



NORTHPOINT

Please contact your GP to make a referral:

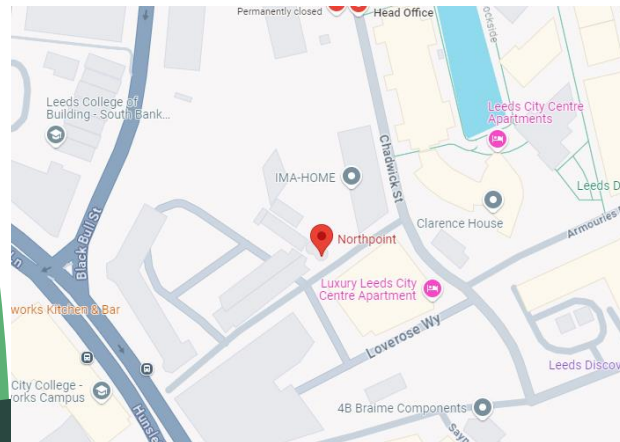
Leeds Student Medical Practice
0113 295 4488

The Light Surgery
0113 242 7425

For face-to-face appointments:

Northpoint
The Small Mill
Chadwick Street
Leeds
LS10 1LJ

Tel: 0113 245 0303



NORTHPOINT

Mental Health
Advisor Service



LEEDS STUDENT MEDICAL PRACTICE
& THE LIGHT SURGERY



PRIMARY CARE NETWORK

Patient Feedback

"The Mental Health Advisor was absolutely brilliant and so helpful and considerate."

"I felt heard and reassured I could also seek support again. There were useful and reasonable tasks suggested to me that I will try to complete."

"I was extremely nervous, and the advisor completely put me at ease and provided some incredible advice I needed to hear. I am very grateful for the appointment and will be taking the advice on board."

NORTHPOINT

What we do?

Mental Health Advisors provide a space to be heard, practical support and self-help techniques to help manage your mental health.

We can help if you are struggling with stress, anxiety, low mood, sleep difficulties, and want to speak to someone about a problem relating to your mental health.

We offer triage and signposting to other specialist mental health services within Leeds.

The appointment will last for 40 minutes with the option for a follow up, if needed.

Appointments are available Mon-Fri, and we aim to contact patients within 2-3 working days.

For support in a crisis:

Connect

Free helpline number: 0808 800 1212
(Open 6pm – 2am)

Connect is a telephone and online support helpline open 6pm–2am every night of the year for people living in Leeds. The service provides emotional support and information for people in distress. People can ring or access support online who are in crisis, anxious, depressed, or lonely.

Survivor.led@slcs.org.uk

The Well-bean Crisis Café

Supports anyone in a crisis – it provides a safe place for people in crisis to go and to.

We offer a non-clinical alternative to A & E, to reduce distress and work with people to resolve or better manage crisis. We offer one-to-one support and a social space, where refreshments and hot food will be available.

<https://touchstonesupport.org.uk/intensive-community-support/wellbean-cafe/well-bean-hope-in-a-crisis-cafe-leeds/>

Leeds Single Point of Access (SPA)

Freephone number: 0800 183 1485
(Open 24/7, every day)

The service connects people needing urgent help for a mental health crisis with the Leeds crisis service.