



Building Brighter Futures

Supporting people with their mental health
to live positively and independently



Across the district

We support people across Bradford, Airedale, Wharfedale and Craven. Mental health and wellbeing can be complex and personal, which is why we offer a wide range of services and approaches to meet each individual's needs. We work in partnership with other organisations to make sure there's support when it's needed.

Crisis Support

Safe Spaces is a crisis support service for anyone in mental health distress. This could be severe anxiety or panic attacks, suicidal thoughts, intense depression or feelings of disassociation.



There are lots of ways **Safe Spaces** can support you:

- Urgent support in our Hubs (Bradford and Keighley)
- Drop-in service near you
- Overnight stay for children and young people

How do you access the service?

Anyone aged 7 and over, living in Bradford District and Craven, can access the service by calling **First Response** on 0800 952 1181. 24 hours a day, 7 days a week, 365 days a year.



Peer Support Groups

We provide welcoming and supportive Peer Support Groups where people with a range of different **lived experiences** come together to help and support each other.

In a confidential setting, **discuss your concerns** at your own pace in an environment of mutual respect between peers and coordinators.

Peer Support Training

We deliver **Level 3 Accredited Peer Support Training** that can be undertaken by individuals and organisations looking to gain professional certification in this unique and proven support work.

Peer Support Supervision

Our one-to-one or group supervision sessions offer a reflective space for **people working in this field**. We provide much-needed time to explore the emotional impact of your work and to identify future goals and areas for development.

Employment support

Our employment support team offer **one-to-one coaching**, help with action planning and goal setting, self-development workshops, and wellness planning. For those looking for, or already in work, but struggling with their mental health.

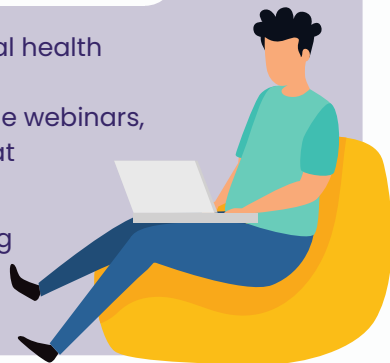
We provide **personalised support** to help people overcome barriers in moving towards employment. We work directly with employers to develop strategies for those returning to the workplace, and to secure work-placements for those entering the workplace.



Mental health and wellbeing Training

We develop and deliver a wide range of mental health and wellbeing training courses and resources. Most are free and available as facilitated online webinars, face-to-face training, or e-learning modules at **www.livingwell.training**

In addition, we can create 'tailor made' training packages, designed to meet the specific needs of both individuals and organisations.



How can you support us?

Your support is invaluable to us, either as an individual or as an organisation. You can do this by **donating, fundraising, volunteering** or **partnering** with us.

If you'd like to support us, we'd love to hear from you!

Use our cafe

The Cellar Trust Cafe gives us the opportunity to support our clients by providing valuable work experience, whilst raising vital funds.

A relaxed, friendly place to meet, eat great food. We'd love to welcome you to enjoy our delicious homemade food, fresh ground coffee and cake. Please support our cafe and help us to support others.



Follow us

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

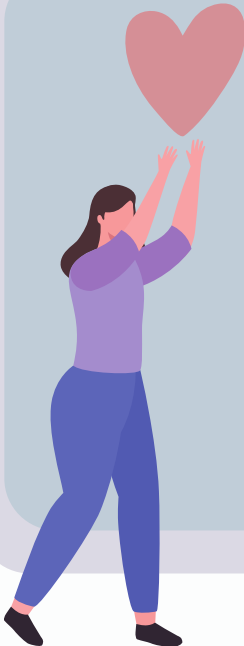
Perhaps the easiest way to support us is by following us on **social media** and keep up to date with all the great work we are doing.

You can find us on:

Facebook @thecellartrust @thecellartrustcafe

Twitter @cellartrust

Instagram @thecellartrust



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