



**365**  
days a  
year

# Same day emotional and mental health support

for children and young people aged 7 – 18  
living in Bradford, Airedale, Wharfedale and Craven



For more information on Safe Spaces visit:  
[healthyminds.services/safe-spaces](https://healthyminds.services/safe-spaces)

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## Safe Spaces can help your child if they have been feeling:

- Alone or lonely
- Like they don't want to be here anymore
- Stressed or anxious
- Panic attacks
- Out of control
- Angry or sad

## Support for your child:

If your child has been finding it hard to cope then they can come and speak to our friendly trained workers at our **Shipley, Bradford or Keighley** sites. **We're open 365 days a year** to offer your child same day support from **12pm until 2:30am**, in person or over the phone. We can arrange paid for transport if required. Parents/guardians are allowed to accompany young children and we have a waiting area available.

## If your child needs 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](https://healthyminds.services/safe-spaces/hubs)

## Our drop-ins

We have weekly drop-ins at multiple locations including Bradford, Keighley, Skipton, Settle and Bentham. Pop along with your child for immediate mental health support, **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)

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