

# A – Z

## Directory of Services for families and children in Leeds



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**A**

### **Alcohol and Drug support**

#### **Forward Leeds**

We have a referral form specifically designed for Young People and you can use that to refer people into the service. Download the [Young Persons Referral Form](#) then complete the form and send to [spocreferral.team@nhs.net](mailto:spocreferral.team@nhs.net)

#### **Alcoholics Anonymous (AA) Great Britain**

AA supports the recovery and continued sobriety of individuals. Meetings are available online and in person. Helpline: 0800 917 7650

Email helpline: [help@aamail.org](mailto:help@aamail.org)

<https://www.alcoholics-anonymous.org.uk/Home>

#### **FRANK**

Friendly confidential advice

Call [0300 123 6600](tel:03001236600) Call FRANK 24 hours a day, 7 days a week.

### **Anti-Social behaviour**

#### **How to report antisocial behaviour**

##### **Council tenants**

Any neighbour disputes, untidy gardens, boundary disputes, noise nuisance or breaches of tenancy agreement should be reported to [your local housing office](#), hub or by phone on 0113 222 4402.

## **Other rented**

Tenants who rent from a housing association, private landlord or letting agency should report the problem to them.

## **Homeowner**

If you own your home, contact LASBT by emailing [LASBT@leeds.gov.uk](mailto:LASBT@leeds.gov.uk) or by phone on 0113 222 4402.

An out of hours' noise service aims to respond to complaints of ongoing domestic noise from 6pm to 3:30am, 7 days a week. This service can be contacted on 0113 376 0337.

Reported details remain confidential. LASBT will not take action without consent. We are not able to respond to anonymous complaints, although this information will be recorded in case of future complaints.

[Commercial noise pollution can be reported online](#) or by phone on 0113 378 5959.

Call 999 if a crime is happening now or you're in immediate danger. Call 101 if it's not an emergency.

## **Leeds Youth Justice Service**

Leeds YOS has 3 geographical area teams, ENE (East North East), WNW (West North West) and SSE (South South East) and several specialist teams that work across the city.

You can email the area teams on: [Leeds.yos.admin@leeds.gov.uk](mailto:Leeds.yos.admin@leeds.gov.uk) (please note this is a secure email address).

**Youth Justice Service ENE Team: 0113 37 82055**

Technorth,  
9 Harrogate Road,  
Chapel Allerton,  
LS7 3NB

Youth Justice Service Management Team: 0113 3782055

Restorative Justice and Volunteering Team: 0113 3782055

## **ADHD**

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

<https://www.leedsadhd.com/> **Autism**

<https://www.autism.org.uk/> Call **0808 800 4104**, 10am – 12pm and 1pm - 3pm, Monday to Friday (excluding bank holidays).

## **STARS**

**STARS** are a team of autism specialists who offer advice and training to mainstream settings. We work in early years' settings, primary schools and secondary schools  
Referrals

Phone the **STARS** office first to speak to a member of the team who can advise you on what support you might need. If we feel you need to make a referral based on the needs of your setting we can send you a referral form to fill in.

**Telephone:** 0113 3789792.

<http://www.starsteam.org.uk/>

## **Asylum Seekers & Refugee support**

### **Leeds Asylum Seekers Support Network**

Address: Ebor Court, Westgate, Leeds, LS1 4ND

Telephone: 0113 3731759

Contact service for details Email: [admin@lassn.org.uk](mailto:admin@lassn.org.uk) Web Site: <http://lassn.org.uk/>

Service Description:

Leeds Asylum Seekers Support Network runs an English at Home scheme and befriending scheme using trained and supported volunteer befrienders and tutors. LASSN works with refugee community organisations to develop their capacity to manage, and develops community initiatives which promote awareness and involvement of refugees and asylum seekers. LASSN also runs a counselling service for clients in partnership with the Health Access Team and a referral can be made to this service by contacting the Health Access Team Tel 295-2740. The counselling service is aimed at refugees or asylum seekers whose English requires them to need an interpreter in the counselling session as well as a need for longer term counselling of 3 months or more.

### **Refugee Council- Yorkshire and Humberside Region Office**

Address: Advantage Property Lawyers Ltd, Hurley House, 1 Dewsbury Road, Leeds, LS11 5DQ

Telephone:0113 2449404

Email:[info@refugeecouncil.org.uk](mailto:info@refugeecouncil.org.uk)

Web Site:<http://www.refugeecouncil.org.uk/howwehelp/directly/main/leeds> Service Description:

The Yorkshire & Humberside One Stop Service, based in Leeds, helps asylum seekers and refugees in North East Lincolnshire, South and West Yorkshire and Humberside. The Yorkshire & Humberside One Stop Service provides a wide range of advice and information to refugees and asylum seekers in the region, covering issues such as: Advice on asylum issues & the UKBA support system Assistance for clients at the end of the asylum process (applications to UKBA for Section 4 support and information on possible charitable support) Signposting to services such as housing, legal advice, education, training and health care 'Move on' advice for individuals granted leave to remain in the UK.

### **Anxiety**

### **Childline Calm Zone**

Childline launched Calm Zone - an online hub of calming techniques and resources for young people to help them feel better when they feel anxious, scared or sad. **Visit the webpage:** [Calm Zone https://nopanic.org.uk](https://nopanic.org.uk)

Youth Helpline  
0330 606 1174

Helpline  
0844 967 4848

**\*Everyday 10am-10pm. Calls Charged at 5ppm + access charge**

Office 01952 680460

### **Allocations Panel**

The allocations panel provides a forum for Multi-agency discussions. Families First Leeds is an initiative funded through the Government's national Troubled Families programme. Its aim is to help families with a number of complex problems by working with them to help turn their lives around, improving outcomes for the whole family. There are a number of criteria for families to be considered in the Families First cohort:

- Adults out of work or at risk of financial exclusion, or young people at risk of worklessness
- Children who need help - who are identified as a child in need, or children/families who are on or are being considered for an Early Help plan

- Children or young people with poor school attendance
- Parents or young people involved in offending or anti-social behaviour
- Families affected by domestic violence and abuse
- Parents or children with a range of health problems

Referrals to the made through the fortnightly multi-agency allocations panels held in the East North East, West North West and South areas. To submit an Allocation Panel Request form (Families First) via email please put - PROTECT: and send by secure email to [families.first@leeds.gcsx.gov.uk](mailto:families.first@leeds.gcsx.gov.uk) alternatively ring the Team on 0113 395 2613

The outcome of allocations panel is for all professionals to decide which team is the most suitable service to work with the family. These teams include;

### **MST**

Multisystemic Therapy (MST) is an intensive family and community based intervention for children and young people aged 11-17, where young people are at risk of out of home placement in either care or custody and families have not engaged with other services.

