safe spaces



365 days a year

Same day urgent mental health support

for people living in Bradford, Airedale, Wharfedale and Craven

For more information visit healthyminds.services/safe-spaces or scan the QR code

The Safe Spaces partnership is led by The Cellar Trust and Bradford District and Craven Mind.

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

When and where is support available?

- In person at our Bradford or Keighley hub
- Our Bradford Hub is open from 12 noon to 2.30 am
  Our Keighley hub is open from 4 pm to 10 pm
- Over the phone if preferred
- Translation services and transport available if needed

How to access support

Call 08001 884 884 between 10am and 10pm, then select option 1. *

Refer yourself or someone else via an online form on our website - scan the QR code

*Outside of these hours, if you are in mental health crisis and require urgent support, call NHS 111.