healthy minds

We're still here to help keep your mind healthy

You might be feeling worried about coronavirus and how it is affecting your life. It is understandable to feel worried or anxious at this unsettling time. Your mental health and wellbeing is important, and we're still here to help people in Bradford and Craven keep their minds healthy.

Urgent help

If you need urgent help with your mental health:

Call **First Response** on 01274 221 181.

The line is open all day, everyday, for all ages.

Speak to someone

To speak to someone about your mental health:

Call **Guide-Line** on 01274 594 594.

The line is open 12pm to 12am everyday, for all ages.

Children and young people

To get emotional wellbeing support:

Visit **Kooth.com** to chat online with a counsellor or in a group forum, read articles or write your own journal.

Domestic abuse and violence

Call Survive & Thrive on 0808 2800 999.

Women and girls who experience sexual violence can call:

01274 308 270 or text 07435 752 975.

National support services:

Shout can help in a mental health crisis - text 85258.
HOPELINEUK can help under 35s feeling suicidal - call 0800 068 4141 or text 07860 039 967.
If you're struggling to cope, call **Samaritans** on 116 123, **CALM** on 0800 585 858 or use webchat.
Childline is there for children - call 0800 1111.
The National Domestic Abuse Helpline - call 0808 2000 247.

HealthyMindsBDC @HealthyMindsBDC HealthyMinds.BDC

To open the doorway to local wellbeing services, visit **www.healthyminds.services**