



Soluna by Kooth

A free, safe space to access one-to-one practitioner support, forums, and content and activities that support your wellbeing goals.

 <https://solunaapp.com/uk>



Night Owls

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

 Call: 0300 2003900
Text: 07984 39270



First Response

24/7 support for 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 or call 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



Safe Spaces

Same day urgent mental health support for anyone aged 5 and over, including children, young people, adults and older adults in emotional distress or crisis.

 0800 952 1181
0800 188 4884



Calm Harm

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

