

Mental Health Support Directory

Wharfedale, Airedale & Craven Area

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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 Hub Network – Drop in hubs and group sessions located across Craven, providing local and accessible mental health and wellbeing support in the community including key worker support from Pioneer Projects. 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 and Dual Diagnosis Support. For more information, visit: <https://www.khl.org.uk/projects/mental-health-connect/> or call: 01535 677177

Bradford and Craven Talking Therapy – 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. Tel: 01274 221234 (Monday – Friday – 09:00AM – 05:00PM) <https://www.bdctalkingtherapies.nhs.uk/>

Let's Talk Relationships (previously RELATE)

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

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

Suicide Bereavement Support (run by MINDS Leeds and offering support over West Yorkshire and Craven)

Offer 1-1 and group support, <https://www.leedsmind.org.uk/suicide-bereavement-services-west-yorkshire/>

Cruse Bereavement Charity

Support available for people who have lost a loved one and are 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 Children's 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 Children's Counselling Service – Service specialising in emotional resilience for Children aged 5-18