

# 24 hour Mental Health Helpline

 0800 183 0558

Support, advice, information and guidance.  
A confidential helpline for anyone with mental  
health needs and their carers.

Available to anyone registered with a GP in:

- *Calderdale*
- *Kirklees*
- *Wakefield*
- *Leeds*
- *Barnsley*

 **NCHA**  
Care and Support

Working in partnership with

Greater Huddersfield CCG / North Kirklees CCG / Calderdale CCG  
Wakefield CCG / Leeds CCG / Barnsley CCG

