



# Mental health support for young people in Keighley, Holme Wood and Buttershaw

If you're aged between 5 and 19 or up to 25 with additional needs you can get free mental health support from Know Your Mind Plus.

### Who can use the service?

Children and young people in the Bradford district, living, going to school, or attending a GP surgery in Keighley, Holme Wood or Buttershaw. If you live outside these areas please explore the other Youth in Mind services on the website below.

[www. mindinbradford.org.uk/youth-in-mind](http://www.mindinbradford.org.uk/youth-in-mind)





## How we can help you.

### One-to-one sessions

Meet with a Community Wellbeing Worker for up to 8 weeks. Set and achieve your goals whilst learning new ways to look after your wellbeing.

### Wellbeing group sessions

Meet other young people, talk about your experiences and explore mental health together.

### Community support

We provide free mental health awareness sessions to anyone working with young people including schools, community groups and youth justice settings.

### Youth in Mind



Know Your Mind Plus is part of the Youth in Mind partnership. Find out about further support available online.

## Find out more

Call us to find out more or visit our website where you can refer yourself or someone else. Make sure to check your eligibility and select **Know Your Mind Plus** on the dropdown menu.

**Tel. 01274 730 815**

**www. [mindinbradford.org.uk/youth-in-mind](http://mindinbradford.org.uk/youth-in-mind)**

**Email. [knowyourmindplus@mindinbradford.org.uk](mailto:knowyourmindplus@mindinbradford.org.uk)**

### Out of hours telephone support

Call First Response 24hr helpline **08009 521 181**

Call Guide-Line 8am - 12am **08001 884 884**

Call Night OWLS 8pm-8am **0800 1488 244**