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## Mental Health, Suicide & Bereavement

The below organisations can help you look after your emotional wellbeing and also help you to access mental health support and services. Follow the links for information or to contact somebody.

### **Kooth - digital mental health support service for children and young people**

The Kooth team provides free, safe and anonymous online support and counselling. On Kooth you can chat online to qualified counsellors, read articles written by other students, chat online to other young people in the Kooth community, set personal goals and record how you feel: [Access help](#)

### **Open Minds - for children and young people in Calderdale including Covid-19 anxiety**

Advice, information, support and signposting on local and national emotional health and wellbeing services that help children, young people and families who are going through a difficult time: [Advice and signposting](#)

### **Andy's Man Club - male support**

A talking group for men over 18 - a safe place to come together and talk about issues or problems they may be facing or have faced. Andy's Man Club is open to any men over the age of 18, not just those with mental health issues. There is no referral, no signing in, no registration and no charge. In line with Covid-19 government guidelines, Andy's Mans Club Groups are currently running online. Email: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk) Facebook: <https://www.facebook.com/andysmanclub/>

### **Barnardo's Positive Identities Service**

Providing emotional health and wellbeing support to young people and their families where people are questioning their sexual or gender identity. Peer support is also available via group work sessions.

- Age range: up to 21 years
- Opening times: Mon-Fri, 9am-5pm. Identity Youth Group – Wednesday early evening
- Contact details: 01422 37199 or [positive.identities@barnardos.org.uk](mailto:positive.identities@barnardos.org.uk)
- Website details: <https://www.barnardos.org.uk/what-we-do/supporting-young-people/LGBTQ>



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## **NHS - National Health Service**

[How to access mental health services](#)

### **Mind - mental health support including Covid-19 anxiety**

We provide advice and support to empower anyone experiencing a mental health problem. All of us are worried about Covid-19 and how it will affect us and those we love. If you're finding things hard emotionally right now, you're not alone. We're here to provide information and support: [Mental health support including Covid-19 anxiety](#)

### **Mind - Bereavement**

[Support and services](#)

### **Healthy Minds - providing emotional health and wellbeing support in Calderdale**

Healthy Minds provides a number of support services, including the Time Out Listening Line, which provides support and advice for 10-19 year olds. If you have any worries or just want to talk to someone call 01422 345154.

**Safespace - out-of-hours support for people in distress.** Safespace is now open every evening to ensure that people have access to support, particularly during the Covid-19 pandemic. To enable this quickly, we have had to make some changes to how the service runs. There are still a few things to get into place, and we encourage you to keep an eye on the website and Facebook for updates. Safespace is now available every evening from 6.30 – 10.30pm. The last call taken will be at 10pm. Call: 01422 345154 or contact by Facebook: [Safespace Calderdale](#) or email: [safespace@healthymindscalderdale.co.uk](mailto:safespace@healthymindscalderdale.co.uk)

**Roshani - mental health education project for black and minority ethnic (BME) groups.** Roshani (Urdu for "Light") is a specialist mental health education project working with people from different ethnic backgrounds to increase awareness of mental health issues and challenge stigma. Roshani has been working over the past 3 years with the Asian community in particular. To find out more about Roshani, contact Neelam on 01422 345154 / mobile 07947 110403 / email [neelam@healthymindscalderdale.co.uk](mailto:neelam@healthymindscalderdale.co.uk) for a friendly, confidential chat. We're particularly interested in talking to men from the community who might like to be involved.



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### **Mental Health Foundation - mental health support including Covid-19 anxiety**

Our mission is to help people understand, protect and sustain their mental health. Prevention is at the heart of what we do, because the best way to deal with a crisis is to prevent it from happening in the first place. Infectious disease outbreaks, like the current Covid-19, can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times. [Looking after your mental health during the coronavirus outbreak](#)

### **Samaritans - mental health and suicide support**

Whatever you are going through, a Samaritan will face it with you. If you are struggling to cope or are having suicidal thoughts we can help. If you are worried about somebody else we can help you to help them. You can talk to a Samaritan 24 hours a day, 365 days a year. Call us free on 116 123, day or night. Online: [Support including Covid-19 anxiety](#)

### **Support After Suicide Partnership - a programme hosted by Samaritans**

Providing emotional and practical support for those affected by suicide. You can access a library of support guides online: [Access help](#)

### **YoungMinds - mental health support for young people including suicide support**

We're here to make sure young people get the best possible mental health support and have the resilience to overcome life's difficulties. If you're feeling so down that you can't see a way out, you are not alone. Lots of people have felt like this and – with help – managed to get through it. However bad you are feeling right now, there is a lot of help out there for you: [Access help](#)