

Turning point therapies - <https://talking.turning-point.co.uk/wakefield/my-turning-point/>

If you are aged 16 years or older and are registered with a GP surgery in the Wakefield District, you can access NICE recommended therapies at Turning Point Talking Therapies by [contacting us](#) directly.

Wakefield Inspiring Recoveries.

- You can call our Contact Point on 0300 123 1912 and select option 2 to make a referral.
- You can email us at wakefield-if@turning-point.co.uk using the attached referral form.
- You can call us on 01924 318531 to discuss a referral.

Calm - <https://www.thecalmzone.net/> - 0800585858 - The Campaign against Living Miserably (CALM) is leading a movement against suicide. Every week 125 people in the UK take their own lives. And 75% of all UK suicides are male. CALM exists to change this. Join the campaign to take a stand against suicide.

National Autistic Society - <https://www.autism.org.uk/> - **Get expert advice on services available.**

Childline - <https://www.childline.org.uk/> online on the phone and online.

PALS –Patient and advice service - <https://www.nhs.uk/common-health-questions/nhs-services-and-treatments/what-is-pals-patient-advice-and-liaison-service>

Galop - <https://www.galop.org.uk/> 0800 999 5428 - Galop continues to provide Hate Crime, Domestic Abuse and Sexual Violence support services to Lesbian, Gay, Bisexual and Trans + victims/survivors by telephone, email, text and WhatsApp. Please contact us using the [online form](#), email or telephone numbers on the right.

Mermaids - <https://mermaidsuk.org.uk> - Today, Mermaids has evolved into one of the UK's leading LGBTQ+ charities, empowering thousands of people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends.

We also seek to educate and inform wider society on gender identity by helping professionals accommodate and reassure gender-variant young people.

Mankind Initiative - <https://www.mankind.org.uk/> 01823334244 **Mankind Initiative** Domestic Abuse Service (MIDAS) Covid-19 Support for Practitioners and Male Victims; Survivors' Stories; National Annual Conference; Feedback; About – About Us – What we do – Supporters; Testimonials; Statistics and Research. Research on Male Victims of Domestic Abuse; Statistics on Male Victims of Domestic Abuse.

Family Action - <https://www.family-action.org.uk/> 0808 802 6666 Text: 07537 404 282

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.

Mind - <https://www.mind.org.uk/> when you're living with a mental health problem, having access to the right information is vital. Go to our information pages to find out more.

National Centre for domestic violence - <https://www.ncdv.org.uk/> 08009702070

A free, fast **emergency injunction** service to survivors of domestic abuse and violence regardless of their financial circumstances, race, gender or sexual orientation.

Age UK - <https://www.ageuk.org.uk/> - Information and advice for the older generation.

Cloverleaf advocacy - <https://www.cloverleaf-advocacy.co.uk/> - We believe everybody has the right to plan their own life, to be listened to, to be taken seriously, to be respected

- **Phone:** 01924 454875
- **Email:** enquiries@cloverleaf-advocacy.co.uk
- **Post:** Cloverleaf Advocacy, 5th Floor, Empire House, Wakefield Old Road, Dewsbury, WF12 8DJ
- **Fax:** 0300 666 0125
- **Text** 07860021502

Barnardos - <https://www.barnardos.org.uk/> - Changing the lives of children and young people across the UK.

Pace - <http://paceuk.info/> - Pace works alongside parents and carers of children who are – or are at risk of being – exploited by perpetrators external to the family. We offer guidance and training to professionals on how child exploitation affects the whole family.

Netware - <https://www.net-aware.org.uk/> - **Net Aware** brings together the NSPCC's expertise in protecting children and O2's tech know-how, we've got everything you need to help you keep your kids safe online. Whether you're an online expert or you're unsure of where to start, we're here to help.

Parent info - <https://parentinfo.org/> - Parent Info provides content from the leading experts and organisations in a range of fields. An A-to-Z of our partners and contributors can be found below.

Calmharm - <https://calmharm.co.uk/> - Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

Yorkshire Mesmac - <https://www.mesmac.co.uk/> Tel: 01924 211116 - Yorkshire MESMAC is one of the oldest and largest sexual health organizations in the country. We offer services to various communities across Yorkshire, including men who have sex with men, African and other BAME people, people misusing drugs, sex workers and LGBT+ young people and adults.

Stem4 - <https://stem4.org.uk/> - stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families and carers, education professionals, as well as school nurses and GPs through the provision of mental health education, resilience strategies and early intervention. This is primarily provided digitally through our innovative education programme, pioneering mental health apps, clinically-informed website and mental health conferences that contribute to helping young people and those around them flourish.

Frank - <https://www.talktofrank.com/> - 0300 1236600 - Honest information about drugs. Menu. Home; Drugs A-Z; News; Help and advice. What to do in an emergency; 10 ways to deal with peer pressure; Worried about a friend? Worried about a child? What is drug treatment like?

Wakefield Early help - <http://earlyhelp.wakefield.gov.uk/> -The children's centres are re-opening in a phased manner from 1 September. Early Help means providing support to a child, young person or their family as soon as a problem emerges. Whether you're a parent, a young person or an Early Help professional looking for advice, support or family activities, you'll find all the information you need on these pages.

