

Where to Go for Support

Extreme Crisis

- Someone who is at immediate risk of suicide
- At risk of harming self or others
- Is in serious crisis needs and needs help/support

Crisis

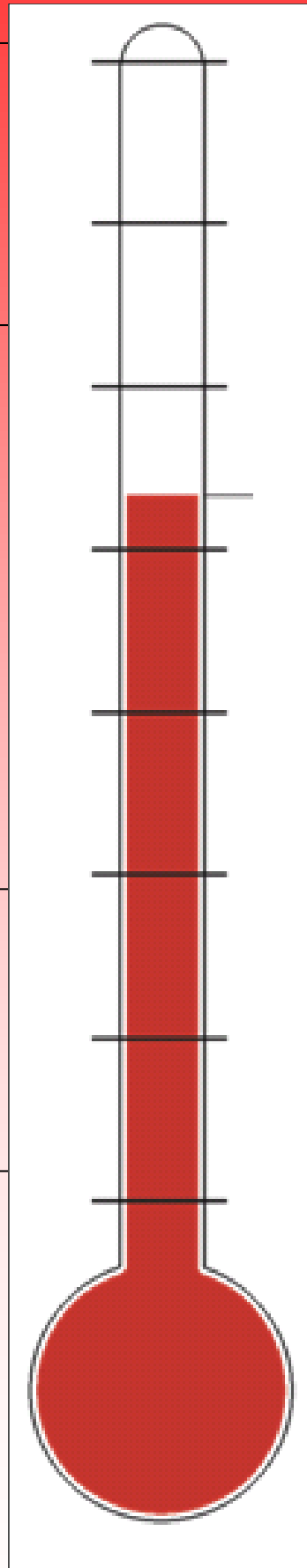
- Someone who recognises they are experiencing a crisis and is willing to seek support

Emotional Wellbeing Support

Someone who would like some emotional support

Self Help

Someone identifies issues are affecting emotional well being



999 - Emergency Service

A&E- Accident and Emergency

Telephone Support

- Samaritans 24hrs: 08457 909090 (UK)
- Connect Helpline, 0808 800 1212
6pm-10.30pm
Everyday

Drop in Services

- Dial House:
Fri, Sat, Sun, Mon, Wed 6pm-2am
0113 260 9328 or 0808 800 1212
- Dial House BME: Tues + Thurs 6 - 11pm
0113 249 4675 or 0808 800 1212
based at Touchstone Support Centre
Harehills Ave LS8 4EH

If there is a serious crisis—risk of suicide and/or harm to self or others

- A&E or 999

G.P. → • Will listen, offer help and advice
• May suggest other services
• May offer medication

IAPT → Self referral to IAPT
General number: 0113 843 4388
BME IAPT: 0113 216 3000

Self Help

- You can encourage the person to try and do things to improve their own emotional well being
- If further support is needed suggest contacting GP or IAPT
(details above)