

NIGHTLINE NUMBERS

Listening: 0113 380 1381

Information: 0113 380 1380

EMERGENCIES ON CAMPUS	2
SUBWARDENS	4
EMERGENCIES OFF-CAMPUS	6
FINANCIAL ADVICE	7
DISABILITY SUPPORT SERVICES	9
WELFARE & SUPPORT CENTRES	10
TAXI NUMBERS	19
NUMBERS FOR MEDICAL-RELATED ISSUES	20

ISSUES ON CAMPUS

Contact details for services within universities:

University of Leeds: <http://students.leeds.ac.uk/contacts>

Leeds Beckett: <http://www.leedsbeckett.ac.uk/about-our-university/contact-and-find-us/>

Leeds Trinity: <http://www.leedstrinity.ac.uk/contact-us>

Leeds College of Music: General enquiries: 0113 222 3400

Leeds College of Art: <http://www.leeds-art.ac.uk/about-us/contact-us/>

Leeds University of Law:

http://law.custhelp.com/app/answers/detail/a_id/200/session/L2F2LzEvdGltZS8xNTA3MjkwNzQyL3NpZC9ObkV1THV1bg%3D%3D

Leeds City College: <http://www.leedscitycollege.ac.uk/contact-centre/>

UNIVERSITY OF LEEDS:

- Emergency: Security: 0113 343 2222 (24 hours)
- Non-emergency (eg: lost property, issues on campus): Security: 0113 343 5494 (24 hours)
- To respond to crimes and concerns: Police-Student Liaison Officer (PC Matt Guy): 0792 128 2173

LEEDS BECKETT UNIVERSITY:

- Emergency and non-emergency: Security, based in Headingley Campus: 0113 812 3165 (24 hours)
- Non-emergency: Security, based in City Campus: 0113 812 3154 (NOT 24 hours)
- To respond to crimes and concerns: Police-Student Liaison Officer (PC Mark Fox): 07872 358 458

LEEDS TRINITY UNIVERSITY:

- Switchboard: 0113 283 7100

Last edit: 02/11/17

LEEDS COLLEGE OF MUSIC:

- Emergency: 0113 222 3401

LEEDS COLLEGE OF ART:

- Student Welfare: 0113 202 8111

The following universities' numbers have no emergency number available. The numbers provided are listed under 'General Enquiries' and thus should be given with caution.

UNIVERSITY OF LAW:

- 0800 289 997

LEEDS CITY COLLEGE:

- 0113 386 1997

SUBWARDENS

CENTRAL VILLAGE:	078 529 157 78	CHARLES MORRIS:	079 036 101 94
DEVONSHIRE: (for catered residents)	078 162 968 28	ELLERSLIE:	079 036 100 36
(for self-catered residents)	079 764 711 46		
GRAYSON HEIGHTS:	079 440 283 25	HENRY PRICE:	078 108 521 41
JAMES BAILLIE: (Dial 1 for emergencies)	030 030 316 11	LEODIS:	079 194 976 39
LIBERTY DOCK:	079 835 893 42	LUPTON:	079 036 101 16
LYDDON:	079 036 100 36	MONTAGUE BURTON:	078 108 521 54
NORTH HILL COURT:	079 685 528 95	OXLEY:	079 036 101 06
SENTINEL TOWERS:	078 809 161 76	THE TANNERY:	030 030 316 11

Last edit: 02/11/17

		(Dial 1 for emergencies)
ST. MARKS:	078 108 521 43	CLV (aka My Student Village): 079 218 974 98
CONCEPT PLACE: (Dial 1 for emergencies)	030 030 316 11	THE PLAZA: 0300 303 1611 (Dial 1 for emergencies)
CITYSIDE:	077 256 230 40	BRIGGS HOUSE: 074 698 553 63
iQ LEEDS:	079 218 974 98	

EMERGENCIES OFF-CAMPUS

POLICE: 999 (emergencies)/ 101 (non-emergencies)

ELECTRICITY EMERGENCIES (power cuts, live wires etc): 0800 40 40 90

GAS LEAKS: 0800 111 999

YORKSHIRE WATER: 0345 124 2424 (customer helpline)

NOISE NUISANCE (Leeds City Council): 0113 222 4402 (Mon-Fri, 9am-5pm), 0113 395 0143 (out-of-office number, 6pm-3.30am)

