



The
Cellar
Trust

Mental health and well-being support

Bradford, Airedale, Wharfedale and Craven

The Cellar Trust

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 adults and children age 7+.

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, Keighley or Shipley Hubs
- Support over the phone if needed
- Drop-in centres in locations across the district

How to access this service

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

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

*Safe Spaces is led by The Cellar Trust and Mind in Bradford working with a range of local partners.

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



I immediately felt at ease with my Employment Worker. I was able to open up with no judgment. They helped me return to work but more importantly helped me with my mental health. I'm so much happier and more confident!

Alex



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 encouraged and supported me to make small changes in order to cope and feel better. I now feel that I am equipped with a better understanding of strategies for realising and dealing with issues.

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.



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



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. Your lead professional can make a referral on your behalf.

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.

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 have finally been able to process trauma I thought I would never be able to process. I am healing, its hard but now know it can be done, instead of moving back I've moved forward.

Sara



Peer Support Training

Designed to help upskill attendees on the core skills and understanding needed to be a Peer Support Worker. There's online and in-person options to suit both organisations and individuals. The training has an interactive and welcoming course structure to ensure attendees are supported towards achieving accreditation. Giving individuals the skills and knowledge to provide empathetic assistance to those facing mental health challenges.



I am really pleased with the training and the skills I have gained. So valuable, I feel much more confident to attend my Peer Support Worker interview with NHS.

Ali





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, contact us or visit our website:

How to contact us

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thecellartrust.org

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