

FORWARD LEEDS YP TEAM – Quick Reference Guide and Useful Links – To Speak with the team call: 0113 887 2757 / 07525 265755



Little Book of Drugs Advice

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Links to online resources about substances, useful apps, session/lesson plans and other useful links

CLICK TITLE TO
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[DRUG COMBO CHART](#)
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Contact Us

WE ARE OPEN 9-5
MON - FRI

FOR ADVICE OUTSIDE THESE HOURS USE LINKS ON LAST PAGES

**OUR YOUNG PEOPLE'S SERVICE HAS A
DEDICATED PHONE NUMBER:**

0113 887 2757

YOU CAN ALSO CALL OR TEXT:

07525265755

OR EMAIL US AT:

ADMIN.YP@FORWARDLEEDS.CO.UK

[CLICK HERE TO WHATSAPP CHAT](#)

**OUR WEBSITE, WHERE YOU CAN MAKE A
REFERRAL, BOOK GROUP SESSIONS AND
FIND USEFUL INFO -**

**[WWW.FORWARDLEEDS.CO.UK/GET-
HELP/FOR-YOUNG-PEOPLE](http://WWW.FORWARDLEEDS.CO.UK/GET-HELP/FOR-YOUNG-PEOPLE)**

**YOU CAN ALSO SEARCH OUR YOUTUBE
CHANNEL WHERE YOU CAN FIND
INFORMATION ON DIFFERENT
SUBSTANCES: [@FORWARDLEEDSUK](#)**

**OR FOLLOW OUR TWITTER PAGE FOR
UPDATES, INFO & ALERTS:**

[@FL_YOUNGPERSONS](#)

Campaigns & Projects...

FOR HELP IN STOPPING
SMOKING NICOTINE VISIT
ONE YOU –
WWW.ONEYOULEEDS.CO.UK

Forward Leeds along with Leeds City Council and NHS Leeds are running a campaign aimed at 18–25 year olds in Leeds to encourage responsible drinking.

[The No Regrets campaign](#) draws from the regretful experiences of young adults across Leeds, turning these into positive messages that help young adults to think more wisely about their behaviour.

[Decide the Night](#) is an immersive game designed to encourage young people in Leeds to make safer choices around alcohol. Designed with young people, for young people, Decide the Night invites the user to take part in five different drinking scenarios. The aim is just to enjoy a full night out with your friends. Each scenario is story-based and focuses on a different drink and situation that was suggested by 14–15 year-olds from Leeds.

HAVE A
NIGHT WITH
NO REGRETS.

NOREGRETSLLEEDS.CO.UK

NO
REGRETS



[DOWNLOAD A DECIDE THE NIGHT
ACTIVITY PACK TO RUN WITH YOUR
GROUP HERE](#)



[RESPECT THC](#) is our evidence based campaign highlighting how Cannabis is changing; offering practical advice, factual information, and resources to help YPs to make positive changes, improve their knowledge on the risks and effects, and advice for cutting down and quitting. There is also a link to our self-led Cannabis workbook and a Test Your Knowledge Quiz and Downloadable Posters and Information.

Campaigns & Projects...

[FOR MORE SPECIFIC INFO
& ADVICE FOR YOUNG
ADULTS/STUDENTS CLICK
HERE](#)

We have a dedicated page for [Cannabis Edibles](#) with downloadable information leaflets and practical advice. YPs should also be aware These “cannabis sweets” or edibles do not always contain what it states on the packet. They may contain THC or they may contain other psychoactive ingredients such as [Synthetic Cannabinoid Receptor Agonists](#) (“spice”).



The staff at Forward Leeds have compiled some [handouts and links](#) to videos to give your YPs some ideas of how they can look after themselves, manage their wellbeing in between sessions at Forward Leeds, and beyond the time when they stop coming to see us - or just to help them through some of the days when they need a little boost.



[HOW TO PARTY PROPERLY](#) is our micro mobile-friendly site that has information and advice about different substances, harm-reduction tips and a simple mixing risk calculator.

Some advice for you & your mates

[TO WATCH A VIDEO
ON THE RECOVERY
POSITION CLICK
HERE](#)



ALL TYPES OF DRUG INCLUDING ALCOHOL COME WITH AN ELEMENT OF RISK. DIFFERENT DRUGS HAVE DIFFERENT DANGERS. HERE ARE SOME GENERAL TIPS TO REMEMBER.

