

SUPPORT SHEET



UNIVERSITY OF LEEDS

These are just some of the professional and voluntary organisations you can contact to get help in a crisis, or if you have been experiencing periods of low mood, stress or anxiety, and wish to seek further support.

Leeds Survivor-Led Crisis
Connect Helpline
0808 800 1212
Open 6-10:30pm every
night of the year.



Samaritans
116 123

www.samaritans.org

Confidential, non-judgemental
support for people who are
experiencing feelings of distress
or despair, including those which
could lead to suicide.

Available 24 hours a day.

NHS 111

You can call 111 if you think you
need to go to A&E or need
another urgent care service, if you
don't know who to call or don't
have a GP, or if you need health
information or reassurance about
what to do next.

Available 24 hours a day. 365
days a year.

Dial House
0113 260 9328

An out-of-hours service
for people in crisis.
Open 6pm-2am Friday to
Monday.



You can always contact your GP or another healthcare professional for advice. If a health professional has given you a specific number to call when you are concerned about your condition, continue to use that number.

If you are concerned that your life or someone else's life is in immediate danger, you should visit your nearest A&E department or call for an ambulance by dialling 999.