

Mental Health Support Directory

Wharfedale, Airedale & Craven Area

Last Updated 11/03/2024



Mental Health Crisis Support Services

NHS First Response 24/7 Crisis Service

Support available 24 hours a day, seven days a week to people of all ages experiencing a mental health crisis who live in Bradford District and Craven. Call : 08009521181

NHS Safe Spaces Hubs

Drop into a hub to access immediate help with your Mental Health if feeling vulnerable, having panic attacks, or having thoughts of self-harming. Open every evening and throughout the night. To find out the location of your nearest safe spaces hub, call Guideline (MIND Bradford Helpline): 08001 884 884

The Samaritans Helpline

Free telephone helpline for advice, guidance and a listening ear. For more information visit : www.samaritans.org
Helpline: 116 123

Local Mental Health Services

Craven Mental Health & Wellbeing Hubs – Drop in hubs and group sessions located in villages across Craven , providing key worker support from Pioneer Projects, Wellbeing Cafes and Specialist Mental health Support from Bradford District Care Trust. For more information, email : info@pioneerprojects.org.uk or call : 015242 62672

Airedale and Wharfedale Mental Health Connect – Located in Keighley, Ilkley and nearby villages. Providing WRAP Wellness Recovery Programmes, Peer Support, Key Worker Support, Dual Diagnosis Support & Specialist Provision by Bradford District Care Trust. For more information , visit : <https://mentalhealthconnect.org.uk/> or call : 01535 677177

NHS Talking Therapies Service – NHS service offering 1-2-1 therapy and health education courses to manage your mental health conditions. You can self- refer via the website for an initial assessment. <http://bmywellbeingcollege.nhs.uk/> Telephone number is : 0300 555 5551

Relate Relationship Counselling Service

In person or virtual appointments available with specialist relationship counsellor for individuals/ couples to deal with all aspects of relationships . For more information visit: www.relate.org.uk or call : 01535 605047

Cellar Trust Charity

Specialist support for adults who are unemployed and looking to improve their wellbeing via volunteer placements . The team also support getting adults back into employment with CV support, workshops, education and training. Call 01274 530448 to self-refer or visit the website: www.thecellartrust.org

AWC Counselling Service

Local service offering Counselling and Psychotherapy to help people who are concerned about how they are feeling. For more information visit : www.awc-counselling.co.uk

Cancer Support Yorkshire

Offers specialist Counselling to anyone who has been affected by a diagnosis of cancer. For more information visit : [Cancer Support Yorkshire](http://CancerSupportYorkshire) call 01274 776688

Mind Bradford

Charity which can provide 1-2-1 support, specialist therapy , group peer support sessions & help you navigate the health system. For more information visit: <https://www.mind.org.uk/> Helpline: **0300 123 3393** or Textline: 86463

Cruse Bereavement Charity

Support available for people who have lost a loved one, and needing support with grief and bereavement. Local In person and virtual appointments available – visit www.cruse.org.uk or call 0808 808 1677

Primary Care Network Mental Health Services

Bookable appointments available by contacting your GP Practice. Visit www.wacalliance.co.uk for more information about which GP practices offer which services.

Mental Health Practitioner Service – Complex Mental Health Conditions.

Mental Health Triage Clinics – Same day Mental Health Support and Coaching appointments .

GR8 Minds Childrens Social Prescribers – Service to support children aged 5-18 with their mental health, linking in with specialist community support and therapy services when required.

GR8 Minds Childrens Counselling Service – Service specialising in emotional resilience for Children aged 5-18