**MENTAL HEALTH SUPPORT RESOURCES**

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| **ADULT MENTAL HEALTH SERVICES** |

**LOCAL SERVICES**

* **Single Point of Access (SPA) – Barnsley Mental Health Services** is a team who offers a comprehensive assessment for clients referred to mental health services provided by the Trust. Patients can self-refer.

**** <https://www.southwestyorkshire.nhs.uk/services/spa-team-barnsley/>

01226 644900



* **Barnsley Recovery and Wellbeing College** provides free educational courses to anyone aged 18 and over who would like to live a better life. All our courses have been co-produced by people who have lived and learnt experience of life’s struggles, including physical and mental health problems.

**** <https://www.southwestyorkshire.nhs.uk/services/the-exchange-recovery-college/>

 01226 730433

* **NHS Talking Therapies** (formerly IAPT) is a service that offers confidential support to individuals dealing with common mental health conditions such as anxiety, depression, phobias, PTSD and OCD, among others. Our service offers evidence-based therapies such as CBT, counselling, and other psychological interventions that are delivered through workshops or one-on-one sessions. Patients can self refer.

**** <https://www.southwestyorkshire.nhs.uk/services/barnsley-talking-therapies/>

 01226 644900

* **Andy’s Man Club** has free support groups nationwide, running every Monday from 7PM except bank holidays. In these groups, men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment. Our clubs are designed to be free of pressure, there is no obligation for men to speak, they can simply listen if they wish.

**** <https://andysmanclub.co.uk/groups/>

* **Creative Minds** is integrating creativity and the arts into mainstream health and wellbeing practice. We deliver and run projects for local people, to develop individuals’ and communities’ mental, physical and psychological wellbeing.

**** <https://www.southwestyorkshire.nhs.uk/creative-minds/home/>

 01924 316 285

* **Dad** **Matters** **Barnsley** exists to support dads to have the best possible relationship with their families. We offer Outreach services/drop-ins, provide 1:1 peer support, signpost and support dads to access services and information to help make sense of being a dad. We support dads with anxiety, stress and mental health awareness for the first 1001 days of their parenting journey.

**** <https://dadmatters.org.uk/barnsley/>

* **Rethink Mental Illness** offers help on a wide range of topics such as the Mental Health Act, community care, welfare benefits, and carers rights, as well as general information about living with mental illness, medication and care.

**** <https://www.rethink.org/>

 0808 801 0525

* **Barnsley Core Community Mental Health Team (CMHT)**

Barnsley Core CMHT is a secondary care service working with individuals presenting with a range of mental health problems which are moderate to severe in nature. These include moderate to severe depression, moderate to severe anxiety, and mood disorders including bipolar disorder, psychotic illnesses and personality disorders. Service users have usually already accessed support from other community or primary care services before being referred into the service.

**** <https://www.southwestyorkshire.nhs.uk/services/barnsley-core-community-mental-health-team/>

 01226 645048

* **Creative Recovery** are a grassroot charity based in Barnsley that uses creativity to support mental health and recovery, boost well-being, build communities and bring about social change.  We believe that we all hold creative potential and nurturing our creativity can keep us hopeful and well.

**** <https://creativerecovery.co.uk/>

 01226 805885

* **Samaritans of Barnsley** offers a listening service as well as confidential support and advice about emotional wellbeing and mental health.

**** <https://www.samaritans.org/>

 116 123 or 01226 244447

* **Mind** is a national charity with a branch in Barnsley, for people having difficulties with their mental health. They offer counselling, support groups and help to get back into work.

**** <https://www.mind.org.uk/>

 0300 102 1234

* **Op COURAGE** is an NHS mental health and wellbeing service for armed forces veterans, service leavers, reservists, service personnel, and families and carers. It's designed to help serving personal due to leave the military, reservists, veterans and their families.

**** <https://www.nhs.uk/nhs-services/armed-forces-community/mental-health/veterans-reservists/>

 0300 373 3332

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**NATIONAL SERVICES**

* **Campaign Against Living Miserably (CALM)** A suicide prevention charity on a mission to help people end their misery, not their lives. Preventing suicide since 2005.

