

Family wellbeing information

Below are links to a range of charities and organisations offering practical support, advice and information on different challenges and difficulties people may face in their lives. The links / phone numbers cover both self-help for adults and support for parents / carers who are worried about their child.

Keeping your children safe:

- [Leeds](#)
- [Bradford](#)

Online Safety:

- [Net-Aware](#)
- [Think U Know](#)
- [NSPCC Guidance](#)

Mental health:

- [Mind](#)
- [Every Mind Matters](#)
- [NSPCC Guidance](#)
- The Market Place (Leeds) 0113 2461659
- First Response (Bradford) 01274 221181
- My Wellbeing College (Bradford) 0300 555 5551

Foodbanks:

- [Leeds foodbanks](#)
- [Bradford foodbanks](#)

Financial:

- [Citizens Advice](#)
- [Step Change](#)
- [Leeds Money Information Centre](#)
- [Bradford Debt Advice 0800 1691536](#)

Drug and alcohol:

- [NHS Guidance](#)
- [Turning Point](#)
- [FRANK](#)
- [Forward Leeds](#)
- [New Directions \(Bradford\)](#)

LGBT+:

- [LGBT Foundation](#)
- [Switchboard](#)
- [Stonewall](#)
- [Yorkshire MESMAC](#)

SEN and disabilities:

- [Government Guidance](#)
- [MENCAP Guidance](#)
- [Council for Disabled Children](#)
- [Bradford SEND Local Offer](#)
- [Bradford SENDIASS](#)
- [Leeds SEND Local Offer](#)
- [Leeds SENDIASS](#)

Domestic abuse:

- [National Domestic Abuse Helpline](#)
- [Respect Helpline](#)
- [Galop \(LGBT+\)](#)
- [Men's Advice Line](#)
- [Rape Crisis](#)
- [Staying Put Yorkshire](#)
- [Leeds Domestic Violence and Abuse](#)
- [Bradford Cyrenians](#)
- [Bradford Rape Crisis / Sexual Abuse Survivors](#)

Bereavement:

- [Mind](#)
- [Child Bereavement UK](#)
- [Leeds Bereavement Advice](#)
- [Bradford Bereavement Advice](#)

Parenting support

- [Action for Children](#)