



Bradford District Care
NHS Foundation Trust

How to access this service:

If you feel you could benefit from our support you can refer yourself through a simple referral form on our website: www.bdct.nhs.uk/services/futurefocus



Scan this QR code on your smartphone to visit our website.

Once we receive a referral, we will contact you **within 2 weeks** for an initial assessment.

If you are under 18, you can call **01274 723241**

Or, if you are over 18, you can call **01274 221021**

We are available to take your call Monday – Friday, 9am – 5pm

We are based at:

Early Intervention Service
Culture Fusion
125 Thornton Road
Bradford
BD1 2EP

Or, if you would prefer, please speak with your GP or Health Care Professional and they will arrange a referral.



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Useful Websites and Helplines

<https://www.healthyminds.services>

www.mindbradford.org.uk

www.rethink.org

www.youngminds.org.uk

Translated Information

www.rcpsych.ac.uk/mental-health/translations

www.nhs.uk/accessibility/health-information-in-other-languages/

Urgent Help and Support

If you feel unable to keep yourself safe, and need urgent crisis support, please call:

First Response Team

01274 221181

Samaritans

0330 094 5717 or 116 123



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Future Focus.

Early Engagement team

Are you aged between 14-35 and...

- Feeling low in mood or more anxious?
- Withdrawing from friends or family, or finding it hard to relate to people?
- Feeling that things are different, or experiencing changes in the way you see things, or people?

If any of these apply to you, we may be able to help.