



# NIGHT OWLS

Overnight West Yorkshire  
Listening/Advice Service

Night OWLS is a confidential support line for children and young people in crisis. Helping them, their parents and carers living in Bradford, Leeds, Calderdale, Kirklees and Wakefield.

We're available

**8pm –  
8am**

Call this number free:  
**0800 148 8244**

Text us on: **07984 392700**  
(charges may apply)

Chat to us on:  
**[wynightowls.org.uk](https://wynightowls.org.uk)**



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## Night OWLS can help you if you...

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Feel you have nowhere to turn

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Feel you can't go on living

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Are in a crisis

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Are finding it hard to cope  
with life

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Are feeling angry, lonely,  
anxious or depressed

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Are feeling confused or finding  
it hard to think straight

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Are feeling unsafe

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Are caring for a young person

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Just want to talk

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We're available  
**8pm – 8am**  
for children, young  
people, parents and  
carers across  
West Yorkshire

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