MST teams focus on the whole world of the young person - their homes and families, schools and teachers, neighbourhoods and friends. MST staff go to where families live and work with them intensively for three to five months, including being on call to families 24 hours a day, seven days a week. The key goals of MST are to break the cycle of anti-social behaviors by keeping young people safely at home, in school, and out of trouble.

[MST One Minute Guide](#)

### **SIGNPOST**

Signpost consists of three highly experienced multi-disciplinary teams delivering city wide intensive support to families experiencing a range of complex needs. The families referred to Signpost have typically had extensive previous involvement with other agencies and professionals and are at significant risk of family breakdown or having children placed in care.

Signpost offers intensive support to children aged from 0 to 18 years old and their families based on a holistic model of intervention and commitment to the Leeds Practice Model of restorative practice.

The Signpost model involves a high support / high challenge approach to engaging families, raising aspirations and achieving positive sustainable change. This involves a tailored, highly flexible approach to working with children and their families and typical

interventions last anything between 16 weeks up to a year. The Signpost keyworker will assume lead practitioner role in respect of the family for the duration of the intervention.

Families

### What else can Signpost offer?

In addition to the direct work undertaken with families Signpost can also offer:

- Animal Assisted Therapy with Olly the therapy dog. This work includes a therapeutic, evidence based, evaluation of the presenting issues and progress made during structured sessions as well as recommendations for future work;
- Parenting groups—this includes the Take 3 parenting programme for parenting teenagers and Parent Smart. Both programmes provide evidence based evaluations of progress made and feedback from parents have highlighted the long-term positive impact such programmes have made to family dynamics;
- Targeted, time-limited pieces of work with young people and adults around issues such as education / learning, mental health, and anti-social behaviour undertaken by a pool of experienced volunteers;
- Access to an education tutor, life coach and work coach to support families to reach their full potential. For example, Signpost has supported a number of parents to obtain degree level qualifications and the service has links to Leeds University's School of Lifelong Learning; and
- Child-centred group work such as Young Fire Fighters (delivered in partnership with West Yorkshire Fire Service), Theatre in Education and DJ School.

Also, Signpost practitioners have the training and experience in delivering or co-facilitating further groups including Caring Dads and PACT.





## **Bereavement**

### **The Market Place**

Support children and young people in Leeds.

Telephone: 0113 246 1659 | Website: <https://www.themarketplace.org.uk/>

### **Child Bereavement UK Leeds**

Bereavement support for children and young people in Leeds up to 18 years.

Telephone: 0113 350 3598 | Email: [leedssupport@childbereavementuk.org](mailto:leedssupport@childbereavementuk.org)

- [Supporting a bereaved pupil](#)
- [Supporting pupils who've been affected by coronavirus](#)
- [Supporting a bereaved child in an early years setting](#)
- [Supporting a bereaved pupil in a primary school](#)

[Supporting a bereaved student in secondary school](#)

### **OWLS Bereavement Service**

OWLS offer bereavement support to children aged 4-11. 1-1 support is available

Website: [www.janetomlinsonappeal.com](http://www.janetomlinsonappeal.com) | Email: [owls@janetomlinsonappeal.com](mailto:owls@janetomlinsonappeal.com)

### **Sad Events Team**

Offer support to bereaved children and young people in Leeds.

Telephone: 0113 395 1042 / 395 1100 | Email: [education.psychology@leeds.gov.uk](mailto:education.psychology@leeds.gov.uk)

## **MindMate**

Leeds based website for children and young people to access, has information on general mental health and wellbeing and bereavement.

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

## **Winton's Wish**

A national website aimed at supporting bereaved children and young people with information and advice. They have a national helpline.

Telephone: [08088 020 021](tel:08088020021) | Email: [info@winstonswish.org](mailto:info@winstonswish.org)

Website: <https://www.winstonswish.org/>

- [Bereavement support for schools](#)
- [Talking to children about coronavirus](#) □
- [How to say goodbye when a funeral isn't possible](#)
- [Supporting bereaved children with SEN](#)

## **Child Bereavement UK**

A national charity which provides information and support for bereaved children and young people. They have a national helpline and a website containing information and resources.

Telephone: 0800 02 888 40 | Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

Website: <https://childbereavementuk.org/>

## **Grief Encounter**

A national website aimed at supporting bereaved children and young people. They have a national helpline.

Telephone: 020 8371 8455 | Email: [support@griefencounter.org.uk](mailto:support@griefencounter.org.uk)

Website: <https://www.griefencounter.org.uk/>

## **Resources for parents**

The NHS [Children and bereavement](#) – includes lots of resources for parents and children, including helplines and tips for creating a memory box

## **Child Bereavement UK**

- [Telling a child that someone has died](#)
- [Parenting bereaved children - a video](#)

### **Cruse Bereavement Care**

- [Children and young people's physical responses to grief](#)
- [Children and young people's emotional responses to grief](#)

### **Anna Freud National Centre for Children and Families**

- [On My Mind](#) is a resource for children to learn how to support their own mental health and wellbeing. It stresses the importance of [self-care](#)



## **Children, families and young people's service**

### **BARCA**

Barca's Children and Young People's Services are a broad range of services that (with partners), offer the most appropriate support to young people who face many different issues

Unit 2 Northside Exchange, Wyther Lane, Leeds, LS5 3BT

0113 2795870

### **BREEZE**

<https://breezeleeds.org/home>

### **Children's Social Work Service CSWS**

To report a concern if you are a member of the public

**During office hours** You can call Children's Social Work Services on **0113 222 4403** (Weekdays, 9am to 5pm, except Wednesdays when we're open from 10am).

**Out of office hours** If you think a child is in immediate danger please call the police on 999.

#### **To report a concern if you work with children or young people**

**During office hours** Call the Duty and Advice team on **0113 376 0336** (Monday to Friday, 8am to 6pm).

**Out of office hours:** If the issue can't wait until the next working day, please contact the Children's Emergency Duty Team on **0113 535 0600** and provide us with as much information as possible.

You can also email CSWS at [childrensedt@leeds.gov.uk](mailto:childrensedt@leeds.gov.uk).

### **CCE**

### **St Giles Trust**

A diverse range of services are on offer at St Giles Yorkshire, ranging from help for vulnerable women in the criminal justice system to projects helping adults overcome

barriers to access employment. Our peer led approach underlines all our services in Yorkshire.

