

# Help!

## Useful contacts for mental health support in Manchester



### Emergency or crisis

- Use helpline numbers (see below)
- Contact your GP
- Go to the nearest Accident & Emergency hospital department (unless you suspect you have COVID-19, in which case call 111 or 999)
- Call 999 and ask for an ambulance

**Crisis Point:** 0161 238 5149. This is a short-term residential mental health service for people suffering mental distress aged 18 and over and living in Manchester or have a Manchester GP.

**GMMH Out of hours crisis freephone line** for current users of Greater Manchester Mental Health NHS Foundation Trust who use Manchester services - **0800 953 0285** available **24/7**.

**GMMH Crisis Café at No.93:** a safe place to reduce any immediate crisis and to be signposted to the right level of support to avoid waiting in the Emergency Department. **Where to go:** No.93 Harpurhey Wellbeing Centre, 93 Church Lane, Manchester, M9 5BG, Monday to Friday, 8pm to 1am and Saturday and Sunday, 3pm to 1am.

### Helplines

**Samaritans:** 0161 236 8000 (local call charges apply) or 116 123 (free to call). Open 24 hours a day. They offer confidential emotional support. This can be by telephone, email, letter and face to face for people in distress.

**Saneline:** 0300 304 7000. Open 4.30pm – 10.30pm every day. They provide emotional support and information.

**Shout:** offers free confidential 24/7 crisis text support for times when you need immediate assistance. Text "SHOUT" to 85258.

**Campaign Against Living Miserably (CALM):** Helpline for men. 0800 58 58 58. 5pm–midnight, 365 days a year.

**Domestic abuse:** 24-hour National Domestic Violence Freephone Helpline 0808 2000 247

**Papyrus:** Offers emotional support to people under 35 who feel that life is not worth living any more. Papyrus's HopelineUK 0800 068 41 41 is available from 9am to 10pm weekdays and 2pm to 10pm on weekends. Text 07786 209697.

### Apps

**Stay alive:** <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>. A helpful app to download, if you're feeling suicidal.

**Baby Buddy App:** <https://www.nhs.uk/apps-library/baby-buddy/>

<https://www.bestbeginnings.org.uk/crisis-messenger>. If you're pregnant or a parent, and if you're feeling suicidal, you and your partner can text BABYBUDDY to 85258 for free 24/7 confidential text support from a trained volunteer when you're in emotional pain or a crisis.

**Helpful Apps:** <https://gmmh.orcha.co.uk/>

## **NHS mental health services**

**Greater Manchester Mental Health NHS Foundation Trust** [www.gmmh.nhs.uk](http://www.gmmh.nhs.uk)

Provide a range of NHS services to the residents of Manchester.

**Social Services** - If you, or someone you know needs care or support you can contact the Contact Centre for advice, information and an assessment of needs. 24 hours a day. **Tel: 0161 234 5001**

## **Services for children and young people**

GPs, school nurses, health visitors and social workers can make referrals to specialist mental health services for children and young people under 18. Young people can refer themselves to these services:

**42nd Street:** 0161 228 7321 [www.42ndstreet.org.uk](http://www.42ndstreet.org.uk)

For young people living in Manchester, Salford, Trafford (aged 13-25) and Tameside & Glossop (aged 13-18). They provide a range of support services to young people under stress.

**Emerge 16/17 Community Mental Health Team:** 0161 226 7457 [www.cmft.nhs.uk](http://www.cmft.nhs.uk)

They offer a mental health service only for 16 and 17 year olds with moderate to severe mental health problems.

**YASP** (Young Adults Services & Projects, part of Manchester Mind): 0161 221 3054

[www.manchestermind.org/YASP](http://www.manchestermind.org/YASP) They offer a range of services for young people aged 15 to 25, who find themselves under stress or homeless.

