



Kooth

offers free confidential mental health support, advice, forums and more



<https://www.kooth.com/>



Night Owls

Available 8pm - 8am for young people, and those caring for them



Call: 0300 2003900 /
Text: 07984 39270



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



FYI Bradford District

Information and advice for families with children in the Bradford District



fyi.bradford.gov.uk



01274 432626

Support Services

for mental health for young people (under 18s)



Healthy Minds

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



healthyminds.services/



SHOUT

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



giveusashout.org
85258



Papyrus (Hopeline)

Support for those aged under 35 with thoughts of suicide, as well as those worried about someone else



0800 0684141

Text: 07860039967



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