**Who Can Help?**

**Your GP:** Your GP is the first port of call if you need immediate support. There is always a GP on call 24 hours if you call your surgery.

**A&E:** In an emergency, you can present at A&E for advice and support.

**Samaritans:** Call free 116 123 (24 hours)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

[www.samaritans.org.uk](http://www.samaritans.org.uk)

**SHOUT 85258** free confidential text services for those struggling to cope

**Greater Manchester Mental Health Trust** (GMMH): 0800 953 0285 (24/7 crisis helpline)

[www.gmmh.nhs.uk](http://www.gmmh.nhs.uk)

**If you have access to the internet do search for these organisations if you want more information.**

**Greater Manchester Integrated Care Website** with mental health resources:

<https://hub.gmintegratedcare.org.uk/mental-health/mental-health-and-wellbeing-resources/>

<https://gmintegratedcare.org.uk/find-a-service/> Scroll down to the mental health informtion.

**Support with the cost of living crisis**

https://greatermanchester-ca.gov.uk/helping-hand/

**NHS Direct** Call 111 (General help/ advice on health)

http:/www./nhs.org

**Saneline**  (4 – 10pm daily) 0300 304 7000

**Calm** Helpline currently closed but get information www.thecalmzone.net 0800 58 58 58

**MIND in Manchester**  0161 769 5732

**Manchester Domestic Violence Helpline** 0161 636 7525

(Mon-Fri, 10am-4pm)

**National Domestic Violence Helpline** 0808 2000 247

(24 hours)

**Rape Crisis Line** **(for survivors of historical or recent abuse/sexual violence)** 0161 273 4500

(Monday – Friday, 10 – 4pm; Wednesday – Thursday 6-9pm

**St Marys Sexual Assault Referral Centre**

(for recent rapes / sexual health) 0161 276 6151

**Nightline**

(8pm-8am university term time, the number is on the back of your library card)

**Turning Point** 0161 238 5149

(8am-midnight, NOT A HELPLINE)

This service provides one-to-one help and advice for people in crisis

**Manchester City Council Cost of Living Advice Line** Support with benefits, help with rent, advice about debt, and paying bills. Food support. Support getting online. Free phone 0800 023 2692 9 to 4.30pm Monday to Friday

**Organisations (Local & National)**

**African & Caribbean Mental Health Service** 0161 226 9562

**Self Help Services** ( CBT , therapy, groups & services) 0161 226 3871

**Gaddum Therapy Service** 0161 834 6069

**Bereavement support** www. AtaLoss.org

**Zion Centre** (Range of mental health services) 0161 226 5412

**42nd Street** (13-25 year olds, mental health support and social inclusion projects) 0161 228 7321

**Therapeutic Services @ Kath Locke Centre** (inc. alternative therapies) 0161 455 0211

**Lifeline Manchester** (One-to-one support and advice & needle exchange) 0161 839 2054

**Hearing Voices Network** (Mon-Fri, 9am-4pm) 0114 271 8210

**Medical Foundation** (Care for victims of torture) 0161 236 5744

**Survivors Manchester** (of male sexual abuse & rape) 0161 236 2182

**Expert Patient Programme** (Course for people with long term physical and mental ill health)

[Mft.epp@nhs.net](mailto:Mft.epp@nhs.net) 0161 371 2105

**Rainbow Haven** (Drop-in support for asylum seekers and refugees) Tue & Thus drop in 0161 370 3472

**Refugee Action** (Advice for asylum seekers) 0161 831 5420

**Wai Yin** (Association for Chinese mental health) info@waiyin.org.uk 0161 237 5908

**Pakistani Resource Centre** **no longer in use** 0161 434 7800

**Irish Community Care** 0161 205 9105 / 0161 256 2717

**Bangladeshi Women’s Organisation** (Drop in & groups) 0161 257 3867

**Women’s Aid** (Practical & emotional support and advice on domestic violence) 0808 2000 247

**Alternatives to Violence Project** (Workshops for managing anger) 0161 832 3660

**Sexual Health Clinic Withington** (Screening, advice and treatment) 0161 217 4939

**Manchester Carer’s Centre** (Mon-Thus 10-1, Info., advice, Carers Info 0161 272 7270

**BEAT** (Beating Eating Disorders, helpline & support groups) 0345 634 1414

**OCD Action** (Info on OCD, Body Dysmorphia, Skin Picking, Trichotillomania) [020 7253 5272](https://www.google.com/search?q=ocd+action&rlz=1C1GCEA_enGB1026GB1026&oq=OCD+action&aqs=chrome.0.0i512l6j46i175i199i512j0i512l3.4572j0j15&sourceid=chrome&ie=UTF-8#)