St Giles Trust, Leeds Media Centre, 21 Saville Mount, Leeds, LS7 3HZ

- 01138195912 CFO Project
- 01138195913 Choices
- 01138195914 Work Routes
- 01138195918 Gangs Project
- 01138195919 Children & Families
- 01138195920 Mentoring Project
- 01138195921 Peer Advisor Project <https://www.stgilestrust.org.uk/contact-us>

## **CSE**

### **Child Exploitation Risk Identification Tool and Practice Guidance**

This tool, along with the practice guidance, will help you decide whether a child or young person may be at risk of sexual exploitation, or more than one form of child exploitation.

- [Child Exploitation Risk Identification Tool](#)
- [Practice Guidance](#)

<https://www.leadsscp.org.uk/Voluntary-Community-Faith-Third-Sector/Local-protocols/CSEprotocols>

## **PACE**

Parents Against Child Sexual Exploitation (Pace)

Working alongside and supporting parents and carers whose children have been sexually exploited.

0113 240 3040

[info@paceuk.info](mailto:info@paceuk.info)    [www.paceuk.info](http://www.paceuk.info) **The**

### **Lucy Faithful Foundation**

The Lucy Faithfull Foundation is a registered child protection charity which works across the UK to prevent child sexual abuse. It runs many projects, including Stop It Now! UK and

Ireland and Parents Protect! <http://www.lucyfaithfull.org.uk>

## **Barnardo's**

<https://www.barnardos.org.uk/what-we-do/protecting-children/cse>

For Young People

**Disrespect Nobody** – Healthy relationships are about respecting each other and Disrespecting NoBody. Find out more about the signs of relationship abuse, take a quiz to find out how much you know about healthy relationships. [www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

**Am I in a Healthy Relationship?** - For teenagers

**One Love Foundation** - 10 signs of a health relationship [www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

**Ask Sam** - Get support about healthy and unhealthy relationships

## **Local Counsellors/MP**

Richard Burgon MP **Constituency address:** Former Presbytery of Our Lady of Good Counsel

Rosgill Drive Leeds, LS14 6QY

**Phone:** 0113 232 3266 **Email:** [richard@richardburgon.com](mailto:richard@richardburgon.com)

### **Business address:**

House of Commons  
London  
SW1A 0AA

**Phone:** 0207 219 5980 **Email:** [richard@richardburgon.com](mailto:richard@richardburgon.com)

## **Killingbeck and Seacroft**

Paul Drinkwater [paul.drinkwater@leeds.gov.uk](mailto:paul.drinkwater@leeds.gov.uk) 07960 477341 Katie Dye  
[Katie.dye@leeds.gov.uk](mailto:Katie.dye@leeds.gov.uk) and David Jenkins [david.jenkins@leeds.gov.uk](mailto:david.jenkins@leeds.gov.uk) 07505642253

## **Cross Gates & Whinmoor**

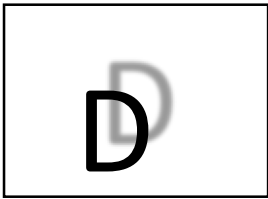
Pauleen Graham [pauleen.grahame@leeds.gov.uk](mailto:pauleen.grahame@leeds.gov.uk) Peter Gruen [peter.gruen@leeds.gov.uk](mailto:peter.gruen@leeds.gov.uk) and Jessica Lennox [jessica.lennox@leeds.gov.uk](mailto:jessica.lennox@leeds.gov.uk)

### **Temple Newsam**

Debra Coupar 07791 418405 Helen Hayden [helen.hayden@leeds.gov.uk](mailto:helen.hayden@leeds.gov.uk) 0113 2177162 and Nicole Sharpe [Nicole.Sharpe@leeds.gov.uk](mailto:Nicole.Sharpe@leeds.gov.uk) 07779 467742

### **Gipton & Harehills**

Arif Hussain [arif.hussain@leeds.gov.uk](mailto:arif.hussain@leeds.gov.uk) Salma Arif [salma.arif@leeds.gov.uk](mailto:salma.arif@leeds.gov.uk) 07809 695579 and Kamila Maqsood 07910848474 [kamila.maqsood@leeds.gov.uk](mailto:kamila.maqsood@leeds.gov.uk)



## **Domestic Violence**

### **Leeds Domestic Violence Service (LDVS)**

LDVS are working hard to continue to operate all our services.

We offer emergency accommodation, support, advice and advocacy to women, men and families across Leeds.

We provide support to anyone experiencing domestic violence abuse and encourage people from the LGBT+ communities to access our support too.

- Phone: 0113 246 0401 (24 hour helpline)
- Email: [administration@leedswomensaid.org.uk](mailto:administration@leedswomensaid.org.uk) ☐
- Website: [Leeds Domestic Violence Service](#)

### **Leeds Housing Options (LHO)**

LHO are still available to do telephone assessments and phone contact for any emergency housing needs. Please speak our team if you do not feel safe at home and need support.

- ☐ Phone: 0113 222 4412 (Monday to Friday 8:30am to 5pm, except Wednesday 9:30am to 5pm)

### **National domestic abuse helpline**

This helpline is for women and girls and is available 24 hours per day.

- Phone: 0808 2000 247 (24 hours)
- Website: [National Domestic Abuse HelplineExternal link](#) (use the 'contact us online' option for a call back)

### **Men's Advice Line**

This is a service for men experiencing domestic abuse.



- Phone: 0808 801 0327 (Monday and Wednesday, 9am to 8pm, Tuesday, Thursday and Friday, 9am to 5pm)
- [Men's Advice Line](#)[External link](#)

### **Karma Nirvana**

We provide support to victims of honour based abuse, forced marriage or domestic abuse.

- Phone: 0800 599 9247 (Monday to Friday, 9am to 5pm)
- Email: [support@karmanirvana.org.uk](mailto:support@karmanirvana.org.uk)

### **Respect Phone line**

You can call the Respect Phone line if you're worried about violence or abuse towards your partner or ex-partner. Your behaviour may have been made worse because of self-isolation, financial worries or other changes in your situation.

The team will listen and give advice, provide information to help individuals to change their behaviour.

- Phone: 0800 802 4040 (Monday to Friday, 9am to 5pm)
- Email: [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk)
- Website: [Respect Phoneline](#)



## **Eating Disorders BEAT**

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

Helpline 0808 801 0677

Student line 0808 801 0811

Youth line 0808 801 0711

Helplines are open 365 days a year from 12pm – 8pm during the week, and 4pm-8pm on weekends and bank holidays.

Adult email support is open to anyone over 18:

[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

Studentline email support is open to all students:

[studentline@beateatingdisorders.org.uk](mailto:studentline@beateatingdisorders.org.uk)

Youthline email support is open to anyone under 18: [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

Parents, teachers or any concerned adults should call the adult helpline.

