

## Bradford School Nursing Team

01274 221203

**Bradford District Care**  
NHS Foundation Trust


### Advice and support for:

- Feelings of worries, stress, sadness or anger
- Healthy eating
- Healthy relationships
- Sexual health advice
- Drug, alcohol and smoking advice
- Changes to the body and growing up
- Sleep

Follow us on social media:



 @bdct2016

 @bdctschoolnursingteam

If you're in mental health distress you can access Safe Spaces. Available to anyone aged 7+ 12.00pm - 2.30am 365 days a year

To access Safe Spaces call First Response  
**0800 952 1181**



 Mon - Fri: 9:00 - 17:00

West Bowling Community  
Advice & Training Centre

Advice on housing, benefits  
and financial advice

 01274 733 770  [info@wbcentre.org.uk](mailto:info@wbcentre.org.uk)



Find your Warm Space:

[www.costoflivingbradford.co.uk/warm-spaces-directory](http://www.costoflivingbradford.co.uk/warm-spaces-directory)

Warm Spaces are places where people can gather for free in a warm, safe, welcoming place and maybe enjoy a hot drink and some company.

## BRADFORD CENTRAL FOODBANK

# FEEDING BRADFORD FAMILIES IN CRISIS

Learn more

[www.bradfordcentral.foodbank.org.uk](http://www.bradfordcentral.foodbank.org.uk)  
If you need any support with accessing food,  
contact Dixons Trinity Academy for support

