NIGHT OWLS

Overnight West Yorkshire Listening/Advice Service

Night OWLS is a confidential support line for children and young people in crisis. Helping them, their parents and carers living in Bradford, Leeds, Calderdale, Kirklees and Wakefield.

We're available

8pm – 8am

Call this number for free:
0300 2003900

Text us on:
07984 392700

Chat to us on:
wynightowls.org.uk

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Night OWLS can help you if you...

- Feel you have nowhere to turn
- Feel you can't go on living
- Are in a crisis
- Are finding it hard to cope with life
- Are feeling angry, lonely, anxious or depressed
- Are feeling confused or finding it hard to think straight
- Are feeling unsafe
- Are caring for a young person
- Just want to talk

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for children, young people, parents and carers across West Yorkshire

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