



 **mind**  
Bradford District  
and Craven

## Mental health support for children and young people in Bradford district and Craven

**If you're aged between 5 to 19, or up to 25 with additional needs you can access free mental health support from Youth in Mind.**

**Youth in Mind** provides early intervention mental health support in schools, hospitals and community settings. Choose from group support or one-to-one support, focused around you and your personal goals.

To make a referral for yourself or for someone else visit the website below.

**www. [mindinbradford.org.uk/yim](http://mindinbradford.org.uk/yim)**



# Youth in Mind



**Youth in Mind** is a partnership of mental health services for young people led by Bradford District and Craven Mind.

The services provide mental health and wellbeing support to children and young people who live, go to school or are registered with a GP in Bradford district and Craven.

## Services

### Buddies

Bradford Youth Service  
youth.service@bradford.gov.uk  
01274 431 000



### Inspire Young & Healthy People

Inspired Neighbourhoods  
g.zito@incic.co.uk  
01274 665 598



### Counselling & Therapeutic Support

Invictus Wellbeing  
youthinmind@invictuswellbeing.com  
01422 730 015



### Mighty Minds

SELFA  
admin@selfa.org.uk  
01756 533 110



### Know Your Mind

Bradford District and Craven Mind  
knowyourmind@mindinbradford.org.uk  
01274 730 815



### M.A.G.I.C

Brathay Trust  
counselling@brathay.org.uk  
015394 33 041



### Hospital Buddies

Bradford District and Craven Mind  
admin@mindinbradford.org.uk  
01274 730 815



### WRAP support

Barnardo's  
admin.listerhills@barnardos.org.uk  
01274 513 300



To find out more about the services and to to make a referral, visit the website.

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