Think ahead

- If you are thinking about using any drugs, always get as much information as you can.
- Unknown effects can be scary and you might not always know if drugs have been mixed with other things.
- If you are at all unsure, think twice before taking it.

Be in a Safe Environment

- Be with people that you trust and stay somewhere safe such as close to home or inside.
- Always be aware of your surroundings as you could end up feeling stressed or lost.
- Stay with people you know and look after each other.

Know Your Limits

- Start low and go slow until you are sure what you are taking and the effect it will have on you. Try a small amount first and then go slowly. Even alcohol can take time for its full effects to be felt.
- You know your body best, if it seems like you are having more than you can handle then slow down.
- You should know when to stop and when to go home.

Sex, Drugs & Yes and No!

[TO WATCH A SHORT VIDEO ABOUT CONSENT CLICK HERE](#)



WHAT TO DO IN AN EMERGENCY IF YOU SEE SOMEONE IN TROUBLE, GET MEDICAL HELP AS FAST AS YOU CAN, BUT MAKE SURE SOMEONE ELSE STAYS WITH THEM UNTIL HELP ARRIVES.

Medics aren't there to judge. If you know what has been taken and how much, just tell them so they know how to help. If they are unconscious, up them in the recovery position asap.

Drinking, taking drugs and having sex risks:

- Not using a condom to protect yourself from sexually transmitted infections (STIs) and/or unplanned pregnancy
- Forgetting to take your pill or vomiting making your pill less effective
- Allowing yourself to do something you wouldn't usually do

- Not prioritising your safety – possibly putting yourself at risk of sexual assault and not capable of giving sexual consent

[Leeds Sexual Health Service](#) offers sexual health help and advice

Child Criminal Exploitation:

(CCE) is a growing issue where gangs target young people to get them to carry out criminal activities. If friends are pressuring you to get involved with their criminal activities, the reality is you have choices.

The [St Giles Trust](#) has a [useful page of information about CCE](#), weapons, gangs county lines and similar issues.

Alcohol Basics...



Young people's bodies and in particular your brain aren't fully developed like an adult's, so alcohol can affect your development and health more seriously. If you do drink, there are a few things you can do to reduce the risks:

- **Have time away from using alcohol**
- **Make sure you eat properly before you start drinking**
- **Drink water and soft drinks regularly between drinks**
- **Start drinking later and try not to start drinking until you go out**
- **Only take a limited amount of money with you (but make sure you have enough to get home)**
- **Know when you've had enough, the guidance is there to help you have a good time without ruining your night**
- **Drink, socialise and go home with people that you trust**
- **Carry a condom just in case**
- **Don't accept drinks from strangers or leave your drink unattended**
- **Avoid drinking games or gulping your drink**

Alcohol Basics...



CLICK ABOVE FOR INFO

Reasons not to drink:

- Lose weight and feel fitter
- Have more energy
- Save money
- Not embarrass yourself
- Avoid accidents and injuries
- Less likely to get into fights
- You won't be putting stuff on social media you regret
- Won't have 'beer goggles' effect
- Less likely to have unsafe sex
- Have better skin and appearance
- Sleep better
- You can still have a good time without drinking

Importantly!

- Never leave someone who is very drunk on their own.... Make sure they are lying on their side (recovery position) so they do not choke if they're sick.
- Never get into a car if the driver has been drinking alcohol.
- Plan how you will get home before you go out.

Cannabis Basics...



KNOW YOUR STUFF:

THC is the ingredient in cannabis that can make you feel very chilled out; happy and relaxed. THC has also been linked to anxiety, paranoia and in some cases hallucinations.

PLEASANT EFFECTS:

You may feel relaxed and talkative. Colours and music may seem more intense.

HARMFUL EFFECTS:

You may feel sick, have panic attacks, become paranoid and depressed or hear voices.

Your brain is still developing until your mid-20s. Regular, heavy cannabis use makes it difficult to learn and use information. Smoking large amounts of weed can affect your relationships with friends and family and teenagers who regularly use cannabis are likely to find themselves increasingly isolated. Often they only hang out with others who choose to use cannabis and are less engaged with the world around them.

