



**Salama**

Hope of freedom from depression, self-harm & eating disorders

*Salama Leeds is working to improve access to support for people who are self harming or have an eating disorder.*

For printed copies of this resource please contact Salama Leeds on:  
**Leeds.Salama@gmail.com**  
 or: **07580 535 715.**

## Services in Leeds

that support people who are self-harming or have an eating disorder

This document provides some key information about services in Leeds that are able to provide specialist support for anyone who is affected by an eating disorder or self-harm. Where possible it provides information on the remit of each service and how they take referrals. We have provided contact details so you can get in touch with them for more detailed information.

There are a host of additional services in the city that provide counselling or mental wellbeing services tailored to various needs; at the bottom of this document we have listed some contacts for wider signposting as well as some sources of training locally to help equip you to provide support where appropriate.

**Due to the changing nature of service provision, this document will be reviewed every 6 months.**

### SPECIALIST SUPPORT FOR SELF-HARM

Services offered	Remit	Referral Details	Contact Details
<b>WomenSpace</b>			
Individual psychotherapy and therapeutic group work to self-harming women in a safe women only environment. All services are free of charge.	18 + For residents of Leeds who are repeatedly self-harming, consider this to be an ongoing concern & are open to exploring their self-harm. Must not currently in therapy elsewhere & must not be significantly misusing substances.	Referrals can be take via a professional or as a self-referral.	Based at the Womens Counselling and Therapy Service  Tel: 0113 2455725 E-mail: womenspace@womenstherapyleeds.org.uk
<b>Leeds Survivor Led Crisis Service: self-harm support group</b>			
A self-harm support group where people can come together to feel understood, accepted and comfortable to talk about their self-harm. A place to explore coping strategies, share thoughts and feelings and gain support from each other. Runs on Saturdays 2pm- 4pm.	16+	Self-referral, but please get in touch to let them know if you are planning to go.	Tel: 0113 2609328 (ask for Maria)  E-mail: miagreenwall.lslcs@live.co.uk

## SPECIALIST SUPPORT FOR EATING DISORDERS

Service offered	Remit	Referral Details	Contact Details
<b>Yorkshire Centre for Eating Disorders</b>			
Provides in-patient and out-patient treatment to national referrals as well as a community treatment service to the residents of Leeds. Runs an intensive care programme, a variety of risk reduction and recovery programmes and support groups.	YCED will accept the referral of individuals who have moderate to severe Anorexia Nervosa, severe Bulimia Nervosa and/or require consideration for in-patient care.	Referral via Community Mental Health Teams, including old age and learning disability services.  YCED support groups can be accessed by self-referral.	Tel: 0113 855 6400. E-mail: <a href="mailto:ycled@leedspft.nhs.uk">ycled@leedspft.nhs.uk</a> Website: <a href="http://www.ycled.nhs.uk">www.ycled.nhs.uk</a>
<b>Insight Eating</b>			
A private provider, using a combination of psychology and nutrition to offer assessment and treatment for all forms of eating problems.	Wide remit. Specialisms include treating eating disorders combined with coeliac disease, IBS, physical difficulties and parenting.	Referrals via GPs, consultants, and any other health and social care professionals. Clients can directly self-refer.	E-mail: <a href="mailto:info@insighteating.co.uk">info@insighteating.co.uk</a> Website: <a href="http://www.insighteating.co.uk">www.insighteating.co.uk</a>

## SPECIALIST SUPPORT FOR YOUNG PEOPLE

<b>The Market Place</b>			
Provides a range of young person centred support services in Leeds city centre particularly for mental health, sexual health and crisis support needs. This covers group work, one to one support, bereavement work and a drop in service.  The drop-in is open Tues – Sat, see website for times	The service offers support to 13-25 year olds but their various different services are age specified within this range.	To make an appointment for counselling or one-to-one support you need to book an 'Intro session'. This can be done either by phone, or calling in during drop-in opening times.	Tel: 0113 2461659 Email: <a href="mailto:admin@themarketplaceleeds.org.uk">admin@themarketplaceleeds.org.uk</a> Website: <a href="http://themarketplaceleeds.org.uk">themarketplaceleeds.org.uk</a>
<b>Leeds CAMHS (Child and Adolescent Mental Health Service)</b>			
Leeds CAMHS offers assessment and help to children and young people with significant emotional and behavioural difficulties (e.g. anxiety, depression, eating disorders) and their families.	For children and young people under the age of 18.  A referral to CAMHS would be appropriate if, despite advice and input by family/carers & professionals, problems continue and have a big effect on daily life for the child/young person or their family.	Referrals can be made by GPs, Health Visitors, School Nurses, Community Paediatricians, Educational Psychologists, social workers & any lead professional after completing a CAF. CAMHS do not accept self referrals or referrals from families.	Tel: West Leeds: 0113 8432710 East Leeds: 0113 2064033 South Leeds: 0113 8430804  General enquiries email: <a href="mailto:info.leedscamhs@nhs.net">info.leedscamhs@nhs.net</a>  Website: via <a href="http://www.leedscommunityhealthcare.nhs.uk/our_services_az">www.leedscommunityhealthcare.nhs.uk/our_services_az</a>

