

<b>Provider</b>	<b>Service</b>	<b>Info</b>	<b>Contact Details</b>
<b>General</b>	Leeds Nightline	Leeds Nightline is a listening and information service for students in Leeds.	<a href="https://leeds.nightline.ac.uk/">https://leeds.nightline.ac.uk/</a> listening@leeds.nightline.ac.uk
	Action for Happiness	Wellbeing & Mindfulness: join via email <a href="https://airtable.com/hrf2zWAIKGuK0cFz?prefill_GROUP=GRP120%20(Leeds)">https://airtable.com/hrf2zWAIKGuK0cFz?prefill_GROUP=GRP120%20(Leeds)</a>  or on Facebook <a href="https://www.facebook.com/s/228528317496937/?fref=ts">https://www.facebook.com/s/228528317496937/?fref=ts</a>	<a href="https://www.actionforhappiness.org/groups-and-events">https://www.actionforhappiness.org/groups-and-events</a>
<b>Leeds Arts University</b>	Life in Leeds	Out & about in Leeds	<a href="https://www.leeds-art.ac.uk/life-in-leeds/">https://www.leeds-art.ac.uk/life-in-leeds/</a>
<b>LASU</b>	Leeds Arts SU	Societies, support, advice and guidance	<a href="http://www.leedsartsunion.org.uk">www.leedsartsunion.org.uk</a>  em: student.union@leeds-art.ac.uk Tel: 0113 202 8297 (Blenheim) Tel: 0113 202 8250 (Vernon)
<b>Leeds Beckett University</b>	Covid 19 Page	Info	<a href="https://www.leedsbeckett.ac.uk/our-university/information-for-students-and-applicants/">https://www.leedsbeckett.ac.uk/our-university/information-for-students-and-applicants/</a>
<b>LBU Student Welfare</b>	Kooth Student	Free and accessible online counselling and emotional wellbeing	<a href="https://www.leedsbeckett.ac.uk/studenthub/kooth/">https://www.leedsbeckett.ac.uk/studenthub/kooth/</a>

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		Wednesday 9th December 12-1pm: Accessing Support for Wellbeing	<a href="https://zoom.us/j/99476878239">https://zoom.us/j/99476878239</a>
		Self-registration to request support	<a href="https://www.leedsbeckett.ac.uk/studenthub/student-wellbeing-team/">https://www.leedsbeckett.ac.uk/studenthub/student-wellbeing-team/</a>
	Student Wellbeing	Range of short courses to support positive wellbeing.	<a href="https://libguides.leedsbeckett.ac.uk/contact_us/christmas">https://libguides.leedsbeckett.ac.uk/contact_us/christmas</a>
	Library Provision	Support from Libraries over Christmas	<a href="https://www.leedsbeckett.ac.uk/studenthub/student-wellbeing-team/">https://www.leedsbeckett.ac.uk/studenthub/student-wellbeing-team/</a>
	Christmas Break Info	Leaving your Property safe	<a href="https://www.leedsbeckettsu.co.uk/">https://www.leedsbeckettsu.co.uk/</a>
			<a href="https://www.leedsbeckettsu.co.uk/articles/leaving-your-property-over-the-winter-break">https://www.leedsbeckettsu.co.uk/articles/leaving-your-property-over-the-winter-break</a>
<b>LBU Student Union</b>	Student Helpdesk		<a href="mailto:su-helpdesk@leedsbeckett.ac.uk">su-helpdesk@leedsbeckett.ac.uk</a>
	Mental Health Hub		<a href="https://www.leedsbeckettsu.co.uk/mental-health-hub">https://www.leedsbeckettsu.co.uk/mental-health-hub</a>
	Societies		<a href="https://www.leedsbeckettsu.co.uk/societies">https://www.leedsbeckettsu.co.uk/societies</a>
	Advice		<a href="mailto:suadvice@leedsbeckett.ac.uk">suadvice@leedsbeckett.ac.uk</a>
	Volunteering		<a href="https://www.leedsbeckettsu.co.uk/volunteering">https://www.leedsbeckettsu.co.uk/volunteering</a>

