

PROVIDING SANCTUARY AND SUPPORT IN TIMES OF CRISIS



A SAFE PLACE 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.

CALL 0113 260 9328
TEXT 07922 249 452

TEXT 07912 249 452

TEXT 07921 249 451





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EMOTIONAL SUPPORT AND INFORMATION



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Connect Helpline is a **free** telephone service for anyone living in Leeds who needs someone to talk to about issues or concerns, which may mean you:

- just need someone to talk to
- are feeling desperate, angry, lonely, anxious or stressed out
- feel you have nowhere to turn

The **free Connect Helpline** is open every night of the year at times when many other services are closed.

FREEPHONE 0808 800 1212 ONLINEMESSAGING SUPPORT WWW.LSLCS ORG. UK GPN-10.30PM EVERYNIGHT OF THE YEAR A SUPPORT OF THE YEAR A SUPPOR

LEEDS SURVIVOR-LED CRISIS SERVICE WWW.LSLGS.ORG.UK



EMOTIONAL SUPPORT AND INFORMATION



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.

This **free** service is confidential and open every night of the year at times when many other services are closed.

FREEPHONE

0808 800 1212

DNLINEMESSAGING SUPPORT WWW.LSLCS ORG. UK
GPN-10.30PM EVERYNIGHT OF THE YEAR

LEEDS SURVIVOR-LED CRISIS SERVICE WWW.15165.0R6.UK