- Noise must be occurring when issue is reported at night; if noise stops before the team attends to it, must ring back to cancel the request
- More info found here: <http://www.leeds.gov.uk/residents/Pages/Noise-nuisance.aspx>

LEEDS ANTI-SOCIAL BEHAVIOUR TEAM: 0113 222 4402 and LASBT@leeds.gov.uk

- deal with behaviour that falls below the threshold necessary to be termed 'crime' and above that which could be reasonably resolved through tenancy management, or independent mediation
- Eg: begging, hate crime, noise, anti-social driving

FINANCIAL/MONEY ADVICE

CITIZEN ADVICE BUREAU: 0113 223 4400 (located at LS2 7DT)

- Drop-in advice sessions from 9am-4pm (Mon-Fri)
- Telephone advice sessions from 9am-5pm (Mon-Fri)

MINDWELL: <https://www.mindwell-leeds.org.uk/>

- Advice and signposting for people in Leeds

UNIVERSITY OF LEEDS: Offices located at the Marjorie and Arnold Ziff Building

- <http://students.leeds.ac.uk/contacts#10200-contact>

- Funding: 0113 343 2007 (Mon-Fri, 8am-3pm)

- funding@leeds.ac.uk

- International Students' Office: 0113 343 3930 (Mon-Fri, 8am-3pm)

- internationalstudents@leeds.ac.uk

LEEDS BECKETT UNIVERSITY:

- Money & Advice Team: 0113 812 5593 (Mondays, Thursdays & Fridays, 10am-12noon)

- moneysupport@leedsbeckett.ac.uk

LEEDS TRINITY UNIVERSITY:

- Student Finance Advisor: 0113 283 7173 (Mon-Fri, 9am-5pm)

- studentfinance@leedstrinity.ac.uk

Last edit: 02/11/17

- <https://www.facebook.com/LeedsTrinityStudentMoneyAdvice>

LEEDS COLLEGE OF MUSIC:

- Fees & Funding Team: 0113 222 3419 or 0113 222 3508
- studentfunding@lcm.ac.uk

LEEDS COLLEGE OF ART:

- Student Welfare Team: 0113 202 8111
- <http://www.leeds-art.ac.uk/apply/finance/>

DISABILITY SUPPORT SERVICES

Vision, deaf, hearing, mental health, dyslexia, autism, wheelchair, physical, memory, speech, language, learning.

UNIVERSITY OF LEEDS: Disabled Student Assessment and Support: Office located at Chemistry West Block and 0113 343 3927 and disability@leeds.ac.uk

LEEDS BECKETT UNIVERSITY: Disabled Student Support: 0113 812 5831 and disabilityadvice@leedsbeckett.ac.uk

LEEDS TRINITY UNIVERSITY: Dyslexia and Disability Support: 0113 283 7138 and disability.support@leedstrinity.ac.uk

WELFARE & SUPPORT CENTRES

Suicide, mental health, anxiety, stress, loneliness, depression, self-harming, sleep, confused, eating disorder, bipolar, drugs, smoking, alcohol, money, work, university, parents, relationship, sex, STD/STI, friends, accommodation.

Contact details for services within universities:

University of Leeds: <http://students.leeds.ac.uk/contacts>

Leeds Beckett: <http://www.leedsbeckett.ac.uk/about-our-university/contact-and-find-us/>

Leeds Trinity: <http://www.leedstrinity.ac.uk/contact-us>

Leeds College of Music: General enquiries: 0113 222 3400

Leeds College of Art: <http://www.leeds-art.ac.uk/about-us/contact-us/>

Leeds University of Law:

http://law.custhelp.com/app/answers/detail/a_id/200/session/L2F2LzEvdGltZS8xNTA3MjkwNzQyL3NpZC9ObkV1THV1bg%3D%3D

Leeds City College: <http://www.leedscitycollege.ac.uk/contact-centre/>

UNIVERSITY OF LEEDS:

- <http://students.leeds.ac.uk/contacts#10700-contact>
- Chaplaincy: 0113 343 5071 (located at the Emmanuel Centre)
- Student Counselling: 0113 343 4107 (entrance at 19 Clarendon Place)
- Mental Health Team: 0113 343 7458 (located at Clothworkers North Building)
- Student Advice Centre (LUU): 0113 380 1290 or <https://www.luu.org.uk/student-advice/>
- Student Education Service: Support & Wellbeing: <http://students.leeds.ac.uk/#Support-and-wellbeing>

