

- **Feeling emotionally or physically unwell?**
- **Worried about alcohol or drugs?**
- **Living with a long term condition?**
- **Looking to join a gym?**
- **Want to stop smoking?**
- **Worrying about your mental health?**

Compiled by  
The Welcome Centre  
01484 340034

**Health and  
wellbeing  
services in  
Kirklees.**

**999** - Emergency medical care.

**111** - Urgent medical advice.

### **PALS**

Free advice, discounted gym, swimming & exercise classes. Referral via your GP.

### **The Brunswick Centre**

The Brunswick Centre provides HIV Support and HIV Prevention services across Kirklees. - 01484 469691

### **Auntie PAM's**

Advice and support for new mums or pregnant women. - 01484 414775

### **TalkThru**

Pregnancy choices, miscarriage, baby loss and termination counselling.  
01484 515137

### **Selfcare**

Advice and help for those living with a long term medical condition.  
01484 221557

### **Gateway to Care**

Advice with physical, sensory or learning difficulties. 01484 414933

### **The Basement Project**

Help for those who suffer from drug and alcohol misuse. 01484 512363

### **On-Trak**

Alcohol support and treatment.  
01484 437907

### **LifeLine**

Works with people who have problems with drugs or alcohol. 01484 353 333

### **Yorkshire Smoke free**

Face to face stop smoking support from specialist advisors.  
0800 612 00 11 or 0330 660 116

### **CRUSE - Bereavement care**

Free support for people dealing with bereavement. - 0844 800 3309

### **The Whitehouse GP Surgery.**

Register if you are homeless, in emergency accommodation or an asylum seeker. 01484 301911

**Active for Life** - 01484 234097

**Hoot Creative Arts** - 01484 516224

### **Mission Cafe**

Food, help and advice. Art, music, creative writing, discussion, healthy cooking, quizzes, open mic nights, I.T. and job search. 01484 353333

### **S2R - Support to Recovery**

A local Mental Health Charity that has provided a range of services.  
01484 539531

### **WomenCentre**

Mental health and wellbeing support for women in Kirklees.  
01484 450866

### **IAPT - Psychological therapies**

Help with problems such as depression, stress, panic and OCD.  
01484 434625

### **Active for Life and Steps for Life**

01484 234097

### **CLEAR – community links**

Offering a range of social, leisure and skills-based activities which aim to develop confidence, motivation and self-reliance. 01484 519097