



STAYING SAFE

If you need help or Support, there is always someone to talk to.

Call our Safeguarding & Wellbeing Team on **01274 088 999** or visit them on the Second Floor (David Hockney Building) or the Student Services Office at Trinity Green. If you need support, or need to talk to someone out of college opening hours, then you may find one or more of the following services helpful:

Mental Health

- **First Response:**
Tel 01274 221181
- **MIND:**
Tel: 01274 730815
- **Samaritans** – help for people in emotional distress or feeling suicidal. Tel: 116 123

Physical Health

- **NHS Direct:**
Tel: 111

Sexual Health

- **Locala Sexual Health:**
Howard House, 2nd Floor,
Bank St, Bradford BD1 1EE.
Tel: 0303 330 9500
- **MESMAC** – Sexual health for gay and bi-sexual men.
28 Chapel St, Bradford BD1 5DN.
Tel: 01274 395815

Lesbian, Gay, Bisexual, Transgender

Plus (LGBT+) Support

- **Switchboard - LGBT+ Helpline:**
Tel: 0300 330 0630

Problems with Drugs and/or Alcohol

- **The Bridge Project:**
Tel 01274 745636

Hunger

- **Bradford Central Foodbank:**
The Jubilee Centre,
Jermyn Street, Bradford, BD1 4EJ
Tel: 07838 830438

Bradford North Foodbank:

Unit 12, Inspire Bradford Business Park
Newlands Way BD10 OJE.
Tel: 01274 292256

Homelessness

- **Bradford Nightstop:**
Carlisle Business Centre,
Carlisle Rd, Bradford BD8 8BD.
Tel: 01274 776888
- **Housing Options (emergency duty team)**
Tel: 01274 381999

Domestic Abuse and Sexual Violence

- **Bradford Rape Crisis:**
Tel: 01274 308270
- **Bradford Survive & Thrive:**
Tel: 0808 2800 999
Tel: 01274 481039
- **Victim Support:**
Tel: 0300 332 1000
- **Men Standing Up** (Bradford Cyrenians) – for male victims of domestic abuse.
Tel: 0300 303 0167

Crime & Safety

- **Police** – For emergencies
Tel: 999
- **Police** – For non-emergencies and advice:
Tel: 101
- **Victim Support:**
Tel: 0300 332 1000
- **Bradford Children's Social Care
Emergency Duty Team:**
Tel: 01274 431010