Cannabis Basics...



CLICK ABOVE FOR INFO

The teenage brain seems to be more vulnerable to cannabis than the adult brain.

Heavy or regular adolescent cannabis users show a range of issues including:

- Problems with attention
- Problems with learning
- Problems with memory
- An inability to switch ideas, change responses or be mentally flexible

If you choose to smoke weed it's best not to mix it with alcohol. Combining weed and alcohol is likely to make you feel unwell. A side effect of smoking weed, called "a whitey", is more likely to occur if a person drinks alcohol before smoking. Individuals may go pale and sweaty, feel dizzy with "the spins," nauseous, and may even start vomiting. This is often followed by the need or strong desire to lie down.

When drinking and smoking are combined, it is also easier to drink too much and risk alcohol poisoning.

Video Links for Information

[TO MAKE A REFERRAL FOR 1-2-1 SUPPORT CLICK HERE](#)

WE PROVIDE A CONFIDENTIAL AND NON-JUDGEMENTAL
SERVICE TO YOUNG PEOPLE AND YOUNG ADULTS UP TO
THE AGE OF 24



Our Young People's Service
has a dedicated phone number
0113 887 2757
you can also call or text
07525 265755



[VIDEO](#) - WHAT CAN YOU EXPECT
ON YOUR FIRST VISIT TO
FORWARD LEEDS

What can we do for your YPS?

[TO MAKE A REFERRAL FOR 1-2-1 SUPPORT CLICK HERE](#)

WE PROVIDE A CONFIDENTIAL AND NON-JUDGEMENTAL SERVICE TO YOUNG PEOPLE AND YOUNG ADULTS UP TO THE AGE OF 24

We can help you if you:

- Just want more to know more about drugs or alcohol
- Want to find out how to stay as safe as possible
- Want some support to reduce or stop using alcohol or drugs
- Are worried about the effects that drugs are having on your mood, health, education or relationship

Our Young People's Service has a dedicated phone number
0113 887 2757
 you can also call or text
07525 265755

or email
admin.yp@forwardleeds.co.uk

Follow us on [Twitter](#)

We offer a range of support and services that include:

- One-to-one support around drug and alcohol issues
- Emotional support – helping you to be happy, self-confident and resilient
- Physical and sexual health support
- Support to families and concerned others around young people's drug and alcohol use
- Information and advice about drugs and staying safe



[VIDEO](#) – WHAT CAN YOU EXPECT ON YOUR FIRST VISIT TO FORWARD LEEDS

What can we do for your Group?

[TO MAKE A REQUEST FOR GROUP WORK SESSIONS CLICK HERE](#)



WE CAN PROVIDE GROUP SESSIONS FOR YOUNG PEOPLE USING OR AT HIGH RISK OF USING SUBSTANCES FOR UP TO 12 YOUNG PEOPLE AT A TIME AND ALL SESSIONS ARE COMPLETELY FREE.

The sessions can be built around any substance and are tailored to fit the needs of each group.

We can provide one-off **Harm Reduction & Information sessions**. These provide the group with the most important information about the substance, it's impacts and harm-reduction strategies.

It's also an opportunity for them to **ask questions, correct misinformation and find out about Forward Leeds** and how we can support them should they choose to make changes to their use - either now or in the future.

We also have a session aimed at **Parents/Carers wishing to know more** about Young Peoples substance use, the risks they face and how best to support them.

We can also offer group support for young people that are impacted by substance use, who might not want to access 1-2-1 support.

We have a **series of 3 sessions that can be adapted to any substance** and allows the group to explore their relationship with drugs more deeply; both the long and short-term impacts it may have.

This series of sessions has proven to be successful in **encouraging those who were initially unsure about accessing services to go on to continued 1-2-1 support.**

Or... If you are **unsure what you might need?** Feel free to contact us to discuss what's best.

CALL LEWIS ON 07341 736305 TO DISCUSS FURTHER
OR EMAIL LEWIS.EDWARDS@FORWARDLEEDS.CO.UK

FREE Training for Professionals

Forward Leeds Alcohol and Drug service have a team that can provide training and information around alcohol and drugs. This is primarily aimed at:

- Social Care staff and similar organisations
- Leeds City Council teams
- Charities and third sector organisations

Training is delivered virtually and in person, you can choose which you prefer. All of our training is completely free, provided your organisation is based in [the City of Leeds](#) local authority area.

