

Mental Health Support Directory Wharfedale, Airedale & Craven

(updated 01/10/2021)



Crisis support and helplines

First Response 24/7

Support available 24 hours a day, seven days a week to people of all ages experiencing a mental health crisis.
08009521181 or **text SHOUT to 85258** which is the national crisis line.

Mind

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

Helpline: **0300 123 3393**

Textline: 86463

Samaritans

Website: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Helpline: **116 123**

Email: jo@samaritans.org – response time 24 hours

Making Space –

A national charity providing health and social care services for adults with mental health conditions, learning disabilities, dementia and their carers. Contact **01274 323702**

Counselling/ longer term support

My Wellbeing College – Self referral on the website you can request telephone one to one support and join courses
<http://bmywellbeingcollege.nhs.uk/> **0300 555 5551**

Relate

Relationship counselling

www.relatepkc.org.uk

01422 354354.

Cellar Trust –

Support for unemployed adults experiencing mental health difficulties to improve wellbeing via voluntary work; activities; workshops; education / training etc. Call **01274 530448**

Peer Support/ Support Groups

Talk and Thrive- EMPowering Survivors- Across all of waca

Two support groups- split into genders.

Talk and Thrive mens group runs fortnightly out of the Clarke Foley Centre on a Wednesday evening 7-8pm.

Talk and Thrive womens group is run in Keighley.

They are very active on facebook please search- EMP EMPowering Survivors- daily videos of support. You can directly chat to them via facebook page.

Former Military PTSD support is also available.

Youtube: <https://www.youtube.com/channel/UCNEIsVEXjplh9fhZ1fnHxQ>

emps.talkandthrive2014@gmail.com

Ilkley-Clarke Foley Men's Harbour Club

Runs weekly on a Friday -2.30pm-4.30pm – Beer served- [CF Harbour \(Men's\) Club | Clarke Foley](#)

A place to talk, laugh, learn and discuss.

Sessions will include a talk about 'Tools for Africa', discussions on well-being, football and any other topics of interest to the group.

please call 01943 607016 or 07379797005. You can also email at admin@clarkefoley.org.uk

Peer Talk - Skipton

Weekly open peer support group for people with Depression in Bradford- Local Group is in The Hub in Skipton Town Hall every Monday from 7:30pm-9pm. If you want to talk to someone before turning up please call 07719 562 617 or email enquiries@peertalk.org.uk.

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

Burley in Wharfedale Listening Ear (18 +)

A welcoming, safe, confidential space for you to talk with a fully trained professional volunteer listener

01943 864405 (Voicemail) Telephone support only . Contact your Social Prescriber for more information and support to access this service.

Online Support

Just a chat

Online messaging service for those struggling with their mental health offering a simple chat to offer advice and guidance.

www.instagram.com/justachatuk

www.facebook.com/justachatuk

Qwell * not a substitute for counselling

Providing 1-2-1 online counselling with trained mental health counsellors and access peer support through online wellbeing community- anonymous service.

www.qwell.io

Chill & Chat Group

Online group run by well together service and face to face wellbeing walks and support online.

[Virtual-groups-Face-to-face-groups-List-September-2021-Champions-Show-the-Way.pdf \(bdct.nhs.uk\)](#)

Elefriends

https://www.elefriends.org.uk/?gclid=EAlaIQobChMIxdLC3_nY6QIVmpntCh1zzgTJEAAAYASAAEgI5xvD_BwE

Elefriends is a supportive online community where you can be yourself. It's a safe place to share experiences and listen to others.

Elefriends is managed by Mind,

The Ele and his handlers at Mind moderate the community and help to keep it safe. They're available to respond to any questions or help with difficult situations during these hours:

- 6am-9am and 10am-2am 7 days a week

Short term up to 16 week support

Personal Support Navigators AGE UK

Contact Social Prescribing team for referral – currently on hold- please talk to social prescriber.

Living Well Service – Craven Area Only- North Yorkshire County Council

Short Term Support Worker to help patients with complex needs, to address some of the barriers to improving health and wellbeing. Home visits available.

<https://www.northyorks.gov.uk/living-well-north-yorkshire>

01609 780780

Useful Apps- works on Android and Apple products. * all recommended by NHS.

[Mental health apps - NHS \(www.nhs.uk\)](http://www.nhs.uk)

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Chill Panda

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries

WorryTree

Free

The WorryTree app aims to help you take control of worry wherever you are.

You can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries. It can also help you create an action plan for managing worry.

Stress & Anxiety Companion

Free, with in-app purchases

Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.

SilverCloud

Free

SilverCloud is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.

My Possible Self: The Mental Health App

Free, with in-app purchases

Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.

Feeling Good: positive mindset

Free, with in-app purchases

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.

eQuoo: Emotional Fitness Game

Free, with in-app purchases

The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills.

You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.

distrACT

Free

The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.

The content has been created by doctors and experts in self-harming and suicide prevention

Calm Harm

Free

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.

Catch It

Free

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing

Cove

Free

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.

Thrive

Free

Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.

Bluelce

Free

Bluelce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.