

## **ORGANISATIONS OFFERING HEALTH and WELLBEING ASSISTANCE**

**Details correct at time of publication – 9<sup>th</sup> November 2020**

**Andy's man Club** – Email: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

**Alcoholics Anonymous** – Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Anxiety UK** - Tel: 03444 775 774, Text: 07537 416 905. Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**Ask Frank** (honest information about drugs) – Website: [www.talktofrank.com](http://www.talktofrank.com)

**Christians Against Poverty** - Life Skills Manager Illingworth Moor Methodist church. Email: [alisonhillman@caplifeskills.org](mailto:alisonhillman@caplifeskills.org)

**Citizens Advice Bureau** - 37 Harrison Road, Halifax, HX1 2AF Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Cruse Bereavement Care** – Tel: 0808 808 1677, Website: [www.cruse.org.uk](http://www.cruse.org.uk)

**Housing Support for Mental health:** 19 Horton Street, Halifax, HX1 1QE. Tel: 01422 393318 or 393309

**Mental Health Helpline** – Tel: 0800 183 0558

**MIND** - Tel: 0300 123 3393, Email: [info@mind.org.uk](mailto:info@mind.org.uk) Website: [www.mind.org.uk](http://www.mind.org.uk)

**National Domestic Violence helpline** – Tel: 0808 2000 247, Website: [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

**NHS Northern gambling service** - Tel: 0300 3001490 Website: [www.leedsandyorkpft.nhs.uk](http://www.leedsandyorkpft.nhs.uk)

**No Panic** – Tel: 0300 7729844, Youth Helpline: 0330 606 1174, Email: [info@nopanic.org.uk](mailto:info@nopanic.org.uk)  
Website: [www.nopanic.org.uk](http://www.nopanic.org.uk),

**PAPYRUS** (Young Suicide Prevention Society) – Tel: 0800 068 4141, Website [www.papyrus-uk.org](http://www.papyrus-uk.org):

**Relate** (Relationship support) - Tel: 01422 363 845, Email: [halifaxoffice@relatepkc.org.uk](mailto:halifaxoffice@relatepkc.org.uk)  
Website: [www.relatepkc.org.uk](http://www.relatepkc.org.uk),

**Safe Space** (out of hours support for people in distress) – Tel: 01422 345154 – between 6:30pm and 10:30pm. Facebook: safespace calderdale.

**West Yorkshire Suicide Bereavement Service** – Tel: 0113 305 5800 Website: [www.wyhsbs.org.uk](http://www.wyhsbs.org.uk)

**In addition to those listed above wellbeing support is also available on:**

**Calderdale Council:** [www.calderdale.gov.uk/health-social-care](http://www.calderdale.gov.uk/health-social-care) (emotional health and wellbeing) & [www.calderdale.gov.uk/v2/residents/health-and-social-care/children-and-family-care/emotional-health-and-well-being](http://www.calderdale.gov.uk/v2/residents/health-and-social-care/children-and-family-care/emotional-health-and-well-being).

If you need support and don't know where to turn please contact a local church who may be able to offer help or contact one of the Ministers listed on the website.