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	What's on?		<a href="https://www.leedsbeckettsu.co.uk/events">https://www.leedsbeckettsu.co.uk/events</a>
<b>Leeds Conservatoire</b>	Student Services	Support & information for most aspects of student life.	<a href="https://space.leedsconservatoire.ac.uk/course/index.php?categoryid=279">https://space.leedsconservatoire.ac.uk/course/index.php?categoryid=279</a>
<b>Leeds Conservatoire Student's Union. (LCSU)</b>	Student's Union	Events, societies, advice and social support for students who feel isolated over Christmas.	<a href="https://www.leedsconservatoire.ac.uk/student-life/students-union-societies/">https://www.leedsconservatoire.ac.uk/student-life/students-union-societies/</a> em: <a href="mailto:studentunion@lcm.ac.uk">studentunion@lcm.ac.uk</a> Instagram @_lcsu Facebook <a href="https://www.facebook.com/leedsconservatoireSU">https://www.facebook.com/leedsconservatoireSU</a>
<b>Leeds Trinity University</b>	Student Mental Health & Wellbeing Service	(closed between December 19th and Jan 4th but out of office information can be received via	<a href="mailto:counselling@leedstrinity.ac.uk">counselling@leedstrinity.ac.uk</a>
	myLTU	Self-Referrals can be made via:	<a href="https://studentportal.pcmis.com/LTU.html">https://studentportal.pcmis.com/LTU.html</a>

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Leeds Trinity SU	Togetherall	(mental health tile) provides access to a range of Guided Relaxations for LTU Students	<a href="http://togetherall.com/">http://togetherall.com/</a>
	Uniheads	Access via LTU login	<a href="https://uniheads.co.uk/">https://uniheads.co.uk/</a>
		Access via LTU login- accessible presentation around building resilience	<a href="https://leadstrinity.cloud.panopto.eu/Panopto/Pages/Viewer.aspx?id=5409c7b7-4182-4ed2-8ac9-abb200fb6ba9">https://leadstrinity.cloud.panopto.eu/Panopto/Pages/Viewer.aspx?id=5409c7b7-4182-4ed2-8ac9-abb200fb6ba9</a>
		Sleep Management video (available to LTU Students):	<a href="https://www.ltsu.co.uk/">https://www.ltsu.co.uk/</a>  <a href="https://www.leadstrinity.ac.uk/student-life/students-union/">https://www.leadstrinity.ac.uk/student-life/students-union/</a>
University of Leeds	UoL Christmas Availability	Holiday activities, service availability and support arrangements.	<a href="https://students.leeds.ac.uk/info/21504/living_in_the_uk/1474/holiday_activities_and_support">https://students.leeds.ac.uk/info/21504/living_in_the_uk/1474/holiday_activities_and_support</a>
	Student Information Service		
	Student Space	Phone helpline, email and face to face support for any general enquiries/information	<a href="https://students.leeds.ac.uk/info/10101/welcome/679/asking_for_help">https://students.leeds.ac.uk/info/10101/welcome/679/asking_for_help</a>
	Link to Leeds	Advice, guidance, information and support  Access to live chat with student ambassadors	<a href="https://studentspace.org.uk/wellbeing/the-christmas-break">https://studentspace.org.uk/wellbeing/the-christmas-break</a>  <a href="https://linkto.leeds.ac.uk/">https://linkto.leeds.ac.uk/</a>
LUU	International advice	Visa and immigration advice	Internationalstudents@leeds.ac.uk

