



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 free:
0800 148 8244

Text us on: **07984 392700**
(charges may apply)

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

We're available
8pm – 8am
for children, young
people, parents and
carers across
West Yorkshire

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