



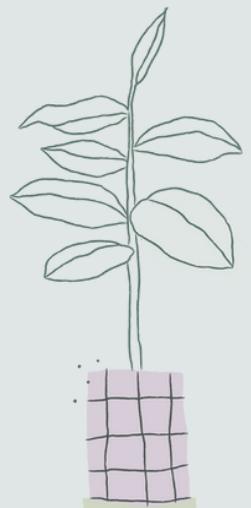
**365**  
days a  
year

# Same day emotional and mental health support

for children aged 5 and above, young people and families living in Bradford, Airedale, Wharfedale and Craven



For more information on Safe Spaces visit [healthyminds.services/safe-spaces](https://healthyminds.services/safe-spaces) or scan here



We can help if you are feeling:

- Alone or lonely
- Like you don't want to be here anymore
- Stressed or anxious
- Panic attacks
- Out of control
- Angry and sad

## Support for you

Safe Spaces offers free, urgent crisis support wherever you feel safest – at home, in school or college, at a family hub or community venue.

Our trauma-informed team is available every day from 1pm–7pm, 365 days a year. You can also choose to come to our Bradford or Keighley hubs from 12 pm - 2:30 am for same-day support.

If you need support from Safe Spaces, we accept both self-referrals and professional referrals for hub and outreach support.

Call First Response on 0800 952 1181 (open 24 hours) and ask for 'Safe Spaces'.

For more information visit [healthyminds.services/safe-spaces/hubs](https://healthyminds.services/safe-spaces/hubs)

## Our drop-ins

We also have weekly drop-ins and multiple locations where you can pop by for urgent mental health and wellbeing support.

To find the day and time of your nearest drop-in, visit the website:

[healthyminds.services/safe-spaces](https://healthyminds.services/safe-spaces)

The Safe Spaces partnership is led by The Cellar Trust and Mind in Bradford.

Scan for  
more info