<b>Provider</b>	<b>Service</b>	<b>Info</b>	<b>Contact Details</b>
	The Student Counselling Centre	Alcohol & Substance Misuse Support	students.leeds.ac.uk/counselling Tel 0113 3434107
	Student Union Christmas Provision	for up to date information on What's On at Christmas and Covid related advice  Advice, guidance, support, signposting  for quick advice queries – help and support 24/7  for general Help and Support Service info including Christmas opening times	https://www.luu.org.uk/happy-holidays/  www.luu.org.uk/student-help-support  https://leedsuniversityunion.knowledgeowl.com/help  https://www.luu.org.uk/help-support/about-luu-advice/
	Alcohol & Substance Misuse	Support, advice, signposting	https://www.luu.org.uk/help-support/
<b>University of Bradford</b>	Student Life	Student support, advice & guidance  Counselling & Mental Health Service  Self-help resources  Self-referral for support	https://www.bradford.ac.uk/student-life/support/ Tel: 01274 2326981 Em: mybradford@bradford.ac.uk  https://www.bradford.ac.uk/counselling/  https://www.bradford.ac.uk/counselling/self-help-resources/  https://bmywellbeingcollege.nhs.uk/

## Provider

**Nottingham Trent University**

## Service

EMERGENCY CONTACT OVER  
CHRISTMAS BREAK

Student Hub

## Info

Emergencies only

Student advice center:

Health & Wellbeing

Accessing help & support

Self Referral form

## Contact Details

[wellbeing@ntu.ac.uk](mailto:wellbeing@ntu.ac.uk)

[https://www.ntu.ac.uk/  
studenthub/home](https://www.ntu.ac.uk/studenthub/home)

<https://studentspace.org.uk/>

[https://www.ntu.ac.uk/  
studenthub/student-help-  
advice-and-services/health-  
and-wellbeing/get-help-and-  
support](https://www.ntu.ac.uk/studenthub/student-help-advice-and-services/health-and-wellbeing/get-help-and-support)

[https://www.ntu.ac.uk/  
studenthub/student-help-  
advice-and-services/health-  
and-wellbeing/get-support-for-  
yourself](https://www.ntu.ac.uk/studenthub/student-help-advice-and-services/health-and-wellbeing/get-support-for-yourself)

[https://www.ntu.ac.uk/  
studenthub/student-help-  
advice-and-services/health-  
and-wellbeing/get-support-for-  
another-student](https://www.ntu.ac.uk/studenthub/student-help-advice-and-services/health-and-wellbeing/get-support-for-another-student)

**NTU SU**

Mental Health online support

Free online CBT Therapy course

International Student Support

[https://www.ntu.ac.uk/  
studenthub/student-help-  
advice-and-services/health-  
and-wellbeing/online-support](https://www.ntu.ac.uk/studenthub/student-help-advice-and-services/health-and-wellbeing/online-support)

[https://www.ntu.ac.uk/  
studenthub/international-  
student-support](https://www.ntu.ac.uk/studenthub/international-student-support)

Provider	Service	Info	Contact Details
	Events & Opportunities	Sports, societies & local info	<a href="https://www.ntu.ac.uk/c/events-and-opportunities">https://www.ntu.ac.uk/c/events-and-opportunities</a>
	Anti Social Behaviour	Reporting process	<a href="mailto:communityliaison@ntu.ac.uk">communityliaison@ntu.ac.uk</a>
	Student Union	Life outside Lectures	<a href="https://www.ntu.ac.uk/life-at-ntu/life-outside-lectures/students-union">https://www.ntu.ac.uk/life-at-ntu/life-outside-lectures/students-union</a>

<b>NHS Services: Leeds &amp; Bradford</b>	Leeds Student Medical Practice	If you have any questions about the Leeds Mental Wellbeing Service and the support on offer please contact us at: <a href="mailto:leeds.mws@nhs.net">leeds.mws@nhs.net</a> . Our contact number remains at 0113 843 4388.	<a href="https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/">https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/</a>
	Linking Leeds	Linking Leeds is a free city wide social prescribing service for individuals aged 16+ and registered to a GP surgery within Leeds. We can link you with a range of services to improve and maintain your health and wellbeing including support for housing, emotional and mental wellbeing, financial issues, social groups and meaningful use of time including education/employment.	Questions, queries & self-referral on: <a href="https://www.commlinks.co.uk/?service=linking-leeds">https://www.commlinks.co.uk/?service=linking-leeds</a> Tel: 0113 336 7612

## Provider

## Service

## Info

## Contact Details

Leeds Community Healthcare:  
Mental Wellbeing Service

Previously IAPT service.  
Self referral. Free online  
courses for anyone registered  
with a GP in Leeds.

