

HERE TO SUPPORT YOU

**SAFESPACE**

healthy  
minds

Calderdale Wellbeing

## Out-of-hours support in Calderdale

A place of safety for people in emotional distress

Access to Safespace is by appointment:

**Call 01422 345154**

**Text 07388 990227**

**We can call you back**

**Facebook: safespace calderdale**

For general enquiries or support email  
[safespace@healthymindscalderdale.co.uk](mailto:safespace@healthymindscalderdale.co.uk)



Safespace is supported by Calderdale CCG & West Yorkshire PCC's Safer Communities Fund  
[www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)

Healthy Minds is the operating name for Calderdale Wellbeing, a limited company registered in England & Wales.  
Registered Office: 1 King St, Halifax HX1 1SR  
Company No: 6828871, Charity Reg: 1132316

**Open Every Evening**  
**6.30pm – 10.30pm**

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**Text: 07388 990227**

# SAFESPACE

is an out of hours emotional support service for adults in Calderdale. It is a place of safety for people experiencing emotional distress. We can offer you the time and space to talk through what's happening and explore different ways to help you.

**If you need urgent crisis support call 01924 316830 (24 hours NHS)  
You can also contact Samaritans on 116 123**

## How to access support

We are open every evening, 7 days a week, 6.30pm - 10.30pm. You can contact us by either

**Telephone: 01422 345154**

**Text; 07388 990227**

**Social Media; Facebook - Safespace Calderdale**

**Email [safespace@healthymindscalderdale.co.uk](mailto:safespace@healthymindscalderdale.co.uk)**

The team will take some basic details and arrange an appointment with you for the same evening.

You can have up to 30 minutes with a worker to talk through what's happening for you and agree next steps.

### Younger People's Services:

**Saneline 0300 304 7000 (aged 16+), open 4.30-10.30pm daily**

**Papyrus HOPELINE 0800 068 4141 open til 10pm daily**

**I feel better – less alone.  
I can share my thoughts  
with someone I trust &  
who's non-judgemental**

**I feel unburdened and  
relieved at having  
somewhere to go, I  
think I would have  
deteriorated and  
needed the crisis team  
or A&E otherwise**