[View a list of all 2024 courses](#)

Training aims:-

- Increased awareness of brief Interventions
- Provide some basic tools and worksheets
- How to refer into alcohol or drug services
- Where to access leaflets and information
- An increase in substance-specific awareness

In addition Forward Leeds runs additional Want To Know More About (WTKMA) sessions for Leeds City Council.

Contact us at prevention@forwardleeds.co.uk for more information or to book on courses.



ONLINE TOOLS & Resources

ONLINE SUBSTANCE USE CHECKER THAT GIVES RELEVANT HARM-REDUCTION ADVICE [HERE](#)

A-Z OF SUBSTANCE INFO, HARM REDUCTION ADVICE & DOWNLOADABLE FLYERS [HERE](#)

TALK TO FRANK - SUBSTANCE INFO & ADVICE, TIPS FOR FRIENDS & PARENTS/CARERS [HERE](#)

DRUGWISE - ONESTOP PORTAL FOR EVIDENCE BASED DRUG INFO & UPDATES [HERE](#)

WEDINOS - FREE DRUG TESTING SERVICE [HERE](#)

RELEASE - DRUGS INFORMATION, LEGAL INFO, STOP & SEARCH ADVICE [HERE](#)

SOLVENTS & NITROS OXIDE (NOS) SPECIFIC INFO & RESOURCES [HERE](#)

ONLINE TOOL TO CHECK USE, COSTS & IMPACTS OF USE (HIGHLY RECOMENDED) [HERE](#)

ONLINE TOOLS & RESOURCES

“DITCH THE LABEL” - IF YOU'RE AGED 12-25 AND STRUGGLING WITH THINGS LIKE MENTAL HEALTH, RELATIONSHIPS, BULLYING OR IDENTITY, WE'RE HERE AND WE'VE GOT ALL THE ADVICE AND SUPPORT YOU NEED. [HERE](#)

“KNOWDRUGS” APP IS THE EASIEST WAY TO LOOKUP DRUG TESTING RESULTS, PILL WARNINGS AND DRUG ALERTS AND PROVIDES YOU WITH DRUG INFO ABOUT MORE THAN 200 DRUGS, ALONG WITH ADVICE ON HARM REDUCTION AND SAFER USE. [HERE](#)

“I AM SOBER” APP IS A FREE RESOURCE TO HELP BREAK BAD HABITS, BUILD NEW ONES, AND CONNECT WITH OTHERS WHO UNDERSTAND WHAT YOU'RE GOING THROUGH. [HERE](#)

“DRINK COACH” APP TRACK AND CHANGE YOUR DRINKING FOR FREE. NO ADVERTISING, NO IN-APP PURCHASES, NO LOG-INS... JUST A GREAT APP. [HERE](#)

ONLINE TOOLS & RESOURCES

**SUBSTANCE MISUSE EDUCATION LESSON PLANS
AND ACTIVITIES FOR YEARS 7 TO 11** [HERE](#)

**SUBSTANCE MISUSE EDUCATION LESSON PLANS
AND ACTIVITIES KS1-3** [HERE](#)

**SUBSTANCE MISUSE RESOURCES, INFO &
FLYERS (SOME AVAILABLE TO DOWNLOAD FREE)
OTHERS TO ORDER** [HERE](#)

**DRUGS & ALCOHOL EDUCATION SESSION PLANS
YEARS 7-11** [HERE](#)

**FOUR YP'S DESCRIBE HOW THEIR LIVES WERE
AFFECTED BY DRUGS, WHILST HOW DRUGS
AFFECT THE BODY IS EXPLORED** [VIDEOS HERE](#)

**SAFE SESH: HARM REDUCTION CAMPAIGN BY
VICE, WITH THE LOOP AND THE ROYAL SOCIETY
FOR PUBLIC HEALTH.** [VIDEOS & ARTICLES HERE](#)

