



Support Over The Summer

Worried about who you can talk to over the summer while school is closed?

This PowerPoint will tell you where you can go for support..



Mental Health



SAFE SPACES BRATHAY TRUST

Anyone aged seven and over living in Bradford District and Craven can access urgent same-day support from Safe Spaces at our Bradford and Keighley Hubs.

Our experienced staff can provide support in-person from our Hubs or over the phone.

Safe Spaces can support you with:

- severe anxiety
 - panic attacks
 - suicidal thoughts
 - intense depression
 - feeling disconnected from reality (dissociation)
- What is Safe Spaces? Safe Spaces is a drop-in service that offers emotional and mental health support and guidance for young people. Safe Spaces is here when you do not know where to turn.
 - It is on every Wednesday, from 3.30pm to 6.30pm, at our Bradford Hub – Brathay Trust, Bradford, BD1 4EH.
 - You do not need an appointment, you can just go along to Bradford Youth Centre, Cathedral Hall, BD1 4EH.



Guide-line

Need to talk?

Chat online or call on 0800 1884 884.

Guide-Line is available everyday 8am until 12am (Midnight) for confidential, emotional support.

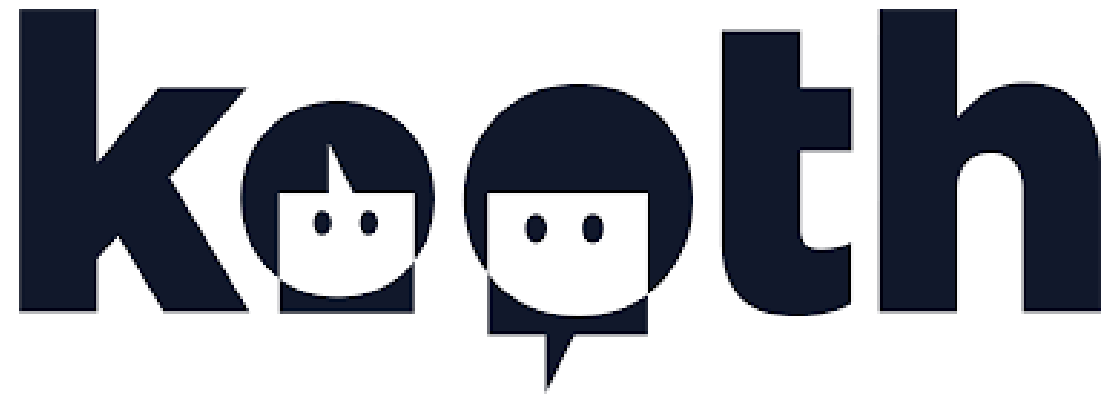


Kooth

Kooth is a provider of online mental health services for children, young people and adults, offering an online counselling and emotional wellbeing platform for children and young people, accessible through mobiles, tablets and computers.

It is free to access

[Home - Kooth](#)



Eating Disorders

**OUR HELPLINES ARE OPEN FROM
3PM– 8PM, MONDAY TO FRIDAY.**

Support on the Helpline is available by phone, email, [webchat](#) through our social media accounts and by letter. Calls to the helpline are free from landlines and mobile phones within the UK and do not appear on itemised bills.

0808 801 0677

[Get information and support - Beat
\(beateatingdisorders.org.uk\)](https://www.beateatingdisorders.org.uk)



Step 2

Step2 Counselling - service is free to young people aged between 11 and 18 years. Sessions are held in the evenings between 3pm and 8pm and take place at a number of settings including Sunnybank Medical Centre in Wyke and the Step 2 premises in Tong Street.

They take referrals from young people directly, parents, and any agencies that are involved in working with young people, for example GP surgeries, youth and community workers, social workers and school nurses - 01274 683118.



SHOUT

To start a conversation, text the word 'Shout' to 85258

Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you.



Other Services

Emotional Support for Children and Young People (ESCAYP) –this service offers counselling and therapeutic play for 3-21 year olds throughout West Yorkshire - 01274 878117 or make an online referral at escayp.org.uk.

Wellness Recovery Action Plan (WRAP) - offers a 10 week support group to young people 10-14 years who are struggling with their emotional health - 01274 513300.

