

LEEDS SURVIVOR-LED CRISIS SERVICE

ABOUT US

Safe Zone is a service run by Leeds Survivor-Led Crisis Service (LSLCS), which brings over 20 years of experience delivering effective, compassionate crisis services to support young people, which is accessible and highly regarded.

LSLCS currently delivers **Teen Connect**, a helpline that supports young people via phone, text and online. TeenConnect is open from 3:30pm-2.00am Monday to Friday and 6.00pm-2.00am Saturday and Sunday, 365 days of the year.

Safe Zone builds on this expertise to offer 11-17 year olds (and their parents/carers) one-to-one support with a Crisis Support Worker who will offer a warm, compassionate, empathic, safe space to talk. Young people and parents/carers will be supported separately to ensure confidentiality is maintained.



LEEDS SURVIVOR-LED CRISIS SERVICE

SAFEZONELEEDS.ORG.UK

in association with

MindMate

Safe Zone is a crisis service offering support to 11-17 year olds and their parents/carers, in Leeds who may need someone to talk to in a safe and confidential environment.

CALL US ON
0113 819 8189
SAFEZONELEEDS.ORG.UK

YOU CAN ALSO TEXT US ON
07593 529367

SAFE ZONE MONDAY | WEDNESDAY | THURSDAY
5PM-10PM

LEEDS SURVIVOR-LED CRISIS SERVICE | REGISTERED CHARITY NO. 1075160

SAFE ZONE

CRISIS SERVICE FOR YOUNG
PEOPLE AGED 11-17 IN LEEDS

in association with

MindMate

LEEDS SURVIVOR-LED CRISIS SERVICE

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Safe Zone is a crisis service for anyone aged 11-17 and their parents/carers living in Leeds who need someone to talk to in a safe and confidential setting.

A SANCTUARY FOR YOUNG PEOPLE IN CRISIS

Safe Zone is open three nights a week from 5pm to 10pm – with each night at a different venue in Leeds.

SAFE The service is staffed by experienced crisis support workers from Leeds Survivor-Led Crisis Service (LSLCS) who can offer around 40 minutes of emotional and practical support to anyone aged 11-17 – and their parents/carers – who are living in Leeds.

ZONE We also have a relaxing social space where you can unwind and make use of our resources which include games and crafts.

FREE Free taxis are provided to and from all of our Safe Zone locations.

HOW TO ACCESS SAFE ZONE

11 AND 12 YEAR OLDS We encourage you to attend with a parent/carer. If you are self-referring we would need parent/carer permission for you to attend and also for us to provide a taxi.

13 TO 15 YEAR OLDS This can be a referral from yourself/parent/carer/ or professional.

16 OR 17 YEAR OLDS Self-referral or from parent/carer/professional if preferred.

We will need to collect some basic information from you to ensure we can provide you with the best service and support.

To make a referral please call **0113 819 8189**. Referrals will run on a first come/first served basis.



WE CAN OFFER...

- someone who will listen with warmth, acceptance and understanding
- a chance to look at ways of coping and ways of keeping yourself safe
- information about other support services and services
- support with looking at your options and finding your own solutions to your problems

WE CAN HELP IF...

- you're 11-17 and in crisis
- you're a parent/carer of a struggling 11-17 year old
- you care for someone going through a mental health crisis
- you're finding it hard to cope with life
- you feel desperate, angry, lonely, anxious or depressed
- you feel there's nowhere to turn
- you feel like you can't go on living
- you feel confused or find it hard to think straight
- you're feeling unsafe
- you just want to talk

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