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/>

Leeds & York

24/7 Crisis line

<https://www.leedsandyorkpft.nhs.uk/news/articles/looking-mental-health-christmas/>

Tel: 0300 303 0165

## NHS – Nottingham

Nottinghamshire Healthcare

Mental Health & Wellbeing  
Resources

<https://www.nottinghamshire.gov.uk/care/adult-social-care/mental-health-wellbeing>

Adult social care

Mental health support for all  
Nottingham residents

Wellness in Mind

Wellbeing resources: 5 Ways to  
Wellness

<https://www.wellnessinmind.org/about-the-service/who-we-are/>

<https://www.wellnessinmind.org/finding-help/looking-after-yourself>

## Leeds CC

Service Provision over Christmas  
period

<https://www.leeds.gov.uk/residents/winter-services/christmas-opening-hours>



## Provider

## Service

## Info

## Contact Details

**Bradford MBC**

Covid 19 updates

<https://bradford.gov.uk/health/health-advice-and-support/coronavirus-covid-19-advice/>

Sports & Activities

<https://bradford.gov.uk/sport-and-activities/sport-and-activities/>

Whats on in Bradford

<https://www.visitbradford.com/events.aspx>

**Nottingham CC**

Covid 19 updates

<https://www.nottinghamshire.gov.uk/care/coronavirus/local-outbreak-plan/covid-19-report-for-nottinghamshire>

What's on in Nottingham

<https://www.visit-nottinghamshire.co.uk/whats-on>

**3rd Sector Provision**

<https://www.angelsoffreedom.org.uk/families>

<https://www.mesmac.co.uk/our-services/leeds/support-social-groups>

**LGBTQ+**

LGBTQ+ support, activities and advice

<https://www.mindwell-leeds.org.uk/myself/right-service-or-support/peer-support-and-support-groups/lgbt-groups>

## Provider

## Service

## Info

## Contact Details

### Eat Well

Leeds Food Aid Network:

<https://leedsfoodaidnetwork.co.uk/>

Leeds Beckett University - Food Bank

<https://oneyouleeds.co.uk/>

One You Leeds – Health improvement advice and support

<https://www.leeds.gov.uk/residents/winter-services/christmas-opening-hours>

### Stay Warm

Ways to stay warm

Lifehack

<https://www.lifehack.org/articles/lifestyle/10-ways-stay-warm-home-without-heater.html>

Marie Curie

<https://www.mariecurie.org.uk/blog/keeping-warm/179148>

### Mental Health – Leeds/Bradford Mindwell

Student focused advice on mental health & wellbeing

<https://www.mindwell-leeds.org.uk/myself/right-service-or-support/student-wellbeing>

Student Minds

Student Minds works with students, service users, professionals and academics to develop new and innovative ways to improve the mental health of students.

<https://www.studentminds.org.uk/findsupport.html>

Student focused support

<https://www.mind.org.uk/information-support/tips-for-everyday-living/student-life/about-student-mental-health/>

