

# 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 24hours

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



[www.touchstonesupport.org.uk/hereforyou](http://www.touchstonesupport.org.uk/hereforyou)



HereForYouTS



*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.

