

Useful services and agencies March 2020

Service / Agency	Support offered	Contact details	Useful for
CSWS	Safeguarding, child protection	0113 3760336	Community/ Parents/ Carers
Emergency Duty Team		0113 5350600 (Out of hours – for community/ parents/ carers)	
Mindmate SPA	Advice / triage	0300 5550324	Parents/ Carers
Childline	Support and counselling for young people	0800 1111 (Freephone) Childline.org.uk	Young people aged 19 years and under
NSPCC		https://www.nspcc.org.uk/	
Emergency Services	Health / Emergency Services	999	All
Non-Emergency		101	
NHS Helpline		111	
National Domestic Violence Helpline	DV support	0808 2000 247 (24 hours a day – freephone)	All
Leeds Domestic Violence Service		0113 2460401 https://ldvs.uk/	
Samaritans	Confidential and emotional support 24 hours a day	116 123 (24 hours a day, 365 days a year)	All
Teen Connect Help line	Emotional well-being support	0808 8001212 (Call) (6pm-2am) 07715661559 (Text) https://www.lslcs.org.uk/services/connect-helpline/teen-connect/	13-18year olds
Mindmate Website	Mental health and emotional wellbeing support	https://www.mindmate.org.uk/	All
The	Counselling, drop	www.themarketplaceleeds.org.uk	11-24 year

Marketplace	in, youth work, group work	0113 2461659	olds
Kooth	Free, safe & anonymous online support - counselling and emotional well-being platform for children and young people	Kooth.com	Children and young people
Salvation Army	Food parcels	0113 2445898	Parents/carers
St Vincents	Food parcels, clothing, financial advice, emergency support	0113 248 4126	Parents/carers
Welfare Rights	Benefits advice	0113 376 0452	Parents/carers
CAB	Legal, money, confidential advice Debt, money, advice	0113 223 4400	
Money Buddies		0113 2350276	
Leeds Housing Options	Housing support and advice	0113 222 4412 07891273939 (out of hours 5pm-8am)	Parents/carers
Forward Leeds	Advice and support about drug and alcohol use	0113 8872477 Monday – Friday 9am- 5pm	Parents/ carers and young people
Mental Health Crisis Team	Adult MH crisis support	0300 300 1485	Adults
Leeds Food Aid Network	Emergency food parcels	07557 331519 www.leedsfoodaidnetwork.co.uk mary@leedsfoodaidnetwork.co.uk	Parents/Carers
Family Action	Family support	Family Line – 0808 802 6666 Text – 07537404282	Parents/carers