Drug Combination

RISK INDICATOR

	Cannabis	LSD	Psilocybin (Magic mushrooms)	Psilocybin (Magic mushrooms)	Ketamine	Nitrous	Amphetamines	MDMA	Cocaine	Caffeine	Alcohol	w/GBL	Opioids (eg. heroin, cocaine, fentanyl)	Benzodiazepines (eg. Valium, Xanax)	SSRIs (anti-depressants)	
Cannabis																Cannabis
LSD																LSD
Psilocybin (Magic mushrooms)				Psilocybin (Magic mushrooms)												Psilocybin (Magic mushrooms)
Ketamine				Ketamine			!		!		X	X	X	!		Ketamine
Nitrous					Nitrous						!	!	!			Nitrous
Amphetamines					!		Amphetamines		!		!	!	!			Amphetamines
MDMA								MDMA	!		!	!	!			MDMA
Cocaine					!		!	!	Cocaine		!	!	X		X	Cocaine
Caffeine										Caffeine						Caffeine
Alcohol					X	!	!	!	!		Alcohol	X	X	X		Alcohol
GHB/GBL					X	!	!	!	!		X	GHB/GBL	X	X		GHB/GBL
Opioids (eg. heroin, cocaine, fentanyl)					X	!	!	!	X		X	X	Opioids	X		Opioids
Benzodiazepines (eg. Valium, Xanax)					!						X	X	X	Benzodiazepines (eg. Valium, Xanax)		Benzodiazepines (eg. Valium, Xanax)
SSRIs (anti-depressants)															SSRIs (anti-depressants)	SSRIs (anti-depressants)
	Cannabis	LSD	Psilocybin (Magic mushrooms)	Psilocybin (Magic mushrooms)	Ketamine	Nitrous	Amphetamines	MDMA	Cocaine	Caffeine	Alcohol	GHB/GBL	Opioids	Benzodiazepines (eg. Valium, Xanax)	SSRIs (anti-depressants)	

General Advice
 Have a plan and stick to it. Measure out all drugs when you're sober and choose settings and activities where you'll be safe, secure and comfortable.

Don't leave your drink unattended and keep an eye on your friends' drinks. Don't accept a drink from someone you don't know. If you think your drink might have been tampered with, don't drink it.

Information based on the **Trispart Guide to Drug Combinations**. For a more comprehensive version and further information please visit www.trispart.me

Caution **Unsafe** **Dangerous**

Remember
 If you're taking drugs on your own, you'll be safer when problems occur. But, take responsibility and don't rely on other people to look after you. Never share injecting or snorting equipment.

Avoid taking new drugs especially any you can't identify. Making them with alcohol and other drugs is gambling with your health. Half of all deaths in England are from combining more than 1 drug and/or alcohol. Stick to what you know but don't assume familiar means safe.

FEEL LIKE YOU'VE HAD ENOUGH?



citizens advice Leeds

Can help with legal, money, welfare and housing issues by providing free, independent and confidential advice.

0113 223 4400

moneybuddies

problems with money If you're having prior need support dealing with debt, contact Money Buddies for free, confidential, impartial advice.

0113 2350276



All the services listed on this poster are LGBT+ inclusive.

Find local and national organisations that support LGBT+ communities at:

www.mindwell-leeds.org.uk/lgbt

Switchboard LGBT+ helpline

A place for calm words when you need them most.

0300 330 0630
Open 10am - 10pm (every day)



Leeds CITY COUNCIL

NS LEEDS HOUSING OPTIO

r people who are Advice service to homeless, at risk of homelessness, or homeless, at risk of homelessness, would like advice about housing.

0113 222 4412
07891 273 939*
*out of hours 5pm - 8 am, emergency only

If you are worried about money problems, find help and support at:

www.mindwell-leeds.org.uk/money-worries

MindWell

MindWell is the mental health website for people in Leeds. Funded by the NHS, it brings together information about local and national services as well as self-help tools and resources.

www.mindwell-leeds.org.uk

childline

ONLINE, ON THE PHONE ANYTIME
childline.org.uk | 0800 1111

If you are 19 or under, you can contact ChildLine about anything. No problem is too big or too small. Speak to a counsellor straight away on **0800 1111 (Freephone)**.

