

Here For You Wakefield & 5 Towns

Struggling to Cope?
Feeling Overwhelmed?
You Are Not Alone.

Out of Hours Support in a Safe Space
Free urgent mental health support.

- No need for GP or hospital.
- Available to 16 years+



Call: 07776 962 815

We are open for support from 6pm to
midnight every day of the year

Refer online any time

Our teams will call you back within 24 hours

Go to our website or scan the QR
code to refer online.



www.touchstonesupport.org.uk/hereforyou



HereForYouTS



Here For You
Out Of Hours Support In A Safe Space



Wakefield District
Health & Care
Partnership



If you are struggling to cope with your emotions, or have thoughts of self-harm or suicide, **You are not alone.**

Accessible Support

- Taxis can be provided if you feel unable to make your own way to us, or to support you to get home safely.
- You do not need a Wakefield GP or fixed postcode to access support.

1-to-1 Support

- Speak to one of our staff about how you're feeling.
- Support to help you make a plan to keep safe for the night.
- Information on other support available to you.

45minutes either in person, or over the phone



Social Space Support

- A calm, support space to be yourself and around other people.
- Free hot drinks and food available.



Hereforyou@touchstonesupport.org.uk



[HereForYous](#)



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