

NEED MORE HELP?

DISABILITY & HEALTH

LOCAL ORGANISATIONS

Disability:

Disability Support Calderdale: T: 7944 511 716. Victoria Rd, Hebden Bridge HX7 8LN
Mon- Friday 9.30am-3.00pm. www.disabilitysupportcalderdale.org/

Benefits advice, Universal Credit, Employment Support Allowance, PIP. Support with Medical assessments. Appeals. Adult & children's benefits. Signpost to other disability services. Can arrange home visits.

Libra Support services: The Place to Meet. Sue Wardell suejwardell@outlook.com or nicola@librasupport.co.uk T: 07751123507 or 01706 817672. Tuesday, Todmorden College, 10am-12.30pm.

Service for people with learning difficulties and their carers/ support workers

Emotional well-being/ Mental health:

Andy's Man Club: Hebden Bridge Town Hall, Mondays 7pm. No contact number.
Facebook or www.andysmanclub.co.uk

The aim of the club is to provide men with a safe space where they feel comfortable to talk and open up about their experiences in a room free of judgment.

Bereavement and Loss Support Group: T:07907493100 Email: jackie@wellbeings.uk
6pm-7.30pm 1st Wednesday of month, Todmorden Community College.

Facilitated by qualified/ trainee counsellors. Self-referral

Calderdale Open Minds (CAMHS): T: 01422 30000

Email: firstpointofcontact@calderdalecamhs.org.uk Website: <https://openmindscamhs.org.uk/>

Signposting, advice, and mental health interventions for children and young people aged 5 to 18 and their families.

Healthy Minds/Calderdale Wellbeing T: 01422 345154

Email: info@healthymindscalderdale.co.uk www.healthymindscalderdale.co.uk

Calderdale's independent user-led charity. Self-referral.

Invictus Wellbeing: T: 01422 730015. Website: www.invictuswellbeing.com - works in partnership with Calderdale Council.

West Yorkshire's Children and Young People's Mental Health Charity.

WomenCentre: T: 01422 386 500 Email: counselling@womenscentre.org.uk. At

Todmorden Community College 1st and 3rd Friday each month. <https://womenscentre.org.uk>

Support for victims of domestic abuse

VitaMinds: T: 0333 0153 494. Talking therapy services as part of NHS. 8am– 8pm

Monday to Friday; 9am – 12.30pm Saturday. Self-refer by telephone or through website

www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/calderdale/

For depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, OCD etc. 18 plus.

Older people:

Age Concern: T: 01706 817926. 11 Burnley Rd, Todmorden OL14 7BU. Monday to Friday 10am-12pm. Website; www.ageuk.org.uk

Provides: information, support, and social and leisure activities.

Dementia Friendly Todmorden (DFT): enquiries@dementiafriendlytodmorden.org.uk
and **Facebook** www.dementiafriendlytodmorden.org.uk

Runs a monthly café called Daisy's café. This café, held on the 1st Saturday of every Month from 11-1 at Todmorden Health Centre act's as a one-stop- shop approach for people living with Dementia.

NATIONAL/REGIONAL HELPLINES

Carers UK: T: 020 7378 4999. 20 Great Dover Street, London SE1 4LX. Website www.carersuk.org

Support for carers.

Childline: T:0800 1111 www.childline.org.uk

Help for anyone under 19 with any issue, confidential and available any time, day or night. or chat via website.

Dementia:

NHS: Sources of help for people with dementia and carers:
www.nhs.uk/conditions/dementia/help-and-support/ .

Alzheimer's Society: T:0333 150 3456. www.alzheimers.org.uk/

Get personalised information, support and advice.

Samaritans: T: 116 123, Freephone 24 hours.

Emotional support to anyone in distress, struggling to cope or at risk of suicide.

April 2023