

24 hour Mental Health Helpline



Are you feeling worried or stressed?

We're here to help 24 hours a day,
seven days a week.

0800 183 0558

**We run a confidential helpline
for people with mental health
needs and their carers.**

It's available to adults in
the Calderdale, Kirklees,
Wakefield, Leeds and Barnsley
areas.

We provide emotional support to
improve your mood and wellbeing.

We'll listen and give you the help you
need to get back on track.



Working in partnership with the NHS in Kirklees,
Calderdale, Wakefield, Leeds and Barnsley.