Talking Saves Lives

Open Minds
If you are a young person, parent, carer or professional in Calderdale this site is for you. It will help you with questions about emotional health and wellbeing, showing you where you can find support.
www.openminds Calderdale.org.uk

First Point of Contact Calderdale Open Minds Partnership (CAMHS) who provide specialist emotional support for young people.
Contact 01422 380 000 www.calderealecamhs.org.uk

Time Out (Healthy Minds) help all young people aged 10-19 to a range of activities such as arts and crafts, sports and outdoors or singing and drama. There are also lots of volunteering opportunities.
01422 345 154 tara@healthy minds Calderdale.co.uk
www.timeout Calderdale.co.uk

Branching Out – Humankind
Branching Out is a substance misuse Service for 10-21 year olds in Calderdale. We offer advice, support and a range of interventions to children, young people and families who are affected by substance misuse. Our Positive Futures programme offers mentoring and activities to children and young people who may be at risk of substance misuse and/or antisocial behaviour.
Contact 01422 415 350
www.humankindcharity.org.uk

Hey!
Hey Calderdale is a new website and mobile app, packed with top tips to support your 0-5 year old to be happy, healthy and safe.
www.healthyearlyyears.co.uk

Locala
School Nurses provide health and wellbeing advice and support to children and young people, their families, and schools.
Every school has a named school nurse, but you do not have to be in school to use this service. You can ask the school nurse anything. If they can’t help you, they will try to find someone who can.
Phone: 0303 359 9974
Monday to Friday between 8am-5pm.

Talking Saves Lives
Don’t be afraid to ask for help!
Help for anyone with a drink and drug problem.
Help for anyone with a drink and drug problem.

Speak to an advisor on the National Gambling Helpline

Freephone 0808 8020 133
(7 days a week, 8am – midnight)

www.gamcare.org.uk

Out-of-hours support for people in distress

Contact SafeSpace by telephone on 01422 345 134
by text on 07389 990227
or via Facebook (search "SafeSpace Healthy Minds Calderdale")

Healthy Minds is an independent mental health charity based in Halifax, Calderdale, led by people with personal experience of emotional distress.

Give us a call on 01422 346 154 to talk through options.

Samaritans

Can help with legal, money, welfare and housing issues by providing free, independent and confidential advice.

Telephone Advice Line Calderdale 0300 330 9048

Andy’s Man Club

Peer support group for men
Come have a brew and a chat – it’s okay to talk
Meets every Monday at 7pm (Except Bank Holidays)
Shay Stadium, HX1 2YS and Hebden Bridge
town Hall, HX 7BY

www.andysmanclub.co.uk
info@andysmanclub.co.uk

If you are concerned that someone is being abused or neglected, please call now:
Gateway to Care - 01422 293000
(Mon-Friday, office hours)

Emergency Duty Team - 01422 289000
(Evening and Weekend)

If you are in need of a food parcel then please just come at 10.00am on a Saturday morning. You do not need to be referred; we will explain to you what you need to bring for future visits.

The Food & Support Drop-In

Halifax

Ebeneczer project

Food parcels & support

www.calderdale-safeguarding.co.uk