



Mental health support for young people in Central Bradford

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.

Who can use the service?

Children and young people in the Bradford central area. The central Bradford area means either living, going to school, or attending a GP surgery in an area with postcodes starting BD1, BD2, BD3, BD5, BD7, BD8 or BD9.

[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.

Community support

We can support schools, community groups and youth justice settings by providing workforce training to staff who work with young people.

Wellbeing group sessions

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

Youth in Mind



Know Your Mind 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** on the dropdown menu.

Tel. 01274 730 815

www. mindinbradford.org.uk/youth-in-mind

Email. knowyourmind@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**