

Being on a break from college is a great time for you to relax and spend time doing things you enjoy, but for some people it can be difficult.

HOLIDAY SUPPORT

Help and support is available. See the links below.

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Safeguarding

If you or someone else is in immediate danger, call 999.

Need someone to talk to?

Shout Crisis Messenger

- Open 24/7
- Text: **85258**
- Website: <https://www.giveusashout.org/>

Samaritans

- Open 24/7
- Call: **116 123**
- Email: jo@samaritans.org
- Website: <https://www.samaritans.org/>

Drug or alcohol use

Talk to Frank

- Call: **0300 123 6600**
- Website: <https://www.talktofrank.com/>

Forward Leeds

- Call: **0113 887 2477**
- Website: <https://www.forwardleeds.co.uk>

Gambling

GamCare

- Call: **0808 8020 133** (National Helpline) / **0113 388 6466** (Leeds)
- Website: <https://www.gamcare.org.uk/>
- Email: leedscommunitygamblingservice@gamcare.org.uk

Keeping safe online

The internet is a fantastic place to learn and have fun, but you may occasionally have to deal with a variety of challenging issues. These might include cyberbullying, the pressure to take part in sexting, encouragement to self-harm, viewing pornography, along with various others.

If you are experiencing any of these issues, there are a number of advice hubs available around online safety on the following website:

<https://www.internetmatters.org>

There is also support available for a number of safeguarding issues through the agencies below:

CEOP - report concerns around online abuse and exploitation

- Website: ceop.police.uk/safety-centre

Report-it - online service for reporting hate crimes

- Website: report-it.org.uk/your_police_force

Battle Scars - support with self-harm

- Website: <https://www.battle-scars-self-harm.org.uk/>

There are an increasing number of fake and scam jobs online.

The scammers will be trying to get money and/or personal details from you. Please watch [this video](#) to help you spot a scam job

You can find out more information [here](#) and also report scam jobs

Domestic abuse

Leeds Domestic Violence Services (LDVS)

- Open 24/7
- Call: **0113 236 0401**
- Website: <https://ldvs.uk/>

Staying Put - support for victims of domestic abuse in Bradford & Keighley

- Call: **0808 2800 999**
- Website: <https://stayingput.org.uk/>
- Email: enquiries@stayingput.uk.net

National Domestic Abuse Helpline - free and confidential advice

- Open 24/7
- Call: **0808 2000 247**
- Website: <https://www.nationaldahelpline.org.uk/>

Men's Advice Line

- Call: **0808 801 0327**
- Website: <https://mensadviceline.org.uk/>

GALOP (LGBTQ+)

- Call: **0800 999 5428**
- Website: <https://galop.org.uk/>

Karma Nirvana - supporting victims of honour-based abuse and forced marriage

- Call: **0800 5999 247**
- Website: <https://karmanirvana.org.uk/>

Forced Marriage Unit

- Call: **+44 (0) 20 7008 0151**
- Email: fmf@fcdo.gov.uk

RESPECT - for instigators and victims

- Call: **0808 802 4040**
- Website: <https://www.respect.uk.net/>

Other useful numbers

Children's Social Work Services

- Leeds: **0113 222 4403**
- Bradford: **01274 437 500**
- North Yorkshire: **01609 780 780**

Emergency Out-of-Hours Duty Team

- Leeds: **0113 535 0600**
- Bradford: **01274 421 010**
- North Yorkshire: **01609 780 780**

Crisis Line

- Leeds: **0113 378 3645**
- Bradford: **01274 221 181**
- North Yorkshire: **0800 561 0076**

Welfare

Housing and homelessness

For information about housing issues take a look at the national Shelter website. You can [speak to a housing advisor from Shelter](#) on the phone or by webchat.

If you are homeless or at risk of becoming homeless, contact your council immediately by phone. They will have a discussion with you about your options, and may be able to find you emergency accommodation if you meet criteria.

Leeds Housing Options

- Call: **0113 222 4412**
- Email: housing.options@leeds.gov.uk
- Website:
<https://www.leeds.gov.uk/housing/homeless-or-at-risk/contact-leeds-housing-options>
- Emergency out of hours: **07891 273 939**

Bradford Housing Options

- Call: **01274 435 999**
- Email: housingoptions@bradford.gov.uk
- Website:
<https://bradford.gov.uk/housing/help-with-housing-and-homelessness/the-housing-options-service/>

Wakefield Housing Options

- Call: **01924 304 360**
- Out of office hours call: **0345 8506 506**
- Email: housingneedsservice@wakefield.gov.uk
- Website: [Housing Options service](#)

Wakefield Advice Team

If you are struggling to pay rent or are worried about being evicted, you can contact the Wakefield Advice Team.

