



DIAL HOUSE

PROVIDING SANCTUARY AND SUPPORT AT TIMES OF CRISIS

When you're desperate and feel you can't cope, there is a place where you can talk to someone who'll listen.

CALL 0113 260 9328
TEXT 07922 249 452



DIAL HOUSE 12 CHAPEL STREET, HALTON, LEEDS LS15 7RW
6PM-2AM EVERY MON | WEDS | FRI | SAT | SUN

LEEDS
**SURVIVOR-LED
CRISIS SERVICE**

WWW.LSLCS.ORG.UK

DIAL HOUSE

PROVIDING SANCTUARY AND SUPPORT AT TIMES OF CRISIS

Dial House is a safe, comfortable place for people in Leeds to visit when you're in crisis, which may mean you:

- feel desperate, anxious or depressed
- feel suicidal
- have nowhere to turn
- cannot cope
- need a safe place and someone to talk to

We're open when most other services are closed and we can provide a **free** taxi to transport you to and from **Dial House** as well as **free** childcare during your visit.

The service is confidential. We won't tell anyone else about your visit or phone call unless you ask us to – except in exceptional circumstances.

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CONNECT HELPLINE

EMOTIONAL SUPPORT AND INFORMATION

Connect is a **FREE** phone and online service for anyone living in Leeds who needs someone to talk to about issues or concerns that affect you. We're open when many other services are closed.

CALL 0808 800 1212
FREEPHONE

ONLINE MESSAGING SUPPORT WWW.LSLCS.ORG.UK
6PM-2AM AVAILABLE EVERY NIGHT OF THE YEAR



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CONNECT HELPLINE

EMOTIONAL SUPPORT AND INFORMATION

Connect Helpline is here for anyone living in Leeds who needs someone to talk to on the phone or online. We're open when many other services are closed.

We can offer you:

- someone who will listen with warmth, acceptance and understanding
- a chance to look at ways of coping and ways of keeping yourself safe
- support with looking at your options and finding your own solutions to your problems
- information about other support services and services for carers
- a confidential service – we won't tell anyone else about your call unless you ask us to – except in exceptional circumstances

Connect is a **FREE** phone and online service for anyone living in Leeds who needs someone to talk to about issues or concerns that affect you. We're open when many other services are closed.

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CONNECT HELPLINE

EMOTIONAL SUPPORT AND INFORMATION

You may be caring for someone who has emotional problems – they rely on you – but who's there for you?

If you live in Leeds and care for a family member or a friend whose life is affected by mental or emotional distress

Connect Helpline can offer you support and information.

We can offer you:

- someone who will not judge you but listen with warmth, acceptance and understanding
- information about other support services and services for carers
- a confidential service – we won't tell anyone else about your call unless you ask us to – except in exceptional circumstances

We're open from **6pm - 2am every night of the year** – and when many other services are closed.

Connect is a **FREE** phone and online service for anyone living in Leeds who needs someone to talk to about issues or concerns that affect you. We're open when many other services are closed.

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