



365
days a
year

Same day urgent mental health support

for people living in Bradford, Airedale,
Wharfedale and Craven



For more information on Safe Spaces visit:
healthyminds.services/safe-spaces

↪ *or scan here*



We can help you if you are feeling:

- Overwhelmed
- Like you don't want to be here anymore
- Worried or anxious
- Panic attacks
- Unable to cope
- Intense depression

Our daily hubs

support children aged 7 and over, young people and adults

Our Safe Spaces hubs in Bradford and Keighley are **open 365 days a year** to offer you **urgent same-day support** from **12pm until 2:30am**, in person or over the phone. We can arrange paid for transport if required.

If you need support from Safe Spaces:

- Call First Response on **0800 952 1181** (open 24hrs a day)
- Call Guideline on **08001 884 884** (open 8am until midnight)

For more information visit: healthyminds.services/safe-spaces/hubs

Our weekly drop-ins

We have weekly drop-ins at multiple locations including Bradford, Keighley, Skipton, Settle and Bentham. Pop along for immediate support with your mental health, **there's no need to book**.

To find the day and time of your nearest drop-in visit [healthyminds/services/safe-spaces](https://healthyminds.services/safe-spaces)



*Scan for
more info*

