



Where to find Coronavirus support



<https://www.richmondfellowship.org.uk/yorkshire/kirklees-employment-service/>

https://www.youtube.com/watch?time_continue=8&v=gwym5fUVXM&feature=emb_logo

Support for Mental Health



Andy's Mans Club

In line with Covid-19 government guidelines, Andy's Mans Club Groups are running online groups. Please email info@andysmanclub.co.uk if you would like to join.

[Website](#)

[Facebook](#)

[Twitter](#)

[Instagram](#)



[How to Access Mental Health Support and Services](#)



[Getting help in a Crisis](#)

[Bereavement Support](#)



[Out-of-Hours Support for People in Distress](#)



[How to look after your mental health during Covid-19](#)



[Emotional Health and Well-being Support for Children and Young People](#)



[Free online counselling and emotional health and wellbeing support for children and young people](#)



[Talk to Someone](#)

[Support after a suicide](#)



[Support for Young People feeling suicidal](#)



Where to find Coronavirus support



Support for Domestic abuse

Pennine Domestic Abuse Partnership GUIDE TO SERVICES 2020



We provide specialist high quality support, advice and safe accommodation for all victims of domestic abuse aged 16 or above.

Domestic Abuse and Covid-19

You are not alone even if you have to stay at home. We are still here to support you. We are working closely with the Police, Kirklees and other services to make sure you and your family are supported and protected if you are experiencing Domestic Abuse

Contact our
24 hr Helpline

0800 0527222

In an emergency call 999

Referral process: anyone can refer including self-referrals. We accept referrals from within Kirklees and from anywhere else in the UK. We can also access information and refuge availability across the UK.

For further information or to check availability contact:

0800 0527222

accommodation@pdap.co.uk

Make a referral - complete a referral form which can be downloaded from our website www.pdap.co.uk

In addition to Government guidance on domestic abuse, key resources include:

- a Safe Lives guide for victims and survivors of domestic abuse staying safe during COVID-19
- Respect's #NoExcuseforAbuse campaign, which calls on perpetrators of domestic abuse to get help to manage and change their behaviour
- Standing Together against domestic abuse's guidance during the COVID-19 outbreak
- Women's Aid's Making a safety plan
- guidance on economic abuse during COVID-19.
- NSPCC advice - Domestic Abuse – Children and Young People
- Respect – men's helpline - Domestic Abuse support for Men
- West Yorkshire Police Easy Read guide to domestic abuse
- Bright Sky is a free to download mobile app (which is confidential) providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know. The app is also available to use in Polish, Punjabi and Urdu.

Scams



[Reporting a Scam](#)



[How to spot a scam](#)



[Free Training for members of public](#)

Working Together Better Partners



<https://touchstonesupport.org.uk/about-us/>



<https://womenscentre.org.uk/>



<https://www.s2r.org.uk/>



<http://carerscount.org.uk/>



<https://www.commlinks.co.uk/cleargroups/>



<https://www.hootcreativearts.co.uk/>

To report a crime call 101 In an emergency call 999



<https://www.kirklees.gov.uk/beta/health-and-well-being/coronavirus.aspx>



**CORONAVIRUS
STAY AT HOME
SAVE LIVES**

The only reasons to leave home are to:

- ✔ shop for basic necessities, pick up medicine, travel to work when you absolutely cannot work from home and exercise once a day – alone or with members of your household.
- ✘ Do not meet others, even friends or family.

**CORONAVIRUS
STAY HOME
PROTECT
THE NHS
SAVE LIVES**