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| **Service** | **What do they do/offer** | **How to contact them** |
| Citizens Advice | Help with legal, money, other problems | 0113 223 4404 |
| Family Lives | A confidential and free helpline service Call on 0808 800 2222 for information, advice, guidance & support on any aspect of parenting and family life, including bullying | 0808 800 2222 |
| Emergency Food Parcels | Food banks | 01722580171 |
| Medical Help | Help | 999 If Emergency  111 if not an emergency |
| Samaritans | Need someone to talk to in confidence? | 116 123 |
| Connect Helpline | Open 6pm- 2am every night for young people living in Leeds aged 13-18 years. Helpline provides emotional support for young people in distress | 0808 800 1212  Text – 0771 566 1559 |
| Crisis Mental Health Team | The Crisis Assessment Unit (CAU) offers services for adults experiencing acute and complex mental health crises who may require a period of further assessment. | Open 24 hours a day, 7 days a week.  Call – 0300 300 1485 |
| Dial house | If you feel you are in crisis. It is a place of sanctuary open 6pm - 2am every Monday, Wednesday, Friday, Saturday and Sunday.  Visitors can access Dial House when they are in crisis, relax in a homely environment and have an hour of one-to-one support from the team of Crisis Support Workers. | If you want to visit, call 0113 260 9328 or text 07922 249 452 between 6pm and 7pm on the night you want to come - If it is your **first visit** can turn up on the door between 6pm and 7pm.  Parents in crisis can bring children with them.  12 Chapel Street, Halton Ls15 7RW  0113 2609328  https://www.lslcs.org.uk/services/dial-house/ |
| Children’s Social Work Service | If you are worried about a child | 0113 2224403  Emergency Number 0113 240 9536  (Bank Holidays, Weekends and After 5pm |
| Welfare Rights | Help with money/debt | 0113 3760452 |
| Leeds Housing Options | Can support with any issues about housing | 0113 222 4412 |
| Domestic Violence/Abuse | Support & Info about all Domestic Violence & abuse services in Leeds | Leeds Women’s Aid  0113 2460401- 24 hours a Day  Men’s Advice Line (safelives) 08088010327 |
| Child Line | Help if you are under 19 and need to talk to someone | 0800 1111 |
| The Market Place | Support, information for young people in Leeds aged 13-25 | 0113 2461659 |