

## **Local Mental Health Services Support for BBEST Families :**

### **Andys Man Club, Batley**

Email [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

Web [Club Information](#) | [Andys Man Club](#) | [#ITSOKAYTOTALK](#)

Facebook [https://www.facebook.com/Andys-Man-Club-Batley-105141458041862/?ref=py\\_c](https://www.facebook.com/Andys-Man-Club-Batley-105141458041862/?ref=py_c)

### **Butterflies (Jo Cox House)**

Fitness and wellbeing session encouraging positive mental health through exercise and open discussion

Divided into age group 11-16, 16-49, 16+

Web [Butterflies](#) | [Tcd1 \(tcd-charity.co.uk\)](#)

[Mental Health Support Charity](#) | [Butterflies Mental Health](#) | [England](#)

### **Lukes Lads (Jo Cox House)**

Promotes positive mental health and suicide prevention through exercise

Sessions divided into age group - **11-16, 16-19, 20+**

Web [Luke's Lads](#) | [Tcd1 \(tcd-charity.co.uk\)](#)

[Mental Health Support Heckmondwike Yorkshire](#) | [Luke's Lads](#)

### **Trekkers (Usually from Roberttown)**

Mixed ability walk and talk session aiming to improve mental health through exercise

[Trekkers](#) | [Tcd1 \(tcd-charity.co.uk\)](#)

### **Peer Talk, Batley**

A national charity that provides weekly volunteer facilitated peer support groups for people living with depression, anxiety and related distress.

[PeerTalk Support Groups](#)

[PeerTalkA5relaunch-Batley-2020v2.pdf](#)

### **Men's Talk, Dewsbury**

Performing Arts group for men with experience of mental health issues.

[Men's Talk](#) | [Community Links \(commlinks.co.uk\)](#)

For more info about the project contact Stuart on 07391 868752,

email [stuart.hawkes@commlinks.co.uk](mailto:stuart.hawkes@commlinks.co.uk)

### **Kooth**

Online support for young people around mental wellbeing

[Home - Kooth](#)

## **Womens Centre**

For women experiencing difficulties with their mental health

[Kirklees | WomenCentre Calderdale and Kirklees](#)

Project 1125 for girls and young women – offers emotional and practical support

[1125 Project | WomenCentre Calderdale and Kirklees](#)

## **Wellbean Café**

Offering mental health support for anyone in a crisis (Kirklees)

[Well-bean Hope In a Crisis Cafe - Kirklees - Touchstone \(touchstonesupport.org.uk\)](#)

**S2R** - promoting positive mental health

### **Jan 2021 timetable**

[WHAT'S ON | S2R Create Space](#)

S2R Wellbeing Packs

[Wellbeing Packs | S2R Create Space](#)

## **West Yorkshire & Harrogate Grief and Loss Support Service**

<https://www.griefandlosswyh.co.uk/>

[file:///C:/Users/JaimeNoble/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/IX706S7W/WYSTP%20-%20Grief%](file:///C:/Users/JaimeNoble/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/IX706S7W/WYSTP%20-%20Grief%20Support%20Service%20-%20West%20Yorkshire%20&%20Harrogate%20Grief%20and%20Loss%20Support%20Service%20-%20www.griefandlosswyh.co.uk/)

## **Kirklees Dementia Hub**

Offers information and advice for people living with dementia and their carers, family and friends.

[Kirklees Dementia Hub | Community Links \(commlinks.co.uk\)](#)

Local Resource listing :

Northorpe Hall (Mirfield) support children and families in relation to health and wellbe-

ing [Northorpe Hall Child & Family Trust](#)

Luke's Lads Juniors, Butterflies Juniors [Projects | Tcd1 \(tcd-charity.co.uk\)](#)

Take Ten Youth [TakeTen Youths - Home | Facebook](#)

- Thriving Kirklees have an excellent resources pack with lots of ideas on where you can access help for children and young people. There are apps and websites for everything from self-harm, suicide, bereavement, bullying, gender diversity and more.

[CAMHS-Resources-pack.pdf \(thrivingkirklees.org.uk\)](#)