

# Face to Face Counselling Service

## 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.

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**Samaritans** 0161 236 8000  
(24 hours) 08457 909 090

**NHS Direct** 0845 46 47  
(General help/ advice on health, 24 hours)

**Saneline** 0845 767 8000  
(6 – 11pm daily)

**Calm** 0800 58 58 58  
(For young men, 15-24 years, 5pm – 3am daily)

**Manchester Domestic Violence Helpline** 0161 636 7525  
(Mon-Fri, 10am-4pm)

**National Domestic Violence Helpline** 0808 2000 247  
(24 hours)

**Rape Crisis Line** 0161 273 4500  
(Monday – Friday, 10 – 4pm; Wednesday – Thursday 6-9pm)

**St Marys Sexual Assault Referral Centre** 0161 276 6151  
(for recent rapes / sexual health)

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

**Pearl Unit (MRI Hospital)** 0161 901 1477  
(Support and advice for people in crisis)

**Crisis Point** 0161 225 9500  
(8am-7pm, NOT A HELPLINE)  
This service provides one-to-one help and advice for people in crisis

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## Organisations (Local & National)

<b>African &amp; Caribbean Mental Health Service</b>	0161 226 9562
<b>Self Help Services</b> (Computerised CBT courses, groups & services)	0870 777 7832
<b>Zion Centre</b> (Range of mental health services)	0161 226 5412
<b>42<sup>nd</sup> Street</b> (13-25 year olds, mental health support and social inclusion projects)	0161 832 0170
<b>Therapeutic Services @ Kath Locke Centre</b> (inc. alternative therapies)	0161 455 0211
<b>HARP</b> (Support & social inclusion for people with common mental health problems)	0161 226 9907
<b>Roby Community Resource Centre</b> (Asian & ethnic minority communities)	0161 257 2653
<b>The Counselling and Family Centre Altrincham</b> (affordable counselling for adults and for children)	0161 941 7754
<b>Lifeline Manchester</b> (One-to-one support and advice & needle exchange)	0161 839 2054
<b>Lifeline for Anyone who Cares</b> (for families and friends affected by the drug or alcohol use of someone they care about)	0161 832 8073
<b>Hearing Voices Network</b> (Mon-Fri, 9am-4pm)	0114 271 8210
<b>Medical Foundation</b> (Care for victims of torture)	0161 236 5744
<b>Survivors Manchester</b> (of male sexual abuse & rape)	0791 924 6267
<b>Survivors UK</b> (national helpline for male survivors)	0845 1221201
<b>Expert Patient Programme</b> (Course for people with long term physical ill health)	0161 219 9424
<b>Rainbow Haven</b> (Drop-in support for asylum seekers and refugees)	0161 220 8619
<b>Refugee Action</b> (Advice for asylum seekers)	0161 831 5420
<b>Refugee Helpline</b> (for refugees, asylum seekers, friends and family)	0800 917 2719
<b>Wai Yin</b> (Association for Chinese mental health)	0161 237 5908
<b>Pakistani Resource Centre</b>	0161 237 1125
<b>Irish Community Centre</b>	0161 205 9105
<b>Bangladeshi Women's Organisation</b> (Drop in & groups)	0161 257 2122
<b>Women's Aid</b> (Practical & emotional support and advice on domestic violence)	0161 2734366
<b>Alternatives to Violence Project</b> (Workshops for managing anger)	0161 832 3660
<b>Sexual Health Clinic Withington</b> (Screening, advice and treatment)	0161 217 4939
<b>Manchester Carer's Centre</b> (Information, advice, advocacy, emotional & practical support)	0161 835 2995
<b>South Manchester Law Centre</b> (Free legal advice)	0161 225 5111
<b>Manchester Advice/ Welfare Rights</b> (Advice on benefits, tax credits, debt & housing)	0161 234 5678
<b>Anxiety UK</b> (Helpline, groups and resources)	08444 775 774
<b>BEAT</b> (Beating Eating Disorders, helpline & support groups)	0845 634 1414
<b>OCD Action</b> (Info on OCD, Body Dysmorphia, Skin Picking, Trichotillomania)	0845 390 6232
<b>BPD World</b> (Information & support around personality disorders)	0844 357 4567
<b>Depression Alliance</b> (Information line)	0845 123 23 20
<b>Association for Post-Natal Illness</b> (including depression)	020 7386 0868
<b>Rethink</b> (Advice for mental health related issues)	020 7840 3188
<b>Mind</b> (National association for mental health)	0845 660 163
<b>SAD</b> (Seasonal Affective Disorder Association)	01903 814 942
<b>Parentline</b> (Helpline for parents under stress)	0808 800 2222
<b>Parent's Information Service</b>	0808 018 2138
<b>One Parent Familites</b> (Info & advice on tax credits, benefits, education etc)	0800 018 5026
<b>Victim Supportline</b> (Help for people to cope with the effects of crime)	0845 30 30 900
<b>Shelterline</b> (Advice to anyone with a housing problem)	0808 800 4444
<b>Sexual Health Helpline</b> (Advice & info regarding HIV / AIDS)	0800 567 123
<b>Lesbian &amp; Gay Foundation</b> (Mon-Fri, 6pm-10pm)	0845 330 3030

