

Here For You Wakefield

Struggling to Cope?
You Are Not Alone.

Free Urgent Mental Health Support.

- Available to anybody aged 16 years+ in Wakefield and the 5 Towns.
- Reach out on the day you need support.



Call: 07776 962815

We are open for support from 3:30pm to 10pm 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.



Hereforyou@touchstonesupport.org.uk

www.touchstonesupport.org.uk/hereforyou



HereForYouTS



Here For You

Out Of Hours Support In A Safe Space



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

We are Here For You

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 GP or fixed home address to access support, we support anybody in the Wakefield and 5 Towns area at the time they need it the most.

A Safe Space For 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.

Supports are 45minutes in person with a safe space to unwind. We can also offer telephone support if you are struggling to leave home.



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