

Here For You Leeds

Struggling to Cope?
You Are Not Alone.

Free Urgent Mental Health Support.

- No need for a GP or hospital appointment
- Available to anybody aged 16 years+



Call: 07760 173476

We are open for support from 3:30pm to
9pm every day of the year

Refer online any time

Our teams will call you back within 24 hours

Go to our website or scan the QR
code to refer online.



www.touchstonesupport.org.uk/hereforyou



HereForYouTS



Here For You
Out Of Hours Support In A Safe Space

Leeds
Health & Care
Partnership



If you are struggling to cope or have thoughts of self-harm or suicide

You are not alone.

Accessible Support

- Free Taxis for people who do not feel safe to travel to us or need help getting home.
- You do not need a Leeds GP or fixed postcode to access support.

A Calm Space To Feel Safe 1-to-1 Support

- Speak to one of our staff about how you're feeling.
- Support to help you make a plan to keep safe for the night.
- Information on other local support available to you.



45 minutes in person with time to unwind after. We can also offer telephone support.



Here For You
Out Of Hours Support In A Safe Space



HereForYouTS

 Leeds
Health & Care
Partnership

 TOUCHSTONE
Inspiring communities, transforming lives