



### 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/](http://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](http://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](http://healthyminds.services)  
/



### SHOUT

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



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



85258



### Papryus (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.

