

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.

ARE YOU?

- in a crisis?
- caring for someone going through a mental health crisis?
- finding it hard to cope with life?
- feeling desperate, angry, lonely, anxious or depressed?
- feeling isolated and have nowhere to turn?
- feeling you can't go on living?
- feeling confused or finding it hard to think straight?
- feeling unsafe?
- just wanting to talk?

OPEN 6PM-2AM
EVERY NIGHT OF THE YEAR

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

LEEDS SURVIVOR-LED CRISIS SERVICE | REGISTERED CHARITY NO. 1075160 | DESIGN: WWW.THREEFOUR.CO



DIAL HOUSE
PROVIDING SANCTUARY AND
SUPPORT AT TIMES OF CRISIS

FREE PHONE 0808 800 1212

**ONLINE MESSAGING SUPPORT
WWW.LSLCS.ORG.UK**



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VOLUNTEER WITH US | SEE WEBSITE FOR DETAILS

PROVIDING SANCTUARY AND SUPPORT AT TIMES OF CRISIS

Dial House is a safe, comfortable place for people in Leeds to visit when you feel that you cannot cope and are in crisis. We believe a crisis can be:

- an overwhelming experience
- more than the person can deal with
- not one's normality
- usually intolerable
- highly stressful
- having nowhere to turn
- having exhausted all one's coping strategies

We believe that to deal with a crisis, a person must feel safe, listened to and connected to other people. At **Dial House** you can talk to a crisis support worker for one-to-one support or simply use the safe environment as a time-out.

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.

HOW TO VISIT

When you visit **Dial House** for the first time, you don't need an appointment – simply ring the doorbell during our opening hours. You can also call us first on 0113 260 9328 and we'll arrange transport for you.

If you've visited before, please call us first to request a visit during our opening hours.

TO GET TO DIAL HOUSE

- Bus 40 – Infirmary Street (stop G), Boar Lane (stop P6), Corn Exchange (K6), outside Bus Station (stop F4)
- Bus times are currently both 12 and 42 minutes past the hour, every evening.
- Journey time approx 20 minutes. Ask for stop on Chapel Street opposite Chapel Street Social Club. Dial House is situated right next to the bus stop.



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CALL 0113 260 9328
TEXT 07922 249 452 
6PM-2AM EVERY MON | WEDS | FRI | SAT | SUN

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