who will give you advice and support with your situation.

0800 9530 505

Emergency Services and A&E

If you feel that your life or health is at risk, or someone else's, it is important to contact 999 or access your local A&E service. Emergency services can quickly assist you to safety and help prevent harm or suicide.

The Safe Zone

The safe zone offers on the day, face-to-face, support for young people in a crisis every Monday, Thursday, and Sunday 6-9pm. Trained Safe Zone workers can offer 40 minutes of emotional and practical support. You can refer yourself by calling the following numbers between 5:00pm – 8:30pm:

0113 819 8189 or 07593 529367

We hope this guide is helpful and outlines some key services available in Leeds. There are many more services you can access if you wanted to explore further.

The best place to look for other services is [Mindmate](#)

MindMate 