

A new 24 hour mental health helpline has been launched, offering confidential help and advice, to anyone registered with a GP in Calderdale, Kirklees, Wakefield, Leeds and Barnsley.

Phone number: [0800 183 0558](tel:08001830558)

The new service will support people who are:

- At risk of developing mental health problems.
- Diagnosed common mental health problems.
- Known to mental health services.
- Experiencing mental health distress.
- Seeking information, advice and support.

The service will provide a listening ear, emotional support, advice and signposting to other local services for both individuals and their carers. The provider, NCHA will respond to urgent concerns and operate within a recovery model, ensuring callers' benefit from an effective intervention, in line with local mental health support pathways. Details are attached.

The Wakefield Mental Health Alliance has commissioned Wakefield Star Bereavement service to support children and young people who are tragically grieving during this time.

Any child, young person or someone caring for them who feels they need help and support due to bereavement can contact the service on:

info@starbereavement.co.uk or on [07599640714](tel:07599640714).

They will aim to respond [Monday to Friday](#) 9am-5pm.