



The
Cellar
Trust

Mental health and well-being support

Bradford, Airedale, Wharfedale and Craven

Support for you

We are a registered charity providing mental health and well-being support across Bradford, Airedale, Wharfedale and Craven. We offer a range of services and approaches to meet your needs, where and when you need us. Working in partnership with other organisations, we provide support to help you live positively and independently and to build your own brighter future.

A number of our services are delivered by peer support workers who have their own lived experience of mental health problems.

Safe Spaces

If you are in urgent need of mental health support, we can offer same day, in-person appointments for people of all ages.

Trained staff can help if you are experiencing distress such as severe anxiety, panic attacks, suicidal thoughts, intense depression or feelings of disassociation.

- Same day appointments at our Bradford or Keighley Hubs
- Support over the phone if needed
- Drop-in centres in locations across the district
- Children and young people's Hub in Shipley

How to access this service

Safe Spaces is open every day of the year from 12pm to 2.30am.

Call First Response:



0800 952 1181

24 hour helpline

Call Guide-Line:



08001 884 884

8 am till midnight



For full details of Safe Spaces visit:

www.healthyminds.services/urgent-help

Pre-employment and employment support

If you need help to overcome barriers in your life which are stopping you from working, we offer one-to-one coaching, action planning, goal setting, self-development, as well as job searching and interview techniques.

We can also help if you are already in paid employment but are currently off sick with your mental health. We offer support to help you to liaise with your employer to return to work or if you wish to move into new employment.

You can access the service if you are:

- aged 16 or over
- out of work or on sick leave with enduring mental health problems
- wanting to work towards a specific goal such as education, training, voluntary or paid work



The Cellar Trust have changed my life completely. Everything now has a much lighter view. I want to experience new things and be happy and I think all of those are within reach.

Richard



Psychological therapies

We offer psychological therapies support to help you manage a range of emotional challenges such as depression, stress, mental ill health, trauma, PTSD, panic attacks, relationships, low confidence, abuse or self-harm.

We are here to listen and provide a confidential space for you to talk about, and understand, the issues you are having.

We will work to support you in achieving your personal goals so you can move forward and become emotionally and mentally well.



You really listened and understood me. Things are improving and I actually feel like I am getting back to the old me.

Zahra



Specialist services

MAST

Multi-Agency-Support-Team

Our MAST team provide peer support in Bradford Royal Infirmary and Airedale General Hospital as well as follow-up support in the community. We work alongside other partner organisations to offer specialist support around different areas of mental and physical health, as well as with other challenges. The aim is to help people get the right support at the right time, in the right place.

Reach

You can use the Reach service if you are currently being supported by Bradford District NHS Care Trust in a secondary mental health service, for example, a Community Mental Health Team.

We can:

- provide one-to-one support for up to 6 months with a named worker, identifying your personal goals and working together to help you to achieve them
- support you at important times of change, for example, if you have had a period in a mental health hospital
- help you access groups and other services based on where you live and your interests

What's important is that we will be working together on what you want to achieve, in the way you would like to achieve it.

Your lead professional can make a referral on your behalf.

HOPE

Our HOPE team are here to help if you have a history of significant trauma and struggle to access other support which meets your needs. You will receive one-to-one sessions from our peer support workers who have their own lived experience of mental health difficulties. We can provide support over a period of 12 weeks to help you move forwards with your mental health and to achieve your goals.

You can access this service through your GP, care coordinator or other mental health professionals.



I feel in a much better place now, able to cope with things. It helped being able to speak to someone and get off my chest how I was feeling.

Sara



Our training

We offer a range of free and paid for mental health training for individuals and organisations ranging from Sleep and Managing Stress to Suicide Awareness and Managing Low Mood. We also offer a Level 3 accredited Peer Support qualification.



The training was excellent!

I took away some very useful information, skills, and insight into supporting mental health and the importance of self care.





Support us

We can only provide our services with the ongoing help of our generous supporters.

Whether you choose to fundraise, donate, volunteer or join us at one of our events – your support is so important.

Visit our website to find out more:

thecellartrust.org/support-us

To access or find out about any of our services visit our website or contact us.

How to contact us

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thecellartrust.org

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