[GP Leaflet – First Steps](#)

[A guide for family and friends](#)

[Caring for someone with an Eating Disorder](#)

[Posters](#)

## **Leeds Carers' Support Group, Yorkshire Centre for Eating Disorders**

Newsam Centre, Seacroft Hospital, York Rd  
Leeds, West Yorkshire LS14  
6WB

0113 8556400 <https://www.leedsandyorkpft.nhs.uk/our-services/connect/>

## **Leeds Children and Young People's Eating Disorder Service**

The Reginald Centre LS7 3EX

Tel: 0113 8434317

Fax: 0113 8434494

Email: [leedscamhs.ed@nhs.net](mailto:leedscamhs.ed@nhs.net)

### **Early Help Plan**

**Early Help** is a collaborative approach not a provision.

All children and young people will receive **Universal Services**, however, some children, either because of their needs or circumstances will require extra support to be healthy and safe and to achieve their potential. In Leeds we have recognised that a timely response is essential for families who need some support and to achieve this we have developed our **Early Help Approach**.

**Early Help** may be needed at any point in a child or young person's life and we seek to offer support quickly to reduce the impact of problems that may have already emerged. Families are best supported by those who already work with them organising additional support with local partners as needed.

For children whose needs and circumstances make them more vulnerable, a coordinated multi-disciplinary approach is usually best, based on an **Early Help Assessment**, with a Lead Practitioner to work closely with the child and family to ensure they receive all the support they require. A range of **Targeted Services** are available through clusters to support these interventions.

For support in registering or completing an Early Help Assessment contact 0113 378 1840 (option 1)

- [Early Help assessments](#)
- [Concerns Resolution Process](#)

Documents available for you to print off:

- [Right Conversations, Right People, Right Time Guidance](#)
- [Common Internal Record](#)
- [Early Help Action Plan](#)
- [Early Help Review](#)



### **FGM**

**Leeds Children's Social Work Service** on 0113 222 4403

**NSPCC FGM Helpline** on 0800 028 3550

For more information and specialist clinics visit [www.forwarduk.org.uk/resources/support](http://www.forwarduk.org.uk/resources/support)

For support around FGM in Leeds contact **Black Health Initiative** on 0113 307 0300 or [www.blackhealthinitiative.org](http://www.blackhealthinitiative.org)

### **Food Parcels**

**Salvation Army** 0113 2445898

**St Vincent's** 0113 248 4126 (Food parcels, clothing, financial advice, emergency support)

### **Family Group Conference (FGC)**

Family Group Conferences (FGC's) are voluntary decision making meetings to help families find their own solutions to problems. These are sometimes referred to as family meetings.

E mail: [fgcadmin@leeds.gov.uk](mailto:fgcadmin@leeds.gov.uk) - East/Northeast FGC Team: 0113 3784899

### **Forced Marriage**

#### **Karma Nirvana**

Karma Nirvana is an award-winning British human rights charity supporting victims of honour-based abuse and forced marriage. Honour crimes are not determined by age, faith, gender or sexuality, we support and work with all victims. We operate a National helpline to support victims in immediate danger, Karma Nirvana offers training to professionals and in schools.

UK Helpline 0800 5999 247 (Monday-Friday 9am-5pm)

Email [info@karmanirvana.org.uk](mailto:info@karmanirvana.org.uk)

The [Home Office](#) has launched a campaign to educate people about what constitutes a forced marriage and to further highlight that it is illegal.

**Forced Marriage Unit** [fm@fco.gov.uk](mailto:fm@fco.gov.uk)

Telephone: 020 7008 0151

From overseas: +44 (0)20 7008 0151

Monday to Friday, 9am to 5pm

Out of hours: 020 7008 1500 (ask for the Global Response Centre)

### **Free school meals**

Your child may be able to get free school meals if you get any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

<https://www.gov.uk/apply-free-school-meals>

G



## **Healthy body Healthy minds NHS**

### **Health for kids**

<https://www.healthforkids.co.uk/staying-healthy/> (gives plenty of information regarding mental/physical health, motivation, confidence, feelings and fun educational games).

### **Housing**

**Homeless or at risk** <https://www.leeds.gov.uk/housing/homeless-or-at-risk/contactleeds-housing-options>

0113 222 4412(Weekdays, 9am - 5pm, except Wednesdays when we're open from 10am)  
Emergency out of hours 07891273939

Leeds Housing Options

Merrion House

110 Merrion Centre

LS2 8BB

[Find us on Google Maps](#)

### **Local drop in sessions**

Location	Day	Opening times
<a href="#">Armley One Stop Centre</a>	Monday	10am to 4pm
<a href="#">Morley Hub</a>	Monday	9am to 4pm
<a href="#">St George's Centre</a>	Tuesday	9am to 4pm
<a href="#">Dewsbury Road Hub</a>	Wednesday	10am to 4pm

Location	Day	Opening times
<a href="#">Reginald Centre Hub</a>	Thursday	9am to 4pm
<a href="#">Compton Centre Hub</a>	Thursday	9am to 4pm
<a href="#">North Seacroft One Stop Centre</a>	Friday	9am to 4pm

**Engage Leeds** – Housing related support 0113 3807616 <https://engageleeds.org.uk/>

**Beacon Leeds** – Temporary supported housing from homeless individuals and families

Referrals and enquiries can be made via the Beacon Pathway Manager:

Mia Cameron: 0113 378 9396, 07837711341

<https://www.turninglivesaround.co.uk/beacon-leeds/>

**Flagship Leeds** – Housing support & accommodation for younger people (16-25)

0113 3807633

<https://flagshipleeds.org.uk/>



1



## **Job centre**

You can contact Jobcentre Plus about:

- [new benefit claims](#)
- [existing benefit claims](#)
- [changing or cancelling an appointment](#)

Find a job <https://www.gov.uk/find-a-job> <https://www.gov.uk/contact-jobcentre-plus>

Local office search <https://find-your-nearest-jobcentre.dwp.gov.uk/search.php>

Closest office to Leeds East Academy;

Parkway House  
North Parkway  
Leeds  
West Yorkshire  
United Kingdom  
LS14 6UZ

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## **LGBTQ**

**Leeds Based Support Services**

### **Mermaids**

**Mermaids Helpline: 0344 334 0550**

**Open Monday - Friday; 9am - 9pm (Bank Holiday opening times may vary)**

If your call is not answered, you can either leave a message and we can call you back or you can email us at [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk).

**Mobile only: 0344 334 0550 Website:**

<http://mermaidsuk.org.uk>

Mermaids work to:

- Reduce isolation and loneliness for parents and young people dealing with gender issues.
- Empower families and young people with the tools they need to negotiate the education and health services.
- Reduce suicidality and self-harm in the young people who contact Mermaids, equip their parents to support their children to the same end.
- Improve self-esteem and social functioning in young people suffering with gender issues.
- Improve awareness, understanding and practices of GP's, CAMHS, Social Services and other professionals.

