

**WORKING
TOGETHER
BETTER**

**Are you looking for
Mental Health & Wellbeing support?
We are here for You!**

During this Pandemic the Community Mental Health Services have been doing things differently to make sure everyone is being kept safe. We have been providing on-line activities, telephone support or posting out information. Most importantly we are here to support, listen and provide a service to people across Kirklees.

If you need support, information or want to contact any of our services please see our contact details below:

<p>Touchstone - Kirklees Advocacy & Peer Brokerage Services</p>		<p>Adult Mental Health Advocacy across Kirklees community and hospital setting, helping people to understand their rights and speak up for them. The Peer Support Service is delivered by people with lived experience of mental health issues: providing information about services, advice on practical support or just someone to talk to.</p>	<p>Tel: 01924 460211 Email: advocacy@touchstonesupport.org.uk peerbrokerageservice@touchstonesupport.org.uk Web: www.touchstonesupport.org.uk</p>
<p>Richmond Fellowship - Kirklees Employment Service</p>		<p>Our employment service supports people to find meaningful paid employment, volunteering opportunities, education or training.</p>	<p>Tel: 01484 434866 Email: info.kirkleesES@richmondfellowship.org.uk Web: www.richmondfellowship.org.uk/yorkshire</p>
<p>Hoot Creative Arts</p>		<p>Creative activities for people experiencing issues with their mental health or wanting to maintain their wellbeing. Singing, music, creative writing, visual arts and digital music activities run by professional community artists all available online now.</p>	<p>Tel: 01484 516224 Email: info@hootmusic.co.uk Web: www.hootcreativearts.co.uk/hootfromhome</p>
<p>Community Links - Engagement and Recovery Service CLEAR</p>		<p>The Community Links Engagement and Recovery Service (CLEAR) provide a range of group activities and courses aimed to support people over the age of 18 in Kirklees with a range of mental health needs including Dementia.</p>	<p>Tel: 01484 519097 / 01924 465054 Email: clear.huddersfield@commlinks.co.uk clear.dewsbury@commlinks.co.uk Web: www.commlinks.co.uk</p>
<p>Women Centre - Women's Mental Health & Wellbeing Service</p>		<p>A woman-only service supporting women living in Kirklees to improve their mental health and wellbeing. We offer counselling and a wide range of 1:1 and therapeutic group work, topic based courses, peer group support and activities.</p>	<p>Tel: 01484 450866 Email: wmh@womenscentre.org.uk Web: www.womenscentre.org.uk</p>
<p>Support to Recovery (S2R) - The Great Outdoors Project</p>		<p>Opportunities for adults to engage in activities connected to the natural environment. Delivered in small group settings and through online activities to improve emotional and physical well-being.</p>	<p>Tel: 07933 358 800 / 07561 612 604 Email: contact@s2r.org.uk Web: www.s2r.org.uk</p>
<p>Cloverleaf Advocacy - Carers Count Mental Health Service</p>		<p>We support carers whose loved ones have mental health needs, or are using drugs/alcohol or both. We also provide advocacy support to help carers speak up for themselves.</p>	<p>Tel: 0300 012 0231 Email: info@carerscount.org.uk Web: www.carerscount.org.uk</p>

The Well-Bean Café is a safe and confidential 7 day service offering mental health support to anyone in crisis living in Kirklees. They are currently operating as a phone service only. If you wish to access the service please ring from 6pm to make a referral. **FRI - MON Tel: 07741900395; TUES - THURS Tel: 07867028755**



North Kirklees
Clinical Commissioning Group



Greater Huddersfield
Clinical Commissioning Group