



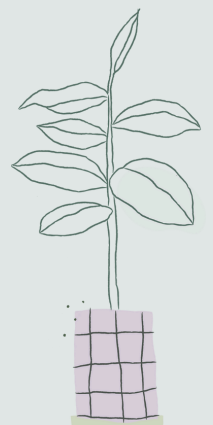
**365**  
days a  
year

# 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](https://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 2:30 am** 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 24 hours)
- Call Guide-Line on 08001 884 884 (open 8 am-Midnight)

For more information visit [healthyminds.services/safe-spaces/hubs](https://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 for 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

