

Finding support in a mental health crisis (Covid-19 update)

www.mindwell-leeds.org.uk/coronavirus

If you're under the age of 18 go to www.mindmate.org.uk and search 'Urgent help'.

Information correct: July 2020

MindWell

healthwatch
Leeds

Fold on
the lines

What is a mental health crisis?



Each person's experience of crisis is personal to them. It can feel like reaching a breaking point. Or, the world crashing down on you and no longer being able to cope.



If you're struggling, it's important to know that you're not alone. There's always someone to talk to. www.mindwell-leeds.org.uk/help

Helplines



West Yorkshire 24 hour mental health helpline

- confidential support, advice, information and guidance for anyone in Leeds concerned about their mental health. Tel: **0800 183 0558**.

Connect Helpline is a survivor-led local service which offers emotional support and information to people in Leeds every night 6pm-2am. Tel: **0808 800 1212** or go to www.lslcs.org.uk for online chat.

Connect BSL Helpline is on Mondays at 7-11pm, facetime/skype/glide with BSL trained staff. Tel: **07500 870 987**.



Samaritans is open 24/7 to talk about whatever you're going through. Tel: **116 123** (free phone).

Help from the NHS



Ring **NHS 111** (open 24/7) if you, or someone you know, needs urgent care but it's not life threatening. Or talk online at www.111.nhs.uk.

Talk to a GP - ask for an emergency appointment with the first available GP. GP surgeries are open but most appointments will be by phone or video.

Leeds and York Partnership NHS Foundation Trust's (LYPFT) Single Point of Access (SPA) - if you, or someone you're worried about, needs urgent care or treatment for a mental health crisis call the SPA on **0800 183 1485** (open 24/7, every day).

What if I'm already receiving care from LYPFT?

You should have contact details for your Care Coordinator, or another health professional, in your crisis/safety plan who you can contact initially. However, if they're not available and you need help urgently call the SPA on **0800 183 1485**.

Leeds crisis support services



Well-Bean 'Hope in a Crisis' Cafe is open to people in crisis (16+), seven nights a week, 6pm-12am. The cafe is currently offering one-to-one support by phone or Zoom and social space by Zoom. You can download the Zoom app, free of charge, to your phone. Ring or text first on **07760 173 476** if you want to access the Cafe.

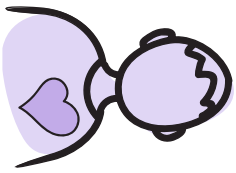
Dial House offers emotional and practical support to people (16+) in crisis. It's open Monday, Wednesday, Friday, Saturday & Sunday, 6pm-2am, providing support by Zoom or by phone. Ring **0113 260 9328** or text **07922 249 452**. Staff are answering the phone 6pm-2am.

Dial House@Touchstone is offering telephone support to people from Black & Minority Ethnic (BAME) groups (16+). Open Tuesdays & Thursdays, 6pm-12am. Tel: **0113 249 4675** or text **07763 581 853**.

If you're at risk of taking your life call 999 and ask for an ambulance or go to A&E.

Self-care for bad days

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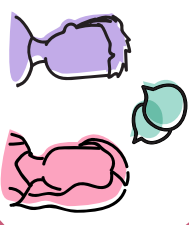
Be kind to yourself. Try talking to yourself as you would a friend.

Notice when you feel thirsty and drink a glass of water.

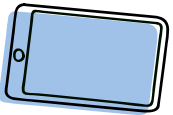


Breathe in (through your nose) for two seconds, hold for two seconds, then release it through your nose taking four seconds. Pause slightly and breathe in again.

Speak to someone who supports you.



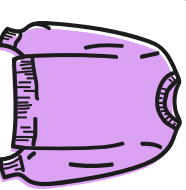
Call a helpline - find numbers on MindWell: www.mindwell-leeds.org.uk/i-need-help-now.



Make sure you take any medication at your regular times. Try using your phone to set reminders.

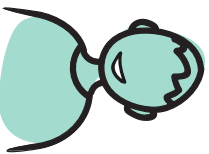


Write or draw in a journal or notebook.

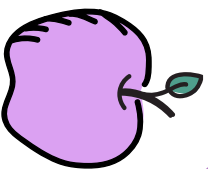


Put on a favourite or comfortable item of clothing.

Clean your teeth and enjoy having a fresh mouth.

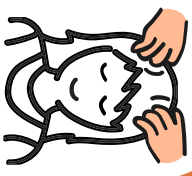


Eat something tasty, healthy and simple - maybe nuts, a piece of fruit or a yogurt.

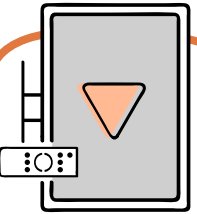


Take a break from social media for an hour or longer.

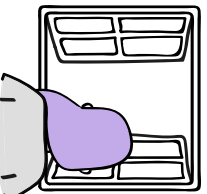
Brush your hair thoroughly or massage your scalp - stroke your head gently.



Read a book or magazine or watch your favourite TV programme.



Get some fresh air - open your window or sit outside for a while.



Try to eat regularly - you could use your alarm or mobile to set reminders for morning, lunchtime and evening.



Stretch your arms and legs or give your body a gentle shake.

