



### Qwell

Offers a variety of anonymous support options to meet your needs. No fees, no waiting list, and no judgement.



<https://www.qwell.io/>



### Guide-Line

Confidential telephone and online support for anyone, of any age. Phone lines are open 8am-midnight every day. Polish, Urdu, Gujarati and Punjabi speakers can be requested.



08001 884 884



### First Response

Support 24/7 to people of all ages living in Bradford experiencing a mental health crisis.



[bdct.nhs.uk/our-services/mental-health-services/first-response/](https://bdct.nhs.uk/our-services/mental-health-services/first-response/)



0800 952 1181 / 111



### Safe Spaces

A crisis service, which provides a calm, non-clinical, safe space for anyone aged 16+ experiencing mental health distress. Self refer to Safe Spaces by calling First Response or Guideline

## Support Services for mental health



### Healthy Minds

A doorway to mental health and wellbeing services across Bradford. Find support near you.



[healthyminds.services/](https://healthyminds.services/)



### SHOUT

Free, confidential 24/7 messaging service. Text SHOUT to start the conversation.



[giveusashout.org](https://giveusashout.org)



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### Samaritans

A non-judgmental and confidential service, available 24/7. Provides emotional support to those going through difficult times.



[samaritans.org](https://samaritans.org)



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### Calm Harm

An app designed to help people resist or manage the urge to self harm. It is private and password protected.