LEEDS BECKETT UNIVERSITY:

- Student Wellbeing offers a free and confidential service aimed at providing information, and practical and therapeutic support to help manage any difficulties being experienced: 0113 812 8507 and studentwellbeing@leedsbeckett.ac.uk
- Disability Advice Team offers information, advice and guidance and assistance with organising disability-related study support: 0113 283 7138 and disability.support@leedstrinity.ac.uk
- The Dignity and Respect network is available to all staff and students and provides a place to go talk about an issue that is causing concern: 0113 812 5474 and i.m.wilson@leedsbeckett.ac.uk
- The Student's Union Advice Service provides confidential and independent free help and advice to all students at Leeds Beckett University: 0113 812 8400 and suadvice@leedsbeckett.ac.uk

LEEDS TRINITY UNIVERSITY:

- Sue Jack (full-time counsellor): 0113 283 7192
-s.jack@leedstrinity.ac.uk
- <http://www.leedstrinity.ac.uk/student-life/student-support/counselling>

Maintaining general health

MINDFULNESS: Self-help website for enriching mental health and support for the individual

- <http://bemindful.co.uk/>

ONE YOU LEEDS: Provides a guide to healthy living, as well as links to self-help resources and other suitable websites

- <http://www.oneyouleeds.org.uk/>

Mental health

MINDWELL: a 'go-to' service for people living in Leeds. Information about mental health problems, services available, advice for practical issues such as housing, information for people such as carers and parents-to-be, help on what to do in a crisis, self-help resources, what to do if you're concerned about someone else.

- <https://www.mindwell-leeds.org.uk/>

DIAL HOUSE: A place of sanctuary open 6pm–2am every Monday, Wednesday, Friday, Saturday and Sunday evenings. Visitors can access Dial House when they are in crisis, relax in a homely environment and have an hour of one-to-one support from the team of Crisis Support Workers.

- Family room so parents in crisis can bring children with them. Can transport visitors to and from the house by taxi. Can support deaf visitors using BSL.
- If it is your first visit, you can turn up at the door between 6pm and 7pm. If you have visited before, call 0113 260 9328 or text 07922 249 452 between 6pm and 7pm on the night you want to come.
- Dial House, 12 Chapel Street, Halton, Leeds LS15 7RW
- survivor.led@slcs.org.uk

LEEDS MIND: Mental health charity that provides support services to those experiencing mental health problems. Counselling, group therapy, social support, peer support, self directed support, social prescribing, housing support, employment support, suicide bereavement support, and mental health training

- 0113 305 5800
- info@leedsmind.org.uk
- <http://www.leedsmind.org.uk/>

LEEDS IAPT (Improving Access to Psychological Therapies): Provides psychological treatments for stress, depression and anxiety.

Last edit: 02/11/17

- Delivered across a number of locations in the city and can take place as part of a group, online, or on a one to one basis.
- Must be over 17 and registered with a Leeds GP
- Self-refer: <https://www.leedscommunityhealthcare.nhs.uk/iapt/home/> or 0113 843 4388

CALM (Campaign Against Living Miserably): a helpline and webchat offering confidential, anonymous and free support, information and signposting to **men** anywhere in the UK. 5pm-7pm every night.

- 0800 58 58 58

BIG WHITE WALL: An online mental health service for students offering anonymous peer support, and self-help programmes, tools and resources, with 24/7 moderation by clinically trained 'Wall Guides'.

- <https://www.bigwhitewall.com>

STUDENTS AGAINST DEPRESSION: a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking, or for those worried about somebody.

- <http://studentsagainstd Depression.org/>

SAMARITANS: 0113 245 6789 (regular call charges apply), 116 123 (free to call)

- Address: 93 Clarendon Road, LS2 9LY (will respond to visitors from 9am-9pm)
- jo@samaritans.org

CONNECT: non-judgemental and empathic support and information for people in distress, in crisis, anxious, depressed or lonely. Open 6pm - 2am

- Helpline: 0808 800 1212
- Webchat: <http://www.lslcs.org.uk/services/connect-helpline/>

Eating disorders

B-EAT: online support and a UK-wide network of self-help groups to help people with an eating disorder

- 0845 634 1414
- help@b-eat.co.uk

NATIONAL EATING DISORDERS ASSOCIATION: Provides support, resources and treatment options for yourself or someone you know.

