

Useful Contacts

Produced as part of the Born in Bradford Better Start (BiBBS) study. For more information please contact:

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 Born in Bradford's Better Start

There may be time in everyone's life when they feel sad or depressed. At such times they might feel that they cannot cope. When people feel like this it is important that they can talk to someone and seek help.

If you should feel like this, or if you are concerned for someone else, here are some contacts which might be useful.

Local help

First Response 01274 221181

First Response is a service that supports people experiencing a mental health crisis in Bradford, Airedale and Wharfedale. You can contact them direct 24 hours a day, 7 days a week. You don't need an appointment and you don't need a referral. You do not have to have used any mental health services before .

Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

Your midwife

They will be able to provide help and advice during your pregnancy.

Your Health Visitor

They will be able to provide help and advice after your baby is born.

Mental Health in Bradford: Wellbeing Guide

www.mentalhealthinbradford.nhs.uk

The website helps you find out more about mental health, different problems that people experience and where to access help and support. The service directory lists over two hundred services, mostly within the Bradford and Airedale district, which may be able to help.

National help

The Samaritans

The Samaritans provide a confidential service for people in despair and who feel suicidal. Call free on **116 123** www.samaritans.org.uk

SANE

Provides information and support to anyone affected by mental illness.

0300 304 7000 (between 6pm-11pm daily) www.sane.org.uk

Supportline

Confidential telephone helpline offering emotional support to any individual on any issue. **01708 765200** www.supportline.org.uk

National Domestic Violence Helpline

Provides an information service and access to 24-hour emergency refuge accommodation. **0808 2000 247**

Cruse Bereavement Care

Offers help, including a free counselling service, for bereaved people whatever their age, nationality or beliefs. **0808 808 1677** www.cruse.org.uk

Mind

Mental health charity providing information, support, local groups and an online chatroom. **0300 123 3393** www.mind.org.uk