FORWARD LEEDS INSPIRING CHANGE

Advice, information and support if you are concerned about your alcohol or drug use or someone else's. You can also call to refer yourself to services in Leeds.

Open Monday and Friday, 9am - 5pm
Tuesday to Thursday, 9am - 7pm

0113 887 2477

GAMCARE

IS PROBLEM GAMBLING AFFECTING YOU OR THOSE CLOSE TO YOU?

Speak to an advisor on the **National Gambling Helpline**
Freephone 0808 8020 133
24/7
www.gamcare.org.uk

Are you struggling to cope or feeling overwhelmed?
Talk to someone about how you're feeling.
You are not alone and it is okay to ask for help.

The Market Place
Support, information and counselling for young people in Leeds aged 11-25.
0113 2461659
www.themarketplaceleeds.org.uk

Andy's Man Club
Peer support group for men
Come have a brew and a chat - it's okay to talk
Meets every Monday at 7pm (Except Bank Holidays)
Leeds College of Building, North Street, LS2 7QT
www.andysmanclub.co.uk
info@andysmanclub.co.uk

MindMate

If you're a young person, MindMate can help you understand the way you're feeling and find the right advice and support. MindMate also has information for parents and carers.

www.mindmate.org.uk

SAMARITANS

Call free day or night on
116 123

Email jo@samaritans.org

samaritans.org A registered charity

LEEDS SURVIVOR-LED CRISIS SERVICE
WWW.LSLCS.ORG.UK

Support in times of crisis

Dial House @ Touchstone
Support and sanctuary for people from Black and Minority Ethnic backgrounds.
Open Tuesdays and Thursdays 6pm-12am.
Call **0113 249 4675** or text **07763 581 853** to make a referral.

Connect
Need to talk about things? Need to hear a friendly and understanding voice?
Confidential, non-judgmental emotional support over the phone and online, provided by staff and volunteers.
Open every day 6pm-2am.
Call **0808 800 1212** (free-phone) or go to lscls.org.uk to find the online chat.

Feeling anxious or stressed? Need to talk about things? Need to vent about school? Anything else on your mind?

LEEDS SURVIVOR-LED CRISIS SERVICE
TEENCONNECT.ORG.UK

Confidential, non-judgmental emotional support for 13-18 year olds in Leeds, over the phone, online, or by text.

Open Monday - Friday: 3.30pm-2am
Saturday and Sunday: 6pm-2am
Call **0808 800 1212** (freephone), go to teenconnect.org.uk, or text **0771 566 1559**.

BSL Deaf Connect

Is open Mondays 7-11pm.
Glide/ Text: **07500 870 987**
Skype/ FaceTime:
survivor.led@lscls.org.uk

WELL-BEAN 'HOPE IN A CRISIS' CAFÉ
The café is a safe space open to all experiencing crisis.

SATURDAY, SUNDAY, MONDAY 6pm-12am	TUESDAY, WEDNESDAY 6pm-12am	THURSDAY, FRIDAY 6pm-12am
Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB	Touchstone House, 2-4 Middleton Crescent, Beeston, LS11 6JU	New Wortley Community Centre, 40 Tong Rd, Leeds LS12 1LZ

Ring or text **07760 173 476** on the day you'd like to visit.

In a medical emergency
CALL 999

When you need urgent medical help but you're not sure what to do
CALL NHS 111

Are you struggling after the death of someone close?

Cruse Bereavement Care
Somewhere to turn when someone dies

provides support, information and practical advice.

0113 234 4150
0808 808 1677
www.cruse.org.uk

LEEDS SUICIDE BEREAVEMENT SERVICE

If someone you were close to has ended their own life you can access one-to-one support, group support, family support, or counselling.

info@leedssbs.org.uk
leedssbs.org.uk
0113 305 5800

Leeds Domestic Violence Service

Provides confidential support, information, and access to emergency accommodation.

24 hour Helpline **0113 246 0401**

SARSVL
Support After Rape & Sexual Violence Leeds

provide confidential emotional support for women and girls affected by sexual violence of any kind.

CALL 0808 802 3344
TEXT 07860 022 880
EMAIL support@sarsvl.org.uk

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The information in this booklet is only intended as a quick reference guide and information, laws and advice is changeable – if you have any worries or concerns please contact us directly for the most up to date information.