



Qwell

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



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



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/



0800 952 1181 / 111



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



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/



SHOUT

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



giveusashout.org

85258



Samaritans

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



samaritans.org



116123



Calm Harm

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



Bradford District and Craven
Health and Care Partnership

WISHH
WINDHILL, IDLE, SALTAIRE, HEALTHY AND HAPPY

Affinity Care

HALE
Health Action Local Engagement
Healthy Living Charity