- 0800 931 2237 Open 9am-9pm Mon-Thurs. 9am-5pm Fri
- Instant messaging via <https://www.nationaleatingdisorders.org/help-support/contact-helpline>

INSIGHT EATING: Specialist help for Eating Difficulties & Disorders in Leeds & Yorkshire for adults and children from 13 years old

- Can self-refer
- Book appointments through 0800 690 6838 or <http://insighteating.co.uk/appointments.html>

Addictions

ALCOHOLICS ANONYMOUS: 0800 9177 650

- help@alcoholics-anonymous.org.uk

NARCOTICS ANONYMOUS: 0300 999 1212 (10am-12am)

TALK TO FRANK: the national drugs helpline for free and confidential information and advice, whether directly affected or worried about someone.

- Whether a drug is legal, what the effects are, others' stories, share own story, what to do if being pressured to

Last edit: 02/11/17

take drugs

- Call 0300 123 6600 or text 82111
- Email and web chat (2pm-6pm) available: <http://www.talktofrank.com/>

SMOKING CESSATION SERVICE: 0800 169 4219 (9am-5pm, Mon-Fri)

- Alternative appointment bookings include texting 'SMOKEFREE' to 60066, or emailing stopsmokingleeds@nhs.net

GAMCARE: helps problem gamblers as well as their friends and families.

- 0808 8020 133

Relationships, sex, STDs

RELATE: Helps strengthen relationships with family, partners, friends and colleagues.

- Don't have to be in a relationship - can talk about the past and future as well.
- Relationship Counselling for individuals and couples, Family Counselling, Mediation, Children and Young People's Counselling, Sex Therapy.
- General helpline: 0300 100 1234
- Leeds-specific helpline: 01302 347 444, info@relatamid-yorkshire.org.uk - only offers relationship counselling and sex therapy
- <https://www.relate.org.uk/>

LEEDSSEXUALHEALTH: free information, counselling and testing for HIV & AIDS and all other sexually transmitted infections

- 0113 392 0333
- Live Chat help available on [website](#) from 9am-11am, Mon-Fri

Last edit: 02/11/17

- Information on services available for LGBT+ people: <http://leedssexualhealth.com/sex-relationships/lgbtq/lgbtq>

MESMAC: offer services to various communities including BME people, people misusing drugs, sex workers and LGBT young people and adults

- [0113 2444 209](tel:01132444209)
- leeds@mesmac.co.uk

SWITCHBOARD LGBT+: Confidential non-advisory service to talk about whatever you want. All volunteers identify as LGBT+

- [0300 3300 630](tel:03003300630) from 10am-10pm
- chris@switchboard.lgbt

TERRENCE HIGGINS TRUST: HIV and AIDS charity - campaigning, information, counselling and advice on how to prevent, test for and live with HIV

- [0845 1221 200](tel:08451221200) between 10am-10pm Mon-Fri, and 12noon-6pm Sat and Sun
- info@tht.org.uk

Abuse

NATIONAL DOMESTIC VIOLENCE HELPLINE: Freephone helpline for **women** either experiencing domestic violence, or worried about someone. Provides confidential support, help and information from female workers.

- [0808 2000 247](tel:08082000247) open 24 hours
- info@refuge.org.uk

NATIONAL MEN'S ADVICE LINE: Freephone helpline for **men** experiencing domestic violence from a (ex-)partner or from other family members. Provides confidential support, help and information.

- [0808 801 0327](tel:08088010327) open Mon to Fri: 9am – 5pm

Last edit: 02/11/17

- info@respectphonenumber.org.uk

KARMA NIRVANA: Supporting victims of honour-based abuse and forced marriage. Call if you have been emotionally or physically abused, are confused about what your family say, worry about being disowned, are being pressured to get married against your will, forced to stop education...

- 0800 5999 247 open 9am-5pm Mon-Fri
- info@karmanirvana.org.uk

CRUSE LEEDS: free, confidential emotional support to anyone who has been affected by a bereavement, no matter how long ago or what the circumstances were.

- must be over the age of 18, registered with a Leeds based GP and live in the Leeds area
- 0808 808 1677
- leeds@cruse.co.uk

BEREAVED AND YOUNG, STUDENT NETWORK: a support network for bereaved students in Leeds. Providing events and activities, people to talk to, advice, and hugs.

- <https://www.facebook.com/groups/125342941506112/>

VICTIM SUPPORT: Provides free and confidential emotional and practical help to anyone affected by crime or traumatic events, directly or indirectly.

