

Summer Support Information Wellbeing Support for Students

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SHOUT

24/7 Confidential Mental Health Support
Struggling to cope? Text SHOUT to 85258

KOOTH

kooth.com

Your online mental & wellbeing community
A safe and confidential space.

First Response

Crisis Service

01274 221181

Description

Our First Response crisis service offers support 24 hours a day, seven days a week to people of all ages living in Bradford, Airedale, Wharfedale or Craven experiencing a mental health crisis.

Mind (Step by Step) is very good.

Youth In Mind is a partnership of services supporting 11-19 year old's in Bradford District and Craven who are struggling with their social, emotional or mental wellbeing. For young people with special educational needs and disabilities they accept referrals up to the age of 25.

Web: www.youth-in-mind.org.uk

Email: info@youth-in-mind.org

www.annafreud.org/schools-and-colleges/resources/selfcaresummer-secondary-pack



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