

Health Contacts

Service	Signposting	Contacts
Alcoholics Anonymous		0800 917 7650
Andys Man Club	Mental health support for men, Monday 7pm	Union Bank House, Huddersfield, HD1 2BP
Beat (Eating Disorder)	Support and guidance for anyone with an eating disorder	BEAT website
Charlie Walle Trust (mental health)	On line guides and leaflets to self help	Charlie Waller Trust website
Gamblers Anonymous		0114 2620026
IAPT (mental health)	Self referral for support / guidance	01484 343700
KRASACC (Rape)	Counselling support for Rape Victims	01484 450040
Lifeline	Drugs and Alcohol support and advice	01484 353333
Marie Stopes	Advice and info on unplanned pregnancy	0345 3008090
MIND	Mental health advice and support	0300 123 3393 www.mind.org.uk
NHS Health	Non emergency health concerns	111
North Kirklees Womens Refuge	Emergency accommodation for women and children fleeing domestic violence	01924 465238
Papyrus (suicide risk)	Help and advice for anyone worried about a young person at risk of suicide	0800 068 4141
Samaritans	24/7 support	116 123 Huddersfield 01484 533388
SANE (Out of hours support)	Mental health helpline for sufferers and carers	0300 3047000 4.30pm - 10.30pm
Single Pint of Access (mental health)	Mental Health referral for more urgent cases than wellbeing/GP (element of risk identified)	01924 213830
STAR (Surviving Trauma After Rape)		01924 298954
Student Support (university)	Any academic issues, extensions / EC's, health related that impact on studies	See university website for specific school contact details
The Base	Alcohol & Drug advice for under 21's	01484 541589 2 Spring Bank, New North Road, Huddersfield
University Health Centre	GP for students within 2 mile radius	01484 530386
Wellbeing & Disability (university)	Mental health, general wellbeing, DSA, support with studying	01484 471001 studentwellbeing@hud.ac.uk