**Association for Post-Natal Illness** (including depression) 020 7386 0868

**Rethink** (Advice for mental health related issues) 0808 801 0525

**Mind** (National association for mental health) 0300 123 3393

**Family Lives (formely Parentline)** (Helpline for parents under stress) 0808 802 2222

**Gingerbread Single Parent Helpline** (Info & advice on tax credits, benefits, education etc) 0800 802 0925

**Victim Supportline** (8pm-8am, 5pm Sat-8am Mon) Help for people to cope with the effects of crime) 0808 16 89 111

**Shelter (**Advice to anyone with a housing problem) 0808 800 4444

**Sexual Health Helpline** (Advice & info regarding HIV / AIDS) 0300 123 7123

**LGBT Foundation** 0345 330 3030

**Macmillan Cancer Support** (Over the phone support) 0808 808 0000

**Survivors of Bereavement by Suicide** (Helpline, groups and resources) 0300 111 5065

**Talk to Frank** (Information about drugs) 0300 123 6600

**The National Autistic Society** (Support around Autism/ Asperger Syndrome) check website for various contact numbers - [www.autism.org.uk](http://www.autism.org.uk)

**The Alzheimer’s Society** (Support and practical advice on Alzheimer’s/Dementia) 0333 150 345

**Talk, Listen Change** – relationship counselling . Ring Monday to FridayMon-Fri , [0161 872 1100](https://talklistenchange.org.uk/0161%20872%201100)

**British Association of Performing Arts Medicine** https://www.bapam.org.uk/ includes counselling support

**Support Groups**

**Hearing Voices Groups**

Michelle (Didsbury Group) 07894 880589

https://www.hearing-voices.org/area/greater-manchester/

**Zion Centre** (various support groups) 0161 226 5412

**Kath Locke Centre** (various support groups) 0161 455 0211

**Useful Websites**

**Rethink**

(Advice and information on mental health problems)

[www.rethink.org](http://www.rethink.org)

**Mood Gym** (Online self-help)

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

**OCD Action**

Info on OCD and related problems

[www.ocdaction.org.uk](http://www.ocdaction.org.uk)

**Anxiety UK**

Information and support for anxiety problems

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**Centre for Clinical Interventions**

Self-help workbooks and information

[www.cci.health.wa.gov.au/resources/consumers.cfm](http://www.cci.health.wa.gov.au/resources/consumers.cfm)

**Hearing Voices Network**

<http://www.hearing-voices.org>

**Mind in Manchester**

Mental health information

<http://www.manchestermind.org/>

**Mental Health Foundation**

Mental Health Information

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Time to Change**

Anti-stigma campaign

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

**Samaritans**

[www.samaritans.org](http://www.samaritans.org)

**NHS**

<http://www.nhs.uk/pages/home.aspx>

**Survivors UK**

Male rape and sexual abuse, web chatline

<https://www.survivorsuk.org/>

**BPD World**

Info., advice & support for those affected by personality disorders

<http://www.bpdworld.org/>

**The Freedom Programme**

Information for women experiencing domestic violence

<http://www.freedomprogramme.co.uk/> 01942 262270 [help@freedomprogramme.co.uk](mailto:help@freedomprogramme.co.uk)

NATIONAL DOMESTIC VIOLENCE 24 hour helpline 0808 2000 247

**Suicide and Bereavement Supporting those bereaved by suicide**

Offer 12 weekly sessions

<https://www.suicideandco.org/> **Helpline:** 0800 054 8400 (Monday - Friday 9am-9pm)

**PATHWAYS 50+** 0161 974 1285 www.pathwayscic.co.uk Must be unemployed

We will support all those referred onto the programme through with a personalised 1-2-1 intervention plan and through peer support groups which have been designed to help our participants with their health and wellbeing, reduce isolation, to build confidence, to manage mental health/physical health conditions and to offer employability training and access to volunteering opportunities.