Youth Clubs



Youth In Mind



Youth in Mind can support you with:

- feeling worried or low in mood
- difficulties going to school
- building self confidence
- exploring your identity
- achieving goals
- **Wyke** - Delph Hill open access session that takes place on a Friday evening. 18:00 till 20:00.
- Other sessions/activities that are running have limited spaces and young people would need to be a member of a Youth group. Parents are welcome to email patrick.nyarko@bradford.gov.uk or search <https://localoffer.bradford.gov.uk> Home | [Bradford Families and Young Persons](#)

Below is a list activities taking place within the local area over Summer with contact details:

Wyke

Bradford Bulls Foundation

Address: Odsal Stadium, Stadium Road, Odsal BD6 1BE

Contact: shaun.flynn@bullsfoundation.org

Days open: 29, 30, 31 July, 1, 5, 6, 8, 12, 13, 14, 15, 19, 20, 21, 22 August.

Times: 10am to 2pm

Ages: Primary and secondary school age

SEND: No

Sedbergh Community Centre

Address: Huddersfield Road, Low Moor BD6 1DJ

Contact: sanya.akhtar@hotmail.co.uk

Days open: 23, 24, 25, 26, 29, 30, 31 July, 1, 2, 5, 6, 7, 8, 9, 12, 13, 14, 15, 16, 19, 20, 21, 22, 23, 27, 28, 29, 30 August.

Times: 10am to 2pm

Ages: Primary and secondary school age

SEND: Yes

Royds

Bradford (Park Avenue) Summer Camp

Address: Horstall Community Stadium, Cemetery Road, BD6 2NG

Contact: gary.ratnik@bpafc.com

Days open: 22, 23, 24, 25, 29, 30, 31 July, 1, 5, 6, 7, 8, 12, 13, 14, 15 August.

Times: 10am to 2pm

Ages: Primary school age

SEND: No

Sandale Youth Club

Address: Sandale Youth and Training Centre, Sandale Walk, BD6 2RB

Contact: andy@sandaletrust.org

Days open: 22, 23, 24, 25, 26, 29, 30, 31 July, 1, 2, 5, 6, 7, 8, 9, 19, 20, 21, 22, 23, 26, 27, 28, 29, 30 August.

Times: 10am to 2pm

Ages: Primary and secondary school age

• **SEND:** No

Need some advice or support?

Worried about something?



Childline



When you call us on 0800 1111 you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a [1-2-1 counsellor chat](#) online.

Childline is open 24 hours a day, 7 days a week. So you can talk to us any time. But we might not be able to talk for as long when it's after midnight.

Calls are free from landlines and mobiles in the UK. And they won't show up on your phone bill. Even if you don't have credit on your mobile phone you can still call us for free. Calls are not recorded and our number won't show up on any phone bills. Counsellors write some notes about what you tell them

Website: [Childline | Childline](#)

Childline is confidential, that means we'll only tell someone else if:

- you ask us to
- we believe your life or someone else's life is in danger
- you're being hurt by someone in a position of trust who is able to hurt other children like a teacher, religious leader, sports coach, police officer or doctor
- you tell us that you're seriously hurting another person
- you tell us about another child who's being hurt and is not able to tell someone or understand what is happening to them
- we're told we have to by law, for example for a court case.



Support services for children and young people who identify as lesbian, gay, bisexual , transgender, questioning, intersex and asexual



Mesmac:

Yorkshire MESMAC provides free, rapid and confidential HIV testing, counselling, information and resources, and support for individuals and community groups. They also work with and support African and other BAME Communities, Gay, LGBT+ Young People and Trans Communities. Website:

<https://www.mesmac.co.uk/find-help/support-groups> Email: bradford@mesmac.co.uk

Yorkshire MESMAC Bradford office:

Address: 28 Chapel Street, Little Germany, Bradford, BD1 5DN

Telephone: 01274 395815

Fax: 01274 306815

Mermaids:

Mermaids support gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. Email: info@mermaidsuk.org.uk

Website: <https://mermaidsuk.org.uk/>

Telephone: 0808 801 0400

Phoenix Trans Youth Group

Equity Partnership provides a wide range of support services to young people who identify as Lesbian, Gay, Bisexual and Trans, offering support from peer-led support groups, sign-posting, issue based and themed activities along with reporting a hate crime. They support young people aged between 11-21 (or up to 25 if they have learning difficulties) To join a group please call Finn on 01274 727759 or email him: finn@equitypartnership.org.uk.

Website:

<https://www.equitypartnership.org.uk/lgbt-groups/phoenix-trans-youth-group/> Email: admin@equitypartnership.org.uk

Address: The Equity Partnership, Equity Centre, 1 Longlands Street, Bradford, West Yorkshire, BD1 2TP

Telephone: 01274 727759

Drugs and Alcohol



BRIDGE ONE80

Work with 12-21 year olds who are struggling with drug or alcohol issues. They will see the young person at school or a local venue.

Call 01274 745636.

The young person, parent or a professional can call to make a referral.