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<b>Macmillan Cancer Support</b> (Over the phone support)	0808 80 80 00
<b>Survivors of Bereavement by Suicide</b> (Helpline, groups and resources)	0844 561 6855
<b>Freedom Programme</b> (Support for women experiencing domestic violence)	01547 5220 228
<b>Talk to Frank</b> (Information about drugs)	0800 77 66 00
<b>The National Autistic Society</b> (Support around Autism/ Asperger Syndrome)	0845 070 4004
<b>The Alzheimer's Society</b> (Support and practical advice on Alzheimer's/Dementia)	0845 300 0336

## Support Groups

<b>Anxiety Group</b> (Tues 7:30-9:30pm, Chorlton Conservative Club)	0161 226 3871
<b>Anxiety Group</b> (Weds 1:00-3:00pm, Zion Centre)	0161 226 3871
<b>Depression Group</b> (Weds 3:00-5:00pm, Zion Centre)	0161 226 3871
<b>Hearing Voices Groups</b> (call Kate Crawford)	0114 271 8210
<b>Self-Harm Group</b> (Tues 6:00-8:00pm, Zion Centre)	0161 226 3871
<b>Social Phobia Group</b> (Tues 7:00-9:00pm, Kath Locke Centre)	0161 226 3871
<b>Self-esteem &amp; Assertiveness Course</b> (Zion Centre, £10-30 fee)	0161 226 3871
<b>Eating Disorders Group</b> (Chorlton Mon 7:00-9:00pm / Manchester Tues 6:30-8:30pm)	0161 226 5412
<b>Tranquiliser Group/ Helpline</b>	0161 448 1100
<b>Thrivers Mental Wellbeing Drop-In</b> (Roby Longsight, Weds 1:00-3:00pm)	0161 257 2653
<b>Social Inclusion Drop-In</b> (Roby Longsight, Tues 10:00-1:00pm)	0161 257 2653
<b>South Asian Wellbeing Drop-In</b> (Roby Longsight, Thurs 10:30-12:00pm)	0161 257 2653
<b>Somali Women's Group</b>	0161 248 6135

## Useful Websites

**Rethink**  
(Advice and information on mental health problems)  
[www.rethink.org](http://www.rethink.org)

**Living Life to the Full** (Online self-help)  
[www.livinglifetothefull.com](http://www.livinglifetothefull.com)

**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)

**Mental Health in Manchester**  
Resources and information  
[www.mentalhealthinmanchester.org.uk](http://www.mentalhealthinmanchester.org.uk)

**Hearing Voices Network**  
<http://www.hearing-voices.org/>

**Choice and Medication**  
Mental health medication information  
[www.choiceandmedication.org.uk](http://www.choiceandmedication.org.uk)

**Mind in Manchester**  
Mental health information  
[www.mind-in-manchester.org.uk](http://www.mind-in-manchester.org.uk)

**BBC Headroom**  
Resources, information and self-help  
[www.bbc.co.uk/headroom](http://www.bbc.co.uk/headroom)

**Mental Health Foundation**  
[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 Direct**  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**The Site**  
For young people  
[www.thesite.org](http://www.thesite.org)