

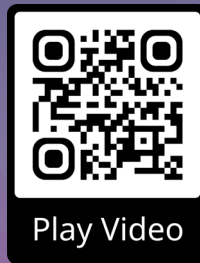
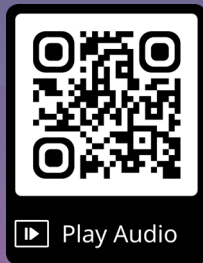


We're still here to help keep your mind healthy during this difficult time

You might be feeling worried about coronavirus and how it is affecting your life. It is understandable to feel worried or anxious at this unsettling time.

Your mental health and wellbeing is important. Mental health and wellbeing services are still open and here to help people of every age in Bradford and Craven to keep their minds healthy.

Other ways to get this information



www.healthyminds.services

Open the door to local wellbeing services and resources





Urgent help

If you need urgent help with your mental health:

Call First Response on **01274 221 181**.
The line is open all day, everyday, for all ages.



Speak to someone

To talk about your mental health:

Call Guide-Line on **01274 594 594**
or chat online:
saferspaces.app/guideline.

The telephone line is open 12pm to 12am everyday, for all ages.



Domestic abuse and violence

Call **Survive & Thrive** on **0808 2800 999**.
Women and girls who experience sexual violence can call **01274 308 270** or text **07435 752 975**.



Children and young people

To get emotional wellbeing support:

Visit **[Kooth.com](https://www.kooth.com)** to chat online with a counsellor or in a group forum, read articles or write your own journal.