### **GIDS (The Gender Identity Development Service)**

**Telephone: 0113 247 1955**

**Address: 8 Park Square, Leeds, LS1 2LH.**

**Email: [gids@tavi-port.nhs.uk](mailto:gids@tavi-port.nhs.uk)**

**Website:** <http://gids.nhs.uk>

The Gender Identity Development Service (GIDS) is a highly specialised clinic for young people presenting with difficulties with their gender identity. Our service was established in 1989. We are commissioned by NHS England who set the [service specifications](#) for how we work. Some people feel uncomfortable with the gender they were assigned at birth whilst others are unhappy with the gender role that society requires. We help our clients to explore their feelings and choose the path that best suits their ideals. We spend a lot of time engaging with clients to understand their thought processes and to help them manage any uncertainties they may have and be understood. Our staff have a range of professional backgrounds but we work together as a multi-disciplinary team to deliver the same service. Our team includes:

- Clinical psychologists
- Counselling psychologists
- Systemic and family psychotherapists
- Child and adolescent psychotherapists
- Social workers
- Child and adolescent psychiatrists
- Paediatric endocrinologists (medical doctors for children and young people who are experts in the hormonal and physical changes associated with growing up)
- Clinical Nurse Specialists (nurses with further training in endocrinology or a related area.

### **National Support Services**

- If you would like to report a hate crime or incident, please contact any of the following:
- **Police** - Look online at your local police authority's website to find out procedures in your area. Or call 999 if the situation is an emergency.
- **Hate Incident Reporting Centres (HIRCs)** – go to [www.westyorkshire.police.uk/helpadvice/crime-prevention/personal-safety/hate-incident-reporting-centres](http://www.westyorkshire.police.uk/helpadvice/crime-prevention/personal-safety/hate-incident-reporting-centres) to find your local HIRC.
- **LGBT Foundation (charity)** –go to [www.lgf.secure.force.com/report/](http://www.lgf.secure.force.com/report/) or call 0845 3 303030
- **Stop Hate UK (charity)** – go to [www.stophateuk.org](http://www.stophateuk.org) where there are lots of different ways that you can report a hate crime or download the app.

- **True Vision (Association of Chief Police Officers)** – go to [www.reportit.org.uk/report a hate crime](http://www.reportit.org.uk/report_a_hate_crime) where there are lots of different ways that you can report a hate crime.

### **Further Support**

- LGBT Foundation: <http://lgbt.foundation/>
- Stonewall: [www.stonewall.org.uk](http://www.stonewall.org.uk)
- LGBT Health and wellbeing [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)
- Childline: [www.childline.org.uk](http://www.childline.org.uk)
- Gender Intelligence: [www.genderedintelligence.co.uk](http://www.genderedintelligence.co.uk)

### **Barnardo's Positive Identities Service**

We support LGBTQ (lesbian, gay, bisexual, trans and those questioning their sexual or gender identity) children, young people and their families in the UK. All of our services strive to be safe and inclusive spaces for LGBTQ young people.

We provide direct support to LGBTQ children and young people around their gender and sexual identities. We also work with parents, carers and families.

Telephone 01422 371993

Email [positiveidentities@barnardos.org.uk](mailto:positiveidentities@barnardos.org.uk)

Website <https://www.barnardos.org.uk/what-we-do/supporting-young-people/LGBTQ>

Address Barnardo's Rockford House, Low Lane, Leeds, LS8 5QW



## **Mental Health**

### **LEEDS CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)**

Leeds CAMHS is part of a network of services in Leeds which help to promote emotional health and wellbeing for children and young people. We are an NHS service, part of Leeds Community Healthcare NHS Trust. Referral must be through a professional worker, using the MindMate Single Point of Access.

We work with children, young people and families when severe emotional, behavioural or mental health difficulties are significantly impacting their daily lives. This includes young people who have learning disabilities or physical and developmental difficulties.

#### **East CAMHS**

The Reginald Centre LS7 3EX

Tel: 0113 8434468 Fax: 0113 8434494 Email: [leedscamhs.east@nhs.net](mailto:leedscamhs.east@nhs.net)

<https://www.leedscommunityhealthcare.nhs.uk/camhs/home/>

### **Samaritans**

**Telephone:** 116 123 (24 hours a day, free to call)

**Website:** <https://www.samaritans.org/>

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

### **Thru**

What is THRU? THRU stands for Talk, Help, Relate, Understand, THRU is a space to meet with other young people to share how you're feeling and to develop new ways of managing and coping with your mental health. Together we work on things like managing stress, confidence building and self esteem. The group gives you an opportunity to: • Meet others who are going through or have gone through similar experiences to you. • Share your experiences in a safe, supportive, and non- judgemental space. • Develop skills to help

manage your mental health and well-being. • Be supported by facilitators and volunteers who have experienced mental health difficulties, as well as being supported by and being able to support other group members. As well as offering skills based activities, the weekly group sessions also follow a safe support group framework called Taking Time, where group members can receive and give support on things they are experiencing in their lives. Some of what is shared can be difficult to hear so the members set up a trigger list. This involves the group member mentioning the theme of what they want to discuss before they talk about it, giving other group members the option to step out of the room if they feel it will be too uncomfortable for them to listen to. Anything shared within the group will remain safe and confidential and will not be shared outside the group by other members or facilitators.

Where and when does THRU take place?

Our THRU Groups currently meet every Monday and Thursday evening, 4:30pm- 6:30pm, at The Market Place in Leeds City Centre.

Please note that during COVID lockdown the weekly sessions are taking place online through Zoom.

THRU 14 – 17 years - Tuesdays 5pm – 6:30pm

THRU 18 – 25 years Mondays or Thursdays 5 – 7pm

How can I access THRU?

If you're interested in joining the group or would like any more information, please contact and self-refer to Leeds Mind Peer Support by emailing [peersupport@leedsmind.org.uk](mailto:peersupport@leedsmind.org.uk) or call 0113 305 5800

### **Mind Infoline**

**Telephone:** 0300 123 3393 (9am-6pm Monday to Friday) or text 86463

**Website:** <https://www.mind.org.uk/information-support/helplines>

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services.

