



During these difficult times, Recovery College Kirklees wanted to put together a list of useful contact numbers for those in need during the Coronavirus outbreak. We also produce a newsletter each week with further help, support and positive news stories.

Please contact us on 07717 867911 if you would like to receive a copy.

COVID-19

COVID-19 Kirklees Council Community Response supports the most vulnerable in need of support and those who cannot currently get help from friends, relatives or neighbours: **01484 226919**

Kirklees Better Outcomes Partnership for immediate help & information about benefits, housing, food provision and accessing medication: **07562 252940**

Holme Valley Mutual Aid for those in isolation and the most vulnerable with practical help including (but not limited to) shopping, food parcels & dog walking: **01484 212056**

Citizens Advice Bureau offers a wide variety of help and advice including employment, benefits and debt: **0344 8487970**

National Government Helpline provides advice for employees, employers and businesses: **0800 024 1222**

Food Banks

Fusion Housing, Dewsbury: 01924 454770

Batley Food Bank: 01924 474999

The Welcome Centre, Huddersfield: 01484 515086

Holme Valley Food Bank: 07534 855332

Local Welfare Provision: 01484 414782



Mental Health

Calderdale & Kirklees Single Point of Access for adult referrals into Secondary Mental Health Services: **01924 316830**

IAPT is for people who are experiencing problems with anxiety or low mood: **01484 343700**

Samaritans support available 24 hours a day/ 365 days of the year, call free: **116 123**

Papyrus Hopeline is for young people under 35 having suicidal thoughts or for those concerned for someone: **0800 0684141**

Well-bean Café provides mental health support out of hours of frontline services: **07744 900395 Huddersfield / 07867 028755 Dewsbury**

Other Services

The Pennine Domestic Violence Group: **0800 0527222**

National Domestic Abuse Helpline (Freephone): **0808 2000247**

Kirklees Council Gateway to Care provides a single point of access for adult social care enquiries: **01484 221350**

Shelter for urgent housing advice: **0808 8004444**

The Silver Line for information, friendship & advice to older people: **0800 4708090**

Chart Kirklees for individuals & families affected by substance misuse: **01484 353333 Huddersfield or 01924 438383 Dewsbury**

National Debtline: **0808 8084000**

Childline: **0800 1111**