- Call: **01924 302 085**

Huddersfield and Kirklees Housing Solutions

If you are at risk of immediate homelessness, you can contact the Huddersfield and Kirklees Housing Solutions team.

- Call: **01484 221 350**
- Email: housing.options@kirklees.gov.uk

- Website:
<https://www.homeless.org.uk/homeless-england/service/kirklees-council-housing-solutions-service>

Harrogate Housing Options

- Website:
<https://www.harrogate.gov.uk/housing-options-homelessness-advice>
- For immediate advice, call the Housing Need team: **01423 500 600**
- **(ext 51605)**
- For anyone sleeping rough within the Harrogate district, contact the Harrogate Homeless Project (24/7): **01423 566 900**

Food aid

If you are struggling to access food, there is help available from food aid networks and council-run provision in Leeds, Wakefield, Bradford, Kirklees and Harrogate.

Leeds

If you are struggling to pay for food [Leeds Welfare Support Scheme](#) can help with:

- Food bank referrals
- Food shopping for those isolating
- Collection of medicines for those isolating
- Over-the-phone welfare check-ins

Call: **0113 376 0330** (Monday to Friday, 9am to 5pm).

Organisations providing food and meals in Leeds:

- Website: [Emergency Food Help in Leeds](#)

If you are struggling to buy food, you can request help from a food bank. Food parcels can be delivered to homes. For a referral, contact the following:

- Call Citizens Advice: **0808 208 2138** (9am to 5pm, Monday to Friday)
- Call Welfare Support: **0113 376 0330**

Bradford

If you are struggling to pay for food, you can request help from a food bank.

- [Bradford Foodbanks – Find your local foodbank in Bradford District](#)
- Call Citizens Advice: **0808 208 2138** (9am to 5pm, Monday to Friday)
- Contact Social Services, Housing Support, or your child's school and ask for a food voucher.

Harrogate

You can access the [Welfare Support Scheme for North Yorkshire](#) or the [Harrogate District Food Bank](#).

- Call Citizens Advice: **0808 208 2138** (9am to 5pm, Monday to Friday)
- Contact the Food Bank directly and they will put you in touch with a referral agency. Call **07885529864** or email info@harrogatedistrict.foodbank.org.uk

Wakefield

If you are struggling to pay for food or are self-isolating, [Wakefield Welfare Support Scheme](#) may be able to help.

- Call: **0345 8506 506**

If you are struggling to pay for food, you can apply for a food voucher and collect a food parcel.

- Call Citizens Advice: **0808 208 2138** (9am to 5pm, Monday to Friday)
- Call Wakefield Council: **0345 8506 506** (9am to 5pm, Monday to Friday) and **choose OPTION 3** to request a food voucher
- Contact Normanton Food Bank if you have any questions or need help getting a food voucher on **01924 895 634** or info@normanton.foodbank.org.uk

Kirklees/Huddersfield

You can access the [Kirklees Welfare Support Scheme](#) for food support.

- Call: **01484 414 782**
- Call Citizens Advice: **0808 208 2138** (9am to 5pm, Monday to Friday)
- Call Huddersfield Mission: **01484 421 461** (10am to 1:30pm, Monday to Friday)

Money worries and debt

Stepchange

- Call: **0800 138 1111**
- Website: <https://www.stepchange.org/>

National Debt Line

- Call: **0808 808 4000**
- Chat online to a debt advisor: <https://www.nationaldebtline.org/>

Citizens Advice

- Call: **0800 1448 444**
- Website: <https://www.citizensadvice.org.uk/debt-and-money/>

Warm spaces

There is a growing network of 'warm spaces' across the UK. These are buildings such as libraries, churches and community centres offering a free, safe place to go to keep warm when struggling to heat the home. Some places offer hot drinks and snacks, social activities and access to advice and support services.

[Leeds Warm Spaces](#)

[Warm Spaces in Bradford District](#)

[Warm Spaces - national directory](#)

Children Looked After and Care Leavers

Support for care-experienced people

Become

Become is a national charity which supports children looked after and care leavers. They provide help and advice about your rights and entitlements, how the care system works and can provide tailored advice on subjects such as money worries, housing issues and health & wellbeing.

