



NIGHT OWLS

Overnight West Yorkshire
Listening/Advice Service

Night OWLS is a confidential support line for children, young people, their parents and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield.

We're available

**8pm –
8am**

Call this number for free:
0300 200390

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

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

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