

STAYING SAFE

Due to the Coronavirus outbreak, access to some of the College services may be limited at times. If you need help or support call our Safeguarding and Wellbeing team on 01274 088 999 between 10am-4pm, Monday - Friday. Outside of these hours, there are other organisations who may be able to help:

Mental Health

- **First Response:**
Tel: 01274 221181
- **MIND:**
Tel: 01274 730815
- **Samaritans** – help for people in emotional distress or feeling suicidal.
Tel: 116 123
- **Sharing Voices:**
Tel: 01274 731166

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 Light Centre, 86 Captain St,
Bradford BD1 4EL.
Tel: 01274 734314
- **Bradford North Foodbank:**
Unit 12, Inspire Bradford Business Park
Newlands Way BD10 0JE.
Tel: 01274 292256

Homelessness

- **Bradford Nightstop:**
Carlisle Business Centre,
Carlisle Rd, Bradford BD8 8BD.
Tel: 01274 776888

Domestic Abuse and Sexual Violence

- **Bradford Rape Crisis:**
Tel: 01274 308270
- **Bradford Staying Put:**
Tel: 0808 280 0999
- **Bradford Cyrenians** – for male victims of domestic abuse.
Tel: 0300 3030167

Crime

- **Police** – For emergencies.
Tel: 999
- **Police** – For non-emergencies and advice:
Tel: 101
- **Victim Support:**
Tel: 01535 606871