



As many services and agencies are closing over Christmas, we wanted to offer some suggestions about where you could access support and advice during that time. Schools are closed from Friday 20th December until Monday 6th January 2025 (please check your individual school calendar). The TNCP Cluster team will close Friday 20th Dec and fully re-open Monday 6th January. If you feel you need any support over Christmas, feel free to contact:

For Safeguarding of children

- Children's Social Work Service: Daytime contact number: 0113 2224403

For Safeguarding and child support in a number of areas:

- NSPCC: <https://www.nspcc.org.uk/>
- Childline: 0800 1111 (Freephone) / <https://www.childline.org.uk/>

For child/young person mental health / emotional well-being

- Mindmate: 0300 5550324 / <https://www.mindmate.org.uk/>
- Teen Connect Help line 11-18 years: 0808 8001212 (6pm-2am)/ 07984 355251 (text) / <https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>
- The Market Place: 0113 2461659 / <https://www.themarketplaceleeds.org.uk/>
- Kooth: Ages 11 to 25 years: <https://www.kooth.com/>
- Young Minds: <https://www.youngminds.org.uk/>
- Calm Harm App: For self-harm: <https://calmharm.co.uk/>
- Clear Fear App: For anxiety: <https://www.clearfear.co.uk/>
- Combined Minds (to help friends and family provide support: <https://combinedminds.stem4.org.uk/>
- SHOUT: 24/7 free confidential text service. To start a conversation text the word SHOUT to 85258
- The Children's Society Time for Young People childrenssociety.org.uk/information/young-people/well-being/services/time-leeds
- Suicidal ideation safety planning toolkit: papyrus-uk.org/resource-suicide-safety-plan/
- Self-help work books: <https://mindmate.org.uk/im-a-young-person/mmst-workbooks/>

For child/young person Crisis mental health support:

- CAMHS Crisis daytime number: 8am to 8pm: 0800 953 0505
- CAMHS Crisis out of hours Night Owls number: 8pm to 8am: 0300 148 8244
- You can also now access mental health crisis support via NHS 111

For emergency situations

- Children's Accident and Emergency at Leeds General Infirmary (LGI)
- Police on 999 in an emergency or 101 for non-emergencies
- 112: For all emergency services

For Health:

- NHS helpline: 111
- Accident and Emergency at LGI and St James's

For Domestic Abuse support:

- National Domestic Violence Helpline - 0808 2000 247 (24 hours a day - freephone) / <https://www.nationaldahelpline.org.uk/>
- Leeds Domestic Violence Service: 0113 2460401 (24 hours a day) / <https://ldvs.uk/>

For Adult Mental Health Support:

- Samaritans: 116 123 (24 hours a day - freephone) / <https://www.samaritans.org/>
- Leeds Mindwell: <https://www.mindwell-leeds.org.uk/>
- Connect helpline: <https://www.lslcs.org.uk/services/connect-helpline/>



For Food Bank Support:

- Leeds Food Aid Network: <https://leedsfoodaidnetwork.co.uk/>
- Trussell Trust Food Bank: 0113 2772229 / <https://leedssoutheast.foodbank.org.uk/>
- St Vincents Food Bank: 0113 2484126 / <https://www.svp.org.uk/microsite/st-vincents-leeds>

For Family Support:

- Family Action – Family Line: 0808 802 6666/ 07537 404282 (text) / <https://www.family-action.org.uk/what-we-do/children-families/families-together-leeds/>

For Housing & Welfare Support:

- Housing Leeds: 0113 3760410 / <https://www.leedshomes.org.uk/>
- Leeds Housing Options: 0113 222 4412 Emergency out of hours 0113 378 8366 housing.options@leeds.gov.uk
- Welfare support: 0113 3760330 Emergency help with essentials such as food, gas and electric / <https://www.leeds.gov.uk/benefits/help-with-food-and-bills>