



Get Checked Out



Useful links and websites



your health matters

Your Health Matters Leeds and easy on the i. Information about health and accessible resources



easy on the i

www.yourhealthmatters-leeds.nhs.uk

easyhealth.org.uk

Easy Health
Health leaflets and videos for people with LD and professional

www.easyhealth.org.uk

mencap

**Through
The Maze**

Through the Maze
A directory of services, developed by Mencap

0113 2703233 www.through-the-maze.org

mencap

The voice of
learning disability

Mencap

020 7454 0454 www.mencap.org.uk

 Leeds Mental Health Directory

Leeds Mental Health Directory
Information for mental health, resources, directory and guide

0113 3055800

www.leedsmhdirectory.co.uk



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Useful Contacts

Leeds and York PFT single point of access. To make referrals to the CLDT and mental health services **Telephone: 0300 300 1485**

Leeds City Council Adult Social Care For all social care needs
Telephone: 0113 2224401

Sadie Dunne Lead Nurse Learning Disabilities, Trust HQ St James Hospital, Beckett Street Leeds **Telephone: 0113 2066405**

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