**** <https://www.thecalmzone.net/>

 0800 585858

* **NHS 111** offers mental health advice online or by calling 111 free from landlines and mobiles. The [Every Mind Matters](https://www.nhs.uk/every-mind-matters/?WT.mc_id=MentalHealthGeneric&gclid=EAIaIQobChMIvNzXkO3D-gIVgsLtCh0qjwApEAAYASAAEgIhIfD_BwE&gclsrc=aw.ds) website also includes information about mental health issues and wellbeing tips.

**** <https://111.nhs.uk/>

 111

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**OUT OF HOURS SERVICES**

* Contact NHS 111 via <https://111.nhs.uk/> or call 111
* Call the 24-hour mental health helpline on 0800 183 0558
* Call Samaritans on 116 123, or text to 07725 909090
* Contact Shout via <https://giveusashout.org/> or text SHOUT to 85258 (24/7)
* Contact Mental Health Matters at <https://www.mhm.org.uk/barnsley-support-hub> or call 07855 971634
* Contact SANE at <https://www.sane.org.uk/> or call 0300 304 7000 (4.00-10.00 pm)

There's also a mental health liaison team based at Barnsley Hospital. You need to attend A&E at the hospital to access this service.

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| **CHILDREN’S MENTAL HEALTH SERVICES** |

**LOCAL SERVICES**

* **Barnsley Child and Adolescent Mental Health Service (CAMHS)** helps young people with some of the following problems or difficulties: Feelings of sadness, low mood or depression; obsessive thoughts and behaviours; anxiety issues, including panic attacks; self-harm and thoughts of hurting themselves; suicidal thoughts; problems with eating and food; long standing difficulties with coping after a scary and traumatic event. We also can give parents and carers of children and young people advice on how to support their child with the difficulties they are experiencing

**** <https://www.southwestyorkshire.nhs.uk/services/camhs-barnsley/>

 01226 644829

* **Barnsley CAMHS Eating Disorder service**

The eating disorders service are a specialist team within CAMHS.  We work closely with other agencies, such as SYEDA (South Yorkshire Eating Disorder Association) to provide help and support for young people living in Barnsley up to the age of 18 suffering with an eating disorder, such as anorexia nervosa, bulimia nervosa and binge eating disorder (and atypical presentations of these too).

**** <https://www.southwestyorkshire.nhs.uk/services/barnsley-camhs-eating-disorder-service/>

 01226 644829

* **Compass Be Mental Health Support Team** works with children, young people and families in education settings in Barnsley. We provide free, confidential support, help and advice for pupils, students and schools for issues relating to mental health and emotional wellbeing.

**** <https://www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/>

 01904 666371

* **Barnsley CYPF Bereavement Service** is a service is for children, young people aged 5 to 18 years and their families who are grieving for a family member or friend. We also support parents/carers who are bereaved by the loss of a child.

**** <https://www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/barnsley-cypf-bereavement-service1/>

* 01904 666371
* **Branching Minds Barnsley**brings together local mental health support teams (MHST) and child and adolescent mental health services (CAMHS) under one roof, helping children, young people and their families get the right support at the right time.

**** <https://www.compass-uk.org/news/barnsley/branching-minds-barnsley-joining-up-mental-health-and-wellbeing-support-for-local-children-and-young-people/>

 01226 107377

* **Samaritans of Barnsley** offer a listening service as well as confidential support and advice about emotional wellbeing and mental health.

**** <https://www.samaritans.org>

 116 123 or 01226 244447

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**OUT OF HOURS**

* **SANE** is a national mental health charity offering an out-of-hours helpline for specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

**** <https://www.sane.org.uk/>

 0300 304 7000

* **NHS 111**

**** <https://111.nhs.uk/>

 111

* **SHOUT**

Contact Shout via <https://giveusashout.org/> or text SHOUT to 85258 (24/7)

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**NATIONAL SERVICES**

* **Kooth** is available to those aged 11+ offering a safe and welcoming place to seek confidential and non-judgemental professional help for any mental health concern. It is available immediately. Children and young people can access 24/7 one-to-one text-based sessions with experienced counsellors and wellbeing practitioners.

**** https://www.kooth.com/

* **Young** **Minds** offers support for young people, parents and professionals.

**** <https://www.youngminds.org.uk/young-person/find-help>

* **Childline** offers support on about anything. No problem is too big or too small.

**** <https://www.childline.org.uk/>

0800 1111



*Created for BEST website by BEST Lead Administrator*

*July 2025*