### **Rethink Mental Illness Advice Line**

**Telephone:** 0300 5000 927 (9.30am - 4pm Monday to Friday)



**Website:** <https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/>

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

### **Saneline**

**Telephone:** 0300 304 7000 (4:30pm-10:30pm)

**Website:** [http://www.sane.org.uk/what we do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

### **The Mix**

**Telephone:** 0808 808 4994 (11am-11pm, free to call) **Crisis**

**Support:** [Text 'THEMIX' to 85258](#).

**Website:** <https://www.themix.org.uk/get-support>

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, webchat, peer to peer and counselling services.

### **ChildLine**

**Telephone:** 0800 1111

**Website:** <https://www.childline.org.uk/>

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything

### **Elefriends**

**Website:** <https://www.elefriends.org.uk/>

Elefriends is a supportive online community where you can be yourself. Elefriends is run by [Mind](#).

### **ASPIRE, COMMUNITY LINKS**

We are the Leeds Early Intervention in Psychosis (EIP) Service. We work with young people who are experiencing early signs of psychosis

Address 3 Limewood way, Leeds, LS14 1AB

Telephone 0113 2739600 Email [info@commlinks.co.uk](mailto:info@commlinks.co.uk)

Website - [https://www.commlinks.co.uk/services/leeds/?cl\\_category=early-intervention-inpsychosis-service](https://www.commlinks.co.uk/services/leeds/?cl_category=early-intervention-inpsychosis-service)

## **Anna Freud**

Our mission is to transform the experience of children, young people and their families with mental health.

<https://www.annafreud.org/>

## **Leeds Mental Wellbeing Service (Formally known as IAPT)**

Leeds Mental Wellbeing Service and are working in a joined up way across the city with NHS partners and third sector organisations to make sure the people of Leeds can get the right support, at the right time and in the right place.

Leeds Mental Wellbeing Service treatments are available for those aged 17 and over who are registered with a Leeds GP.

What do they provide?

We provide support and psychological therapies for common mental health problems, such as anxiety and depression, which one in four of us will experience in our lives.

We offer a range of evidenced based psychological interventions, including group based and 1:1 therapies, classes, one-off sessions and online support options.

There is a range of self-help therapy resources on our website, or you can book directly onto one of our face-to-face classes or one-off sessions – making our therapies accessible for all. If you are wanting some guidance on which therapy is for you, our online self-referral process makes it easier for you to provide the information for us to assess your needs.

Tel: 0113 843 4388 Email: [leeds.mws@nhs.net](mailto:leeds.mws@nhs.net)

Address Burmantofts Health Centre, Cromwell Mount Leeds, LS9 7TA

Website <https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mentalwellbeing-service/what-we-offer/>

## **Money Concerns**

[Better Leeds Communities Advice Service](#)<sup>External link</sup> offers free advice for anyone living in Leeds including help with debt as well as benefits, housing and fuel poverty. Call 0113 275 3498 to speak to an advisor or to arrange a face to face appointment.

[Citizens Advice LeedsExternal link](#) provides free, independent and confidential advice and information on a wide range of subjects including benefits, debt, employment and housing:

- appointments are available at venues across Leeds
- debt advisors are available for telephone and face to face advice.
- pensions guidance appointments are available across Leeds and Bradford (0113 281 6738)

For more information, telephone 0113 223 4400 or call in Monday to Friday, 9am to 4pm. Citizens Advice Leeds, 31 New York Street, Leeds LS2 7DT

[Leeds City Council Tenants](#) free money, budgeting and benefit advice, including form completion, is available at local offices.

[Linking LeedsExternal link to Linking Leeds](#) is the integrated citywide social prescribing service enabling health and care professionals to refer patients with social, emotional or practical needs to a range of local, non-medical services and connect people to their community. Commissioned by NHS Leeds CCG, Community Links is leading a consortium of local partners (which includes Leeds Mind, Barca Leeds, Feel Good Factor, Age UK Leeds, Leeds Irish Health and Homes, Better Leeds Communities and Leeds City Council) to deliver this service, which will offer a consistent social prescribing service for all people, no matter where they live in the city, whilst responding to the specific health profiles of communities. You can call them on 0113 336 7612

[Local Welfare Support Scheme](#) is run by Leeds City Council and supports people who require emergency assistance such as basic household goods. Call them on 0113 376 0330.

[St Vincents Support Centre External link](#) provides face to face free and confidential help for your debt, call 0113 248 4126 to make an appointment.

[Welfare Rights](#) is a Leeds City Council service that gives free, confidential and impartial advice on a whole range of welfare benefits as well as help to complete claim forms and guidance and support when making appeals. If you would like to talk to a welfare rights worker you can contact them on 0113 376 0452 or by email [Welfare.Rights@leeds.gov.uk](mailto:Welfare.Rights@leeds.gov.uk).

[Money Advice ServiceExternal link](#) offers advice and guides to help improve your finances as well as managing life changes such as starting a family or losing your job. You can call on free phone 0800 138 7777.

[National Debt LineExternal link](#) provides a step by step guide to help with your debts as well as a web chat service. You can call them on 0808 808 4000.

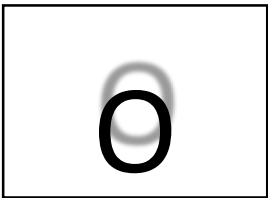
[StepChange Debt CharityExternal link](#) offer free, tailored advice for problem debt and access to a debt management plan (DMP). A DMP helps you manage your debts and pay them off at an affordable rate by making reduced monthly payments. For more information call them on free phone 0800 138 1111 or use their [StepChange Debt RemedyExternal link](#) tool which identifies the extent of your debt problems and provides you with a tailored recommendation to resolve your situation. **Money Buddies**

<https://moneybuddies.org.uk/services/>

### **Benefits**

A-Z Guide on benefits for families <https://www.gov.uk/browse/benefits/families>

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### **Online Safety**

[NSPCC NetAware](#) provides a useful guide to social networks, apps and guide.

[National Online Safety](#) have produced a series of top tips guides to support remote learning for Parents, Children and Teachers.

[Thinkuknow](#) is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline for different age groups and parents.

[Childnet](#) has produced a Parent and Carer Toolkit which is a collection of three resources designed to help you talk to your child about their online life, manage boundaries around family internet use and point you in the direction of where to get further help and support.

[Share Aware Guide](#) - a PDF guide produced to empower parents to keep their children safe online.

Understanding the digital world - Do you know what IWSN means? LMIRL? NO? [The Parent Zone's website](#) has a wealth of information to help families deal with the many difficulties thrown up by the pace of technological change

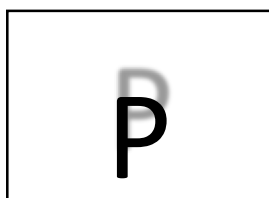
[NetAware](#) - a comprehensive guide for parents on over 50 of the top social networks, apps and games that young people use.