Mind

Crisis support for mental health; emotional & practical support

First Contact:  
Between 18:00 – 19:00  
Tel: 0113 260 9328  
Text: 07922249452

Provider	Service	Info	Contact Details
	Dial House	Crisis support for BAME groups	Tues & Thurs 18:00 – 00:00 Tel: 0113 249 4675
	Dial House@Touchstone	1-2-1 support. Safe social space in a crisis	Text 07763581853 First Contact: Tel/Text: 07760173476
	Well-Bean 'Hope in a Crisis' Cafe		<a href="http://www.touchstonesupport.org.uk/well-bean-cafe-hope-in-a-crisis">www.touchstonesupport.org.uk/well-bean-cafe-hope-in-a-crisis</a>
	The Market Place	Mental health services in Leeds City Centre (11 – 25yrs)	<a href="http://www.themarketplaceleeds.org.uk">www.themarketplaceleeds.org.uk</a>
	Togetherall (The Big White Wall)	24/7 online safe space	<a href="https://togetherall.com/en-gb/big-white-wall/">https://togetherall.com/en-gb/big-white-wall/</a>
	Connect Helpline	Emotional support across Leeds. Every night 18:00 – 02:00	<a href="http://www.lslcs.org.uk">www.lslcs.org.uk</a> Tel: 0808 8001212
	Beat Eating Disorders	Opening times vary, check webpage for details	<a href="https://www.beateatingdisorders.org.uk/support-services/">https://www.beateatingdisorders.org.uk/support-services/</a>
	Battlescars	Support for anyone affected by self harm; those who self harm and those supporting them.	<a href="https://www.battle-scars-self-harm.org.uk/">https://www.battle-scars-self-harm.org.uk/</a>
	Forward Leeds	Support to achieve & sustain recovery from drug and alcohol misuse	<a href="https://www.forwardleeds.co.uk/getting-help/">https://www.forwardleeds.co.uk/getting-help/</a>
	Samaritans	24/7 telephone support for mental health	Tel: 116 123 Em: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>

## Provider

## Service

## Info

## Contact Details

Covid 19 & Mental health –  
Resources page

<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-pandemic/>

### Mental Health - Nottingham

Nottingham Adult Social Care

Access to Mental health &  
Wellbeing

<https://www.nottinghamshire.gov.uk/care/adult-social-care/mental-health-wellbeing>

### Drugs & Alcohol

Frank

Advice, guidance and support  
for alcohol and substance  
misuse

<https://www.talktofrank.com/contact-frank>  
Tel: 0300 1236600

Release

Advise on drugs & The Law

[www.release.org.uk](http://www.release.org.uk)  
Tel: 020 7324 2989

Adfam

Support for those affected by a  
loved ones drug use

[www.adfam.org.uk](http://www.adfam.org.uk)  
Tel: 020 7553 7640

Addaction

UK's largest specialist drug and  
alcohol charity.

[www.addaction.org.uk](http://www.addaction.org.uk)  
Tel; 020 72515860

CRI

Free treatment and support  
to those facing addiction,  
homelessness and domestic  
abuse

[www.cri.org.uk](http://www.cri.org.uk)

<b>Provider</b>	<b>Service</b>	<b>Info</b>	<b>Contact Details</b>
<b>Leeds</b>	Forward Leads	Support & advice	<a href="http://www.forwardleeds.co.uk/contact">www.forwardleeds.co.uk/contact</a> Tel: 0113 887 2477
	Leeds Student Medical Practice	Information and advice	<a href="http://www.leedsstudentmedicalpractice.co.uk">www.leedsstudentmedicalpractice.co.uk</a> Tel: 0113 295 4488
<b>Bradford</b>	Bradford MBC	Information & advice	<a href="http://www.bradford.gov.uk/children-young-people-and-families/get-advice-and-support/drugs-and-alcohol/">www.bradford.gov.uk/children-young-people-and-families/get-advice-and-support/drugs-and-alcohol/</a>
<b>Nottingham</b>	Nottingham CC		<a href="http://www.nottinghamshire.gov.uk/care/health-and-wellbeing/drugs-and-alcohol-support">www.nottinghamshire.gov.uk/care/health-and-wellbeing/drugs-and-alcohol-support</a>
<b>Other</b>	Chaplaincy Service Leeds	Religious & spiritual support; personal & wellbeing support	<a href="http://unichaplaincy.org.uk/accessing-support-university-leeds/">unichaplaincy.org.uk/accessing-support-university-leeds/</a>
	Chaplaincy Service Bradford	Faith Leaders at Bradford University	<a href="http://www.bradford.ac.uk/my-bradford/a-z/faith-advisers-and-chaplains.php">www.bradford.ac.uk/my-bradford/a-z/faith-advisers-and-chaplains.php</a>
	Chaplaincy Service Nottingham	Faith, spirituality and wellbeing support	<a href="http://www.ntu.ac.uk/life-at-ntu/support/ntu-faith-and-chaplaincy">www.ntu.ac.uk/life-at-ntu/support/ntu-faith-and-chaplaincy</a>