- Call: **0800 023 2033**
- Website: <https://www.becomecharity.org.uk/>

There are also useful fact sheets available [here](#).

Family Action

Family Action support Care Leavers aged 18 - 27 and offer phone, text, and webchat support every evening, 6pm - midnight. If you've got something on your mind or just fancy a chat, the team would love to hear from you.

- Call: **0808 802 0222**
- Text: **07860065169**
- Live chat: <https://www.family-action.org.uk/listening-works>

Mental Health

Mental health helplines

Samaritans

- Open 24/7
- Call: **116 123**
- Email: jo@samaritans.org
- Website: <https://www.samaritans.org/>

Childline

- Open 24/7
- Call: **0800 1111**
- Website: <https://www.childline.org.uk/>

Young Minds Crisis Messenger

- Open 24/7
- Text **YM** to **85258**
- Website: <https://www.youngminds.org.uk/>

Teen Connect

Helpline for 13-18 year olds living in Leeds, open 6pm-2am every night

- Call: **0808 800 1212**
- Text: **07715661559**
- Website: <https://www.slcs.org.uk/services/connect-helpline/teen-connect/>

Kooth

Online support and counselling for young people is available from Kooth, Monday to Friday from 12pm-10pm, and Saturday and Sunday from 6pm-10pm.

- Website: <https://www.kooth.com/>

MindWell

A range of support options for people in crisis.

- Website: <https://www.mindwell-leeds.org.uk/i-need-help-now#/i-want-to-go-some-where-for-help?filter=18>

Mental Health Helpline

Covers Leeds, Calderdale, Kirklees, Wakefield and Barnsley.

- Open 24/7
- Call: **0800 183 0558**

If you are concerned about your mental health over the break, you should call your GP for an appointment. It can be difficult to talk about your mental health, so you can use this website to plan what to say: <http://www.docready.org/#/home>

College-specific support

Leeds City College

If you are experiencing a mental health crisis, you can refer yourself to the Touchstone WellBean Cafe.

- Call/text: **07760173476**

Dial House is offering telephone and video-based support (via Zoom) with limited visitors allowed in Dial House due to Covid-19. To access phone or video support from Dial House:

- Call: **0113 260 9328**
- Text: **07922 249 452** (do not call the mobile number)
- Covid-19 operation info: <https://www.lslcs.org.uk/services/dial-house>

MindMate is here to help young people in Leeds find help with their mental health and wellbeing.

- Website: <https://www.mindmate.org.uk>

Keighley College

If you are experiencing a mental health crisis, you can refer yourself to First Response, who provide support 24 hours a day, seven days a week to people of all ages living in Bradford, Airedale, Wharfedale or Craven.

- Call: **01274 221 181**

Healthy Minds provide information on mental health and wellbeing services in Bradford District and Craven.

- Website: <https://www.healthyminds.services/>

Harrogate College

If you are experiencing a mental health crisis, you can refer yourself to Harrogate CAHMS Crisis Team, open 10am to 10pm.

- Call: **01423 726 947**

The Go-To provide self-help resources and information on where young people can find support in North Yorkshire.

- Website: <https://www.thegoto.org.uk/>

Call the North Yorkshire Mental Health Line if you need to discuss your own mental health or that of someone you are caring for. This is a confidential, anonymous, and free-to-use service open from 5-8:30pm Monday to Thursday, from 4:30pm on Friday, and 24hrs on the weekend, including bank holidays.

- Call: **0800 561 0076**

Buzz Us is a text support service for young people aged 11-18 in North Yorkshire. You can text for confidential advice, support, and signposting from a wellbeing worker within one working day via text. The service is open 9am-5pm Monday to Thursday, and 9am-4:30pm on Fridays (excluding bank holidays).

- Text: **07520 631 168**

Mindfulness and Wellbeing

Mindfulness

Mind

Support to develop mindfulness skills

- **Website:**

- <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>

Wellbeing

Mind

- [Mental wellbeing - Mind](#)
- [Five ways to wellbeing - Mind](#)

College resources

- [Coping strategies - Google Docs](#)

Jobs and Careers

If you would like help with job hunting or planning what to do once you finish your course, [National Careers Service staff](#) are available from Monday to Saturday.

They offer a free service and you can connect with them in person or online.

Their website has lots of information and help to ensure you make the right choice.