

Crisis Support

Our Support Service is strictly non-urgent and our team is available during office hours only. If you need urgent or out-of-hours support, please refer to the information below.

If you are **in crisis**, call **NHS [111](#)** and select the mental health option.

Have you injured yourself or taken an overdose? Are you at immediate risk of hurting yourself or taking your own life?

Call [999](#) and ask for an ambulance, or **go to A&E** immediately

Students with **hearing impairments** can text 'DEAF' to [85258](#) for specialist crisis support from [SignHealth](#).

Mental Health Support

- Call the [non-emergency NHS](#) line on [111](#)
- Visit [MindWell Leeds](#) for urgent support services
- Call [Samaritans](#) on [116 123](#)
- Text [85258](#) for support from [Shout](#)

Medical Support

- Call the [non-emergency NHS](#) line on [111](#)
- Attend A&E at your local hospital, or contact your GP.

Other external contacts

- **The Samaritans:** [116 123](#) (free 24-hour helpline)
- **National Domestic Abuse Helpline:** [0808 2000 247](#) (free 24-hour helpline)
- **SARSVL (Support after Rape and Sexual Violence Leeds):** free phone [0808 802 3344](#)
- **Nightline:** [0113 380 1381](#) (listening service for students 8:00pm – 8:00am)
- **Leeds Housing Options:** [0113 378 8366](#) (emergency out-of-hours)
- **Adult Social Care Leeds:** [0113 222 4401](#) ([0113 378 0644](#) out-of-hours)
- **Children's Duty Team Leeds:** [0113 376 0336](#) ([0113 535 0600](#) emergencies)
- **Police non-emergency:** [101](#)

In the event of an emergency, including serious risk to life, always call [999](#).