

Live Well (Frailty Clinic)

Aimed at moderately frail patients who would benefit from additional support, assessment or services. Reception can book in Clinic on System 1

Mindmate

Support and counselling for children & young people up to age 18
www.mindmate.org.uk
Tele: 0300 555 0384 GP/self referral

One You Leeds

Smoking cessation, weight management, exercise advice, healthy eating.
Tel: 0800 169 4219

The Silver Line

Helpline and friendship for people aged 55 and over.
Tele: 0800 470 8090

Linking Leeds (PEP)

Counselling for bereavement, housing, employment etc.
Self Refer: 0113 336 7612
Clinics bookable at reception.

Mindwell (Adults)

www.mindwell-leeds.org.uk and select 'I need Help now' for urgent help numbers

Leeds Bereavement Forum

0113 225 3975
info@lbforum.org.uk
Up to date information, training opportunities, events and conferences.

Able Futures

Support service for patients suffering with Mental Health
Tele: 0800 321 3137

Debt/Benefits

Citizens Advice Bureau
0844 8487997

Pudsey Live At Home Scheme

(mha.org.uk)
0113 2562 717

Samaritans

Emotional support for those in distress.
Free Helpline : 116 123

Adult Social Services Leeds

Care and support services for people with illness, disability, old age or low income
0113 222 4401

Marie Stopes

Vasectomies, GUM clinic. Unwanted pregnancy advice.
Tele: 0345 300 8090

Forward Leeds

Alcohol and Drugs Services
0113 887 2477

CRISIS Team

(Becklin Centre)
0113 855 5000

Domestic Abuse

0113 2460401
leeds.gov.uk/domesticviolence

Walk In Centres:

St Georges : 0113 383 2140
Shakespeare: 0113 295 1132
Wharfedale Hospital 0113 392 1603
Emergency Dentist: 111

IAPT

Counselling & Psychotherapy
BME Community
Switchboard: 0113 843 4388
(Ages 17-21 0113 200 9188)

Carers Leeds

Advice and listening ear for carers
0113 380 4300

William Merrick Centre

Disability Aids - GP to refer

Leeds Sexual Health

(Merrion Centre)
Tele: 0113 3920333
STIs, contraception , pregnancy etc.