## **Specialist services in the voluntary and community sector**

**African & Caribbean Mental Health Service:** 0161 226 9562 [www.acmh-services.co.uk](http://www.acmh-services.co.uk)

They offer a range of services to African and Caribbean people with mental health problems aged 16 and over.

**Age UK Manchester Counselling Service:** 0800 027 57 87 [www.ageuk.org.uk/manchester](http://www.ageuk.org.uk/manchester)

Offer a free and confidential service for Manchester residents aged over 60 and their carers. Help with problems like anxiety, depression and bereavement.

**Alzheimer's Society:** 0161 962 4769 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Offer a range of free services for people with dementia and their carers in Greater Manchester.

**Creative Support:** 0161 2375005 [www.creativesupport.co.uk](http://www.creativesupport.co.uk)

Offer person centred social care services for people with mental health needs and learning disability.

**Hearing Voices Network:** [www.hearing-voices.org](http://www.hearing-voices.org)

Offer information, support and understanding to people who hear voices and those who support them.

**Irish Community Care:** 0161 205 9105 [www.irishcommunitycare.com](http://www.irishcommunitycare.com)

Offer a specialist mental health service for the Irish and Irish traveller community in Manchester.

**Manchester Mind:** 0161 769 5732 [www.manchestermind.org](http://www.manchestermind.org)

Offer a range of services for people aged 16 and over who live in Manchester and have mental health needs including a café, food projects, volunteering and advice on welfare, benefits, housing and debt.

**Mood Swings:** 0161 832 3736 [www.moodswings.org.uk](http://www.moodswings.org.uk)

Free, confidential information, advice and support for people with mood disorders, their families and friends.

**North Manchester Black Health Forum**

**Well Woman Project** [www.nmbhf.org.uk](http://www.nmbhf.org.uk) 0161 720 9974 / 07914350602

**Self Help:** 0161 226 3871 [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

Provide self-help and psychological therapy services for people with mental health problems like depression, anxiety and panic. Offer one to one, group and telephone based services.

**LGBT Foundation:** 0345 330 3030

Offer a variety of services to the LGBT community of Manchester. Includes a helpline and counselling service. The LGBT offer a wellbeing Clinic to improve the mental wellbeing of the LGBT community.

**The Silver Line:** 0800 4 70 80 90 (24 hours a day, every day) [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

They provide a free confidential helpline providing advice and befriending to older people.

**Wai Yin Kwan Wai:** 0161 272 7482 [www.waiyin.org.uk](http://www.waiyin.org.uk)

Chinese Mental Health Project that offer support to people with a range of mental health difficulties. This includes one to one support, advice and a drop in.

## **Websites** (Information and self-help on the web)

**www.mhim.org.uk** This website provides downloadable information about mental health in Manchester.

**www.lltff.com** Living life to the full is a free online life skills course.

**www.rcpsych.ac.uk** This is the Royal College of Psychiatrists' website. It is an online mental health resource.

**www.start2.co.uk** Free online resources for improving your mental health through creativity.

**www.shiningalightsonsuicide.org.uk** If you are feeling suicidal, are concerned about another, or have been bereaved by suicide.

## **Wellbeing during Coronavirus**

**General wellbeing:** <https://www.gmmh.nhs.uk/coronaviruswellbeing>

**Coronavirus (COVID-19)** - Use the **NHS 111 Service** if you have symptoms or are not sure what to do.

### **Main symptoms**

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste
- Most people with coronavirus have at least 1 of these symptoms.

### **What to do if you have symptoms**

- Get a test to check if you have coronavirus as soon as possible.
- You and anyone you live with should stay at home and not have visitors until you get your test result.
- Anyone in your support bubble should also stay at home if you have been in close contact with them since your symptoms started or during the 48 hours before they started.

**Bereavement:** <https://greater-manchester-bereavement-service.org.uk> If you have been bereaved or affected by a death, call 0161 983 0902, Monday to Friday, 9am to 5pm (except bank holidays), Wednesday 9am to 8pm

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