- An independent charity, so you can call whether or not you reported the crime to the police
- West Yorkshire Team: 0300 303 1971
- Support line: 0808 1689 111 Open 8am-8pm Mon-Fri, 24hours on weekends
- Victims' Information Service: 0808 1689 293 Open 8am-8pm Mon-Fri
- Email through website:

<https://www.victimsupport.org.uk/help-and-support/get-help/supportline/email-supportline>

Sexual abuse

See also the Sexual Assault and Rape Policy booklet for more services, if required.

LEEDS SUPPORT AFTER RAPE & SEXUAL VIOLENCE: Helpline, support and counselling for women who have or are dealing with sexual abuse, rape, domestic abuse or harassment.

- [0808 802 3344](tel:08088023344) or text [0779 780 3211](tel:07797803211) Confidential and free
- support@sarsvl.org.uk

THE HAZLEHURST CENTRE SARC - Sexual Assault Referral Centre: Provides emotional support, advice, information, referral to sexual health services, report someone anonymously to the police, talk about what has happened to a friend/relative, medical examination (if the incident happened in the last 7 days)

- [0330 223 3617](tel:03302233617) open 24 hours. Confidential, anonymous, free. Mon, Wed, Fri: 6pm-8pm. Tues, Thurs: 8pm-11pm. Sun: 2pm-5pm
- hazlehurstcentre.sarc@nhs.net
- Appointment only... The Hazlehurst Centre SARC, 665 Leeds Road, Dewsbury, West Yorkshire, WF12 7HP

SAFELINE: Counselling and support services for those who have experienced sexual abuse and rape

- [0808 800 5008](tel:08088005008) (helpline) and [0192 6402 498](tel:01926402498) (general enquiries)

KARMA NIRVANA: Supporting victims of honour-based abuse and forced marriage. Call if you have been emotionally or physically abused, are confused about what your family say, worry about being disowned, are being pressured to get married against your will, forced to stop education...

- [0800 5999 247](tel:08005999247) open 9am-5pm Mon-Fri
- info@karmanirvana.org.uk

NATIONAL DOMESTIC VIOLENCE HELPLINE: Freephone helpline for **women** either experiencing domestic violence, or worried about someone. Provides confidential support, help and information from female workers.

- 0808 2000 247 open 24 hours
- info@refuge.org.uk

NATIONAL MEN'S ADVICE LINE: Freephone helpline for **men** experiencing domestic violence from a (ex-)partner or from other family members. Provides confidential support, help and information.

- 0808 801 0327 open Mon to Fri: 9am – 5pm
- info@respectphonenumber.org.uk

SURVIVORS' NETWORK: provides peer support for adult survivors of childhood abuse. Membership is open to anyone to gain an understanding of peer support.

- 012 7372 0110
- Helpline for trans- and non-binary survivors of sexual assault and abuse: 012 7320 4050
- help@survivorsnetwork.org.uk
- <https://www.nationalsurvivorsnetwork.co.uk/>

TAXI NUMBERS

AMBER: 0113 202 2117 (24hrs)

- Has a partnership with Leeds University Union whereby if student is alone and has no means of paying the fare, they can provide the driver with their university student card. They can obtain their card back at the LUU Reception the next day, where they can also pay for their fare

ACE CARS: 0113 230 4499 (24hrs)

ROYAL CARS: 0113 230 5000 (24hrs)

SPEEDLINE TAXI: 0113 244 1444 (24hrs)

CITY CABS ASSOCIATION: 0113 246 9999 (open till midnight)

NUMBERS FOR MEDICAL-RELATED ISSUES

NHS DIRECT: 111

This number should only be used if you need medical help fast BUT it's not a 999 emergency, if you don't know who to call or don't have a GP to ring, or if you need health information/reassurance about what to do next

LEEDS STUDENT MEDICAL PRACTICE: 0113 295 4488

LEEDS CITY MEDICAL PRACTICE (located at LS11): 0113 467 7500

- Open 8am-8.30pm (Mon), 8am-6pm (Tues-Fri)

- Closed on weekends

LEEDS GENERAL INFIRMARY: 0113 243 2799

ST. JAMES' HOSPITAL: 0113 243 3144

LATE NIGHT PHARMACIES: Boots @ Leeds City Station (0113 242 1713)

- Open until midnight