WF-I-CAN - <https://wf-i-can.co.uk/> - **A new online resource for children and young people in Wakefield**

Kooth - <https://www.kooth.com/> - Online mental health community

Young Minds - <https://youngminds.org.uk/> - **We're the UK's leading charity fighting for children and young people's mental health. We will make sure all young people get the best possible mental health support.**

CAMHS - <https://www.southwestyorkshire.nhs.uk/services/camhs-wakefield/> - Wakefield CAMHS SPA team: 01977 735865. CAMHS stands for child and adolescent mental health services. We are the NHS service that offers support and treatment for children and young people, aged up to 18 years old, who are experiencing difficulties with their mental health and wellbeing. We also support parents, carers and families of these children and young people.

Children's society - <https://www.childrenssociety.org.uk/> - That's why we fight for the hope and happiness of young people when it's threatened by abuse, exploitation and neglect. We see the hope and courage in young people every day, and it inspires us to support them through their most serious life challenges.

Anna Freud - <https://www.annafreud.org/> - We're transforming mental health by working with infants, children, young people and their families, their communities and professionals to deliver timely evidence-based support for all.

Elsa - <https://www.elsa-support.co.uk/> - the ELSA Support website. My motto is 'Together we can make a difference'. One of the things I noticed very quickly when I was working in school was that there was a real lack of ELSA resources. I am a bit of a Google queen but even so it was difficult, without spending a huge amount of money on

things, to find anything really suitable. I ended up writing my own planning and coming up with ideas and thought why not share them that was the start of ELSA Support.

Schools advisory service - <https://schooladvice.co.uk/> - Schools support for staff wellbeing.

CAPS - <https://capuk.org/> - 0800 328 0006 - Poverty just loves to destroy lives. It breaks families apart, isolates people from friends and family, shatters confidence and drives many to think that suicide is the only way out. UK poverty is real, with millions locked in its miserable grip. We're not prepared to sit back and let it wreak havoc across our nation.

In a just and compassionate society, no one should be trapped in their home, afraid to open the door or answer the phone. No one should wake up wondering where they'll find the money to feed their children or heat their home. No one should have to be alone, especially when times are tough.

Karma nirvana - <https://karmanirvana.org.uk/> -08005999247 - **Karma Nirvana** exists to support, empower and educate all those impacted by honor-based abuse in the UK. We seek to break the silences on Honor Based Abuse by empowering those affected to speak out and by shining the spotlight on honor-based abuse to improve national understanding, detection and practice

Victim Support - <https://www.victimsupport.org.uk/> 08081689111 - If you've been affected by crime, we can give you the support you need to move forward. Our services are free, confidential and available to anyone in England and Wales, regardless of whether the crime has been reported or how long ago it happened. Choose from a number of ways to contact us.

Wakefield Domestic abuse service - <http://www.wakefield.gov.uk/health-care-and-advice/adults-and-older-people-services/domestic-abuse> **0800 915 1561** - It's a very uncertain time for many of us, but particularly for those in lockdown with an abusive partner. This is why domestic abuse remains a priority for us during the Coronavirus outbreak.

PACT - <https://www.prisonadvice.org.uk/Pages/FAQs/Category/tell-my-child> - We often hear from parents and carers who are struggling with what to tell their children when a loved one goes to prison. Often they are torn between wanting to hide the truth from the children to "protect" them, and the desire to be open and honest with their children.

Here you can find useful information about what and how to tell your child when someone they love has gone to prison. If you need any more support or information, please contact us on our free national helpline, on 0808 808 3444 or email us on helpline@prisonadvice.org.uk.

Step Change - <https://www.stepchange.org/> - **You can still get free, impartial debt advice over the phone.** Call us for FREE on [0800 138 1111](tel:08001381111) (Monday-Friday 8am-8pm, Saturday 8am-4pm). Our services are currently running as normal.

Wakefield District Housing - <https://www.wdh.co.uk/> - 03458507507

Catholic care - <https://catholic-care.org.uk/> - **Catholic Care** is **Christian charity** which supports people of all ages, and of all faiths or no faith, within the Leeds Diocese.

The clothing bank - <https://www.facebook.com/selbyareaclothingbank> - assist families with clothing

The Bag Fairies - <https://www.facebook.com/BagFairys> - assist family's with clothing

Respect - <https://respectphoneline.org.uk/> - Choose to stop: providing help for domestic violence perpetrators.

<https://www.turninglivesaround.co.uk/sustain-wakefield/> -SUSTAIN is Wakefield Council's Housing Sustainment Pathway and we provide housing related support to people who are at risk of homelessness to enable them to keep and maintain their housing.

Based in St Catherine Church Centre, Belle Vue, SUSTAIN supports up to 175 single and couple clients, and 60 families across the Wakefield District at any one time.

Napac - <https://napac.org.uk/> - Supporting recovery from childhood abuse -The damage caused by child abuse doesn't always end in childhood. We offer support to adult survivors and training for those who support them. We run support groups when there is funding to do so.

The lullaby trust - <https://www.lullabytrust.org.uk/> - The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families

Relationship matters - <https://relationshipmatters.org.uk/> - Whether you're together or separated, the way you and your partner communicate can impact on your children. All relationships have tricky moments it's how they're experienced and resolved that matters. Of course, disagreements and arguments are completely normal and part of everyday life but if it is becoming a problem then you can get help. Parental conflict is not the same as domestic abuse – if you are afraid of your partner or feeling that they control your life then this is more likely to be domestic abuse, please seek help either from your local council or the NSPCC

Spectrum health care - <https://spectrumhealth.org.uk/contact-us/> -