

NightOWLS is for every child or young person in West Yorkshire who is experiencing a mental health crisis at night. Open 8pm-8am every day. Call free 0800 1488244, text 07984 392700 (charges may apply) or online chat at www.wynightowls.org.uk .



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.



Call this number
free: **0800 148 8244**

Text us on:
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Chat to us on:
wynightowls.org.uk