



Local services and Useful Contact Numbers

Click on the links below to access information on a range of services available to Kirklees College students.

Looking after your mental health

[NHS](#) – Coping and getting support for grief after bereavement or loss

Crisis support

Contact your **GP** through NHS 111, Attend your local **A&E** or call **999**

24/7 mental health helpline 18+ if you in Calderdale/Kirklees **Telephone: 0800 183 0558**

CAMHS Children and young people up to the age of 18 years old
Calderdale **Telephone: 01422 300001**
Kirklees **Telephone: 0300 3045555**

[Kooth](#) – Online support and Counselling for students up to the age of 19 years old.

[Samaritans](#) – Whatever you're going through, a Samaritan will face it with you. Available 24 hours a day, 365 days a year.

Call 116 123 for FREE

Text - 116123

Email jo@samaritans.org (response time 24hours)

[Shout](#) - A confidential mental health text support line run by volunteers. Available 24 hours a day, 365 days a year.

Text shout at 85258

[Young Minds](#) – A confidential text-based crisis line available to young people up to the age of 25 years old. Available 24 hours a day, 365 days a year.

Text YM to 85258

Childline - If you are under the age of 19 years old, you can contact Childline. Available 24 hours a day, 365 days a year.
Telephone 0800 1111

The Mix offers online support and counselling services to individuals under the age of 25 years old.
Available 24 hours a day, 365 days a year.

Telephone 08088 084994

Text the phrase THEMIX to 85258

HopeLine - A phone line service offering support for individuals under the age of 35 years old who are experiencing suicidal thoughts.
Access Hopeline between 9am and 12am, 7 days a week.

Telephone 0800 068 4141

CALM - offer confidential and anonymous support, information and signposting to people struggling to manage their mental health.

Telephone 0800 58 58 58

TogetherAll - A monitored peer support community where students and staff are able to share concerns and advice. Available 24 hours a day, 365 days a year.

Mental Health Support Card – Information on a range of services to support those experiencing low mood, stress or anxiety in Kirkless.

IAPT – Provide a choice of services for people experiencing common mental health problems such as depression, stress, panic and obsessive-compulsive disorders.

Telephone 01484 434625/6

Community Services

[Huddersfield Covid-19 Mutual Aid](#) - This is a group designed to co-ordinate essential support and aid for those who may be at risk in our area.

[Meltham Community Covid 19 Mutual Aid](#) - This is an attempt to kick start a local community response to the Corona virus (Covid 19) pandemic,

[Kirklees Peer-Led Brokerage](#) - Touchstone provides a range of innovative services that improve health and wellbeing and *Help with budgeting*

Housing & Homelessness

[Kirklees Council](#) – *housing and homelessness Department*

[Fusion Housing](#) – *We offer a range of Housing Related Support Services to help you find a place to live, maintain your home, and build the skills you need to manage independently.*

[The Welcome Centre](#) – *If you are in financial crisis, and cannot afford to buy food and toiletries, The Welcome Centre can help you.*

Food banks

[Batley Food bank](#) - *Food is provided via a referral system – if you are a resident of Batley and surrounding area.*
Telephone 01484 414782

[Holme Valley Food bank](#) - *Emergency foodbank supporting people in crisis in the Holme Valley, Yorkshire.*
Telephone 07534 855 332

Sexual health

Locala – Organisation offering contraception and sexual health services to Kirklees residents.
Telephone 030 3330 9981

Sexual assault support

Rape and sexual assault support – Click for your nearest sexual assault referral centre

LGBTQ+ Networks

Open Minds - *information and resources for people who identify as LGBTQ+ (lesbian, gay, bisexual, transgender and questioning) and links to both local and national support organisations.*

Staying active!!!



Youth Central is an exciting online Youth Centre where all our students interact safely in an innovative digital space with young people whilst on the go, wherever you are!

As a student at Kirklees College, you will have instant access to a range of activities, enrichment, opportunities and guidance all under one roof. The platform features a weekly schedule of cool live and recorded sessions created and delivered by local people. What are you waiting for? Access the link below and login using your college email address and your password.

<https://moodle.kirkleescollege.ac.uk/course/view.php?id=1396>