



ARE YOU STRUGGLING WITH YOUR
MENTAL HEALTH?

ARE YOU FEELING ISOLATED AND ALONE?

DO YOU NEED SOMEONE TO TALK TO IN
CONFIDENCE?

WE OFFER 'HOPE IN A CRISIS'

Our referral lines are open from 6pm until Midnight.
Please get in touch.

WE ARE HERE TO SUPPORT YOU

FRI - MON

Tel: 07741900395

TUES - THURS

Tel: 07867028755

Greater Huddersfield Clinical Commissioning Group
North Kirklees Clinical Commissioning Group



The **Basement** Project