[Talking to Your Child About Staying Safe Online](#) - advice and tips from the NSPCC on how to have effective conversations with your children about an array of online topics, including cyberbullying, online porn, and sharing images and information.

[Parental Controls](#) - information on how parental controls can be used to help keep children safe online.

### **One minute Guides**

Children's Services is a broad, varied and complex area of work and it can be difficult to make sense of the support available and know who does what. Leeds City Council have developed a library of 'one minute guides' that aim to provide straight-forward information about the different work they do and who is involved. The guides are for everyone to use and are regularly updated with new topics and information. [Glossary https://www.leeds.gov.uk/residents/one-minute-guides](https://www.leeds.gov.uk/residents/one-minute-guides)



**Parenting support**

## **PACT**

The PACT programme (parents and children together) was developed by the Youth Offending Service (YOS) ([guide](#)) as a response to an increasing awareness of incidents of children and young people behaving abusively towards their parents.

The main aims of the PACT programme are to:

Reduce incidents of child to parent violence and abuse;

Increase family safety;

Promote positive relationships within families; and

Improve other outcomes for families e.g. school attendance and entry into employment.

PACT is a 12 session parallel group work programme for mothers/female carers and for their sons/daughters between the ages of 14 and 17. There are also a number of pre engagement sessions to prepare participants for the programme.

To find out more about PACT in Leeds and to discuss possible referrals you can call Sue Pearson, PACT Co-ordinator, on tel: 0113 3782055.

Email: [susan.pearson@leeds.gov.uk](mailto:susan.pearson@leeds.gov.uk) or when sending confidential information, email: [susan.pearson@leeds.gov.uk.cjsm.net](mailto:susan.pearson@leeds.gov.uk.cjsm.net)

If Sue is unavailable please contact Denis Lewis on 0113 3782055.

## **Take 3 Parenting**

Developing skills and strategies for supporting parents to deal with challenging teenagers,

Find out more about the Take 3 Programme

### **CONTACT:**

Rosie Hill

[info@take3parenting.co.uk](mailto:info@take3parenting.co.uk) Tel :

01865 374910 / 07789 060421

<http://www.take3parenting.co.uk/>

## **Gingerbread**

[Gingerbread](#) provides expert advice and practical support to single parents. Call the free helpline on 0808 802 0925 or join a [friendship group](#).

## **Caring Dads**

[Caring Dads](#) is a group intervention programme aiming to help fathers, of any age, improve their relationship with their children. It helps dads learn how to spend time with children in healthy ways, and understanding the impact on children of controlling, abusive and neglectful actions, which include witnessing domestic violence

Website <https://www.caringdads.org/>

Email [info@caringdads.org](mailto:info@caringdads.org)

## **PREVENT**

### **Leeds Prevent Team**

Email: [prevent@leeds.gov.uk](mailto:prevent@leeds.gov.uk) Helene.Heath@leeds.gov.uk or [Julia.Holden@leeds.gov.uk](mailto:Julia.Holden@leeds.gov.uk)

Phone: 0113 535 0810

One Minute Guide - [Radicalisation and preventing extremism](#)

<https://educateagainsthate.com/> Provides resources and advice <https://www.ltai.info/>

Provides support to keep children safe from online radicalisation

<https://www.thinkuknow.co.uk/> Provides resources to help keep children safe online





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## **Relationships and sexual health**

### **Leeds Sexual Health**

Patients can see [www.leedssexualhealth.com](http://www.leedssexualhealth.com) for clinic locations and drop-in times or contact the service to book an appointment on **0113 392 0333**. A referral is only necessary should you wish to indicate urgency/special needs.

A Patient information line has also been set up for any queries, which patients can call on **0113 392 0334** and it runs from **9am to 11am Monday to Friday**.

For more information about services provided, clinic details and progress on the service changes, please visit [www.leedssexualhealth.com](http://www.leedssexualhealth.com)

### **YORKSHIRE MESMAC (LEEDS)**

Yorkshire MESMAC provides community based social wellbeing, sexual and mental health services across West Yorkshire. Yorkshire MESMAC is part of a group of services, which includes:

Free, fast and confidential HIV testing, condoms, signposting and sexual health information services open to all genders and sexualities above 16 years of age. We specialise in gay, bisexual and men who have sex with men.

Free and flexible counselling service which is open to anyone who identifies as part of the LGBTQ community or is questioning their sexuality between the ages of 16-25.

The BLAST project that works with young men and boys involved in or at risk of becoming involved in sexual exploitation in Leeds & Bradford.

We also run a number of LGBTQ\* youth groups across the Yorkshire region.

Telephone 0113 2444209

Website [www.mesmac.co.uk](http://www.mesmac.co.uk) Email [leeds@mesmac.co.uk](mailto:leeds@mesmac.co.uk)

Address 22/23 Blayds Yard, Leeds, LS1 4AD

### **Getaway Girls**

Getaway Girls empowers young women to build confidence and resilience, develop new skills and take positive risks in an environment which offers co-operation and support. We

achieve this through individual support, group work, outreach, detached, residential opportunities creative arts, sports development, adventure education, training, peer support and opportunities for voice and influence.

We support very diverse groups of young women in terms of cultural backgrounds and needs. We target young women who experience barriers or discrimination including:

- Young mums and young women at risk at early pregnancy
- Young women who are looked after and care leavers
- Young women who are excluded or struggled with school and college
- Young women getting their lives back on track
- Young women living in poverty
- Young women who suffer/ witnessed domestic violence
- Young women with low self- esteem/ lacking in confidence
- Young women who are NEET
- Young women at risk of sexual exploitation
- Young women new to the country/ community/ asylum seekers or refugees
- Young women who have lived experience of mental health
- Young women with learning disabilities

#### Contact Details

Email [flavia.docherty@getawaygirls.co.uk](mailto:flavia.docherty@getawaygirls.co.uk) 0113 240 5894 [www.getawaygirls.co.uk](http://www.getawaygirls.co.uk)

67 Bayswater Grove, Leeds LS8 5LN

#### **Childline**

Website <https://www.childline.org.uk/info-advice/friends-relationships-sex/sexrelationships/healthy-unhealthy-relationships/>

Call 0800 1111



## **Suicide prevention support**

These free helplines are here to help, unless it states otherwise, they're open 24 hours a day, every day.