## OTHER LOCAL SERVICES WHICH MAY BE OF ASSISTANCE IN A CRISIS

Services Offered	Remit	Referral Details	Contact Details
<b>Dial House</b>			
<p>Dial House is a place people can access when they are in crisis, in Leeds, between 6pm and 2am on Fridays to Mondays.</p> <p>Visitors can relax in a homely environment and can have 1 hour of 1-2-1 support from a crisis support worker.</p>	<p>There is a family room so parents in crisis are able to bring their children with them.</p> <p>BSL interpreting available.</p> <p>The service is able to transport visitors to and from the house by taxi.</p>	<p>The first time, you can attend without notice at 6pm.</p> <p>If you have visited before, you must call 0113 2609328 or text 07922249452 from 6pm on the night you want to visit.</p>	<p>Tel: 0113 2609328 Website: <a href="http://www.lslcs.org.uk">www.lslcs.org.uk</a></p>
<b>Dial House @ Touchstone</b>			
<p>As above, however this crisis service is only for people from BME groups.</p> <p>Based at 53- 55 Harehills Avenue, the centre is open every Tuesday and Thursday from 6pm to 11pm.</p>	<p>This service is only for people from BME (black &amp; minority ethnic) groups.</p>	<p>Call 0113 2494675 or text 07763581853, Tuesdays and Thursdays between 6pm and 11pm.</p>	<p>Tel: 0113 260 9328 Email: <a href="mailto:daniel.dumitru@lslcs.org.uk">daniel.dumitru@lslcs.org.uk</a> Website: <a href="http://www.lslcs.org.uk">www.lslcs.org.uk</a></p>
<b>Connect Helpline &amp; Connect Online Support</b>			
<p>A telephone helpline &amp; online instant-chat support, both open 6-10.30pm every night of the year for people living in Leeds.</p> <p>The service provides emotional support and information for people in distress.</p>	<p>Anyone in Leeds</p>	<p>Self-referral</p>	<p>Tel: 0808 800 1212 Webchat: <a href="http://www.lslcs.org.uk/connect-waiting-room">www.lslcs.org.uk/connect-waiting-room</a></p>

## SPECIALIST SUPPORT FOR PARENTS OR CARERS

<b>Yorkshire Centre for Eating Disorders</b>			
<p>A fortnightly support group for carers, a helpline, a website and a monthly newsletter.</p> <p>The support group meets fortnightly at the Newsam Centre on Wednesday evenings 7pm- 8.30pm.</p>	<p>For anyone who is caring for someone living with an eating disorder.</p>	<p>Self-referral.</p>	<p>Helpline: 0113 206 3334 Website: <a href="http://www.yced.org.uk">www.yced.org.uk</a></p>

August 2014

Service Offered	Remit	Referral Details	Contact Details
<b>Carers Leeds</b>			
Information, advice, social and emotional support for unpaid carers including those caring for someone with mental ill health.  Also, one to one support, support groups around specialised issues, an online forum for young adult carers and social and wellbeing events.	For those caring for family members, partners, friends or neighbours.	By completing a referral form on their website, telephoning, or visiting the office at 6-8 The Headrow, Leeds on Tuesdays –Fridays 9.30am - 3.30pm.	Tel: 0113 3804300 (Mon- Fri 10am – 4pm) Email: info@carersleeds.org.uk Website: www.carersleeds.org.uk

## OTHER PROJECTS THAT MAY BE ABLE TO PROVIDE INFORMATION, TRAINING OR SIGNPOSTING

<b>Community Links Training</b>	
Community Links Training are a leading provider of high quality mental health training, based in Leeds. They offer a range of courses including the internationally recognised Mental Health First Aid, Youth Mental Health First Aid and Applied Suicide Intervention Skills Training in addition to specific training in Understanding Eating Disorders and Responding to Self-Harm.  (For more information about community links projects and referral information, see their website)	Tel: 0113 2739660 Email: info@commlinks.co.uk Website: www.commlinks.co.uk

### SOME USEFUL WEBSITES:

#### **LeedsMHDiretory.co.uk**

A directory of mental health services in Leeds.

#### **YoungMinds.org.uk**

Advice & info for young people affected by mental ill health and for parents and professionals.

#### **SelfHarm.co.uk**

Support for young people impacted by self-harm.

#### **B-eat.co.uk**

Support for young people and adults, to beat eating disorders.

### SOME NATIONAL HELPLINES:

#### **Samaritans : 08457 90 90 90**

Confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

#### **Childline : 0800 1111**

Support for children and young people.

#### **B-eat Adult Helpline : 0845 634 1414**

Support & info about eating disorders for over 18s including sufferers, carers and professionals.

#### **B-eat Youthline : 0845 634 7650**

Support for under 25s who have an eating disorder.