[Samaritans](#) – for everyone

**Call 116 123**

**Email** [jo@samaritans.org](mailto:jo@samaritans.org)

[Campaign Against Living Miserably \(CALM\)](#) – for men

**Call 0800 58 58 58** – 5pm to midnight every day **Visit** the [webchat page](#)

[Papyrus](#) – for people under 35 (Prevention of Young Suicide)

**Call 0800 068 41 41** – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm **Text 07786 209697**

**Email** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[Childline](#) – for children and young people under 19

**Call 0800 1111** – the number won't show up on your phone bill

Young people can [Sign up for a childline account](#) on the website to be able to message a counsellor anytime without using your email address

Chat 1:1 with an [online advisor](#)

**The Mix** [www.themix.org.uk](http://www.themix.org.uk) For anyone under 25 You can communicate with The Mix for free via the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need. Freephone: 0808 808 4994 (13:00-23:00 daily)

## **Young Minds Crisis Messenger**

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors

## **Self-Harm**

### **Leeds Self-Harm support guide**

[https://www.leedsscp.org.uk/LSCB/media/Images/pdfs/Self-Harm-Guide\\_2019.pdf](https://www.leedsscp.org.uk/LSCB/media/Images/pdfs/Self-Harm-Guide_2019.pdf)

Self-Harm and Self-injury [ONE MINUTE GUIDE](#)

More information on self-harm and a range of emotional issues is available on [www.MindMate.org.uk](http://www.MindMate.org.uk) . Other useful contacts are included below:

One to one support and counselling at [The Market Place](http://TheMarketPlace.org.uk), tel: 0113 246 1659 or [admin@themarketplaceleeds.org.uk](mailto:admin@themarketplaceleeds.org.uk) The Market Place also provides an additional service for care leavers

Cluster Based Mental Health Support (also known as TaMHS) can help by providing consultation for practitioners and face to face support for the young person. This can be accessed through the young person's school

School Nurses can help support practitioners to work with the young person. They can be accessed through the young person's school

If the young person is using alcohol or drugs you can contact Platform Young People's Drug & Alcohol Service on tel: 0113 263 7035

Child and Adolescent Mental Health Service ([CAMHS](http://CAMHS.org.uk)) provide assessment and therapy to children and young people up to the age of 18 who have emotional or behavioural problems or other mental health difficulties. Discuss with the young person's GP The Education psychology team can support practitioners to work out how to respond to self-harm. They can be contacted on tel: 0113 395 1039

For looked after children and care leavers the Therapeutic Social Work Team can be contacted about therapeutic support on tel: 0113 3781800

Leeds Survivor Led Crisis Service provides emotional support to people in crisis aged 16+. The team can be contacted on tel: 0113 260 9328

## **Self-Esteem**

<https://www.nhs.uk/guidance/pdf/full/243781/self-esteem-03-15.pdf>

## **Sleep**

### **The Children's Sleep Charity**

[www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk)

Tel: 07912 667676

### **The Lullaby Trust**

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk) Advice

Line: 0808 802 6869 Enuresis

**Resource and Information**

**Centre** (bed wetting)

www.eric.org.uk Helpline:  
0845 3708008

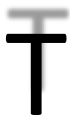
[Sleep council booklet](#)

### **School Admissions**

<https://www.leeds.gov.uk/residents/children-families-and-carers/schools-and-learning/school-places> <https://www.gov.uk/schools-admissions/how-to-apply>

0113 222 4414

You can find more details on getting to and from secondary school and general transport information on buses and trains at [WY Metro](#) or phone Metroline on 0113 245 7676



**Teenage Pregnancy support Teenage**

**Pregnancy Team**

<https://www.leedsth.nhs.uk/a-z-of-services/leeds-maternity-care/meet-the-team/teenage-pregnancy-team/>

Natalie Walker 07796614116

Susan Forbes 07786250585

Gemma Miller 07786250868

**Team Leader:** Cate Wetton Telephone: 07880277539 **Matron:**

Julie Holmes email: [Julie.holmes4@nhs.net](mailto:Julie.holmes4@nhs.net)

<https://www.leeds.gov.uk/youthinformationHub/teen-parent>

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**West Yorkshire Police** [www.westyorkshire.police.uk/](http://www.westyorkshire.police.uk/)

[Read our new #ClickB4UCall Advice Leaflet](#) Could you [click before you call](#)?

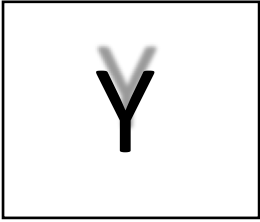
In an emergency dial 999 and non-emergency dial 101. Get advice on [which number to call](#)

Contact our Contact Management Centre via our [101 Live Chat system](#).

Check the progress of an existing crime with our [Local Crime Tracker](#).  
[Deaf / hard of hearing](#) contact information.



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## **Young Carers**

<https://www.childrenssociety.org.uk/sites/default/files/rethink-mental-illness-looking-aftermyself.pdf>

## **FAMILY ACTION - Leeds Young Carers Support Service**

Henry Barran Centre  
Amberton Grove Leeds  
LS8 3JR

[leedsyoungcarers@family-action.org.uk](mailto:leedsyoungcarers@family-action.org.uk) Office  
Number: 0113 7339126

## **Barnardo's – Willow Young Carers (up to 17 years)**

[Young adult carer service at Carers Leeds](#) (for 16-25 year olds)

You can also find out [more about being a young carer](#) on MindMate [here](#).

## **Information and advice for carers**

### **Carers Leeds Advice Line**

Carers Leeds have an experienced and dedicated staff team who provide a comprehensive information and advice service for carers. This confidential service ensures that carers have the right information, tailored to their individual needs and whatever their circumstances. The advice line can be contacted by phone on **0113 380 4300**, by email or you can visit Carers Leeds Offices at 6/8 The Headrow, Leeds, LS1 6PT. You can also visit the [Carers Leeds website](#). Carers Leeds also produce a regular newsletter which has lots of helpful information for carers. You can ring the advice line on **0113 380 4300** and ask to receive the newsletter or you can [register on-line](#).

### **Finance and Benefits**

As a carer you may be able to claim several benefits, and receiving one can mean you qualify for others. The main benefit for carers is Carer's Allowance. Carers Allowance is a benefit which is only available under certain circumstances. You must spend at least 35 hours a week caring for a person who receives either Attendance Allowance or Disability

Allowance at middle rate or highest rate. Carers Leeds Advice Line can give advice on benefits related to caring and disability issues including help with the completion of forms and assistance in dealing with any problems that may arise in your caring role. The advice line can be contacted by phone on **0113 380 4300**, by email at [info@carersleeds.org.uk](mailto:info@carersleeds.org.uk) or you can visit the [Carers Leeds website](#).

**Citizens Advice Bureau** on **0844 477 4788** (Mon-Fri 9-5)

Leeds City Council Welfare Benefits Service on **0113 376 0452** (Mon-Fri 9-5)

Up to date information about benefits is available on the Government website.

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