

Find mental health and wellbeing support in Manchester during the pandemic

For urgent support: If you need immediate support with your mental health in order to stay safe, you can **call 999** and request an ambulance or go straight to **A&E**. You can also call **NHS 111** or request an **emergency GP** appointment. Samaritans and Shout can support you during a mental health crisis; Young Minds and The Mix also offer 24-hour crisis support if you are under 25.

- **Samaritans** 24-hour crisis helpline: [116 123](tel:116123)
- **Shout** 24-hour crisis support via text (not phone calls): text **SHOUT** to [85258](tel:85258)
- **Young Minds** 24-hour crisis messenger (under 25s): text **YM** to [85258](tel:85258)
- **The Mix** 24-hour crisis texting service (under 25s): text **THEMIX** to [85258](tel:85258)



In some areas of England, you can find a crisis house. This is a place to stay for a short time when you are in a mental health crisis and feel you would be safer staying away from home. Visit the Mind website to start looking for one in your area: <https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/crisis-houses/>

If you don't find the right support on here or find a service has been impacted by COVID-19, please don't give up – there will be more. You could search online, ask a friend, a GP or another professional, or contact a related service and ask them to direct you to appropriate support.



Phone numbers:



AA 24-hour national helpline for support with concerns about drinking: [0800 9177 650](tel:08009177650) (or for a local Wythenshawe helpline and information about AA meetings in Forum Library: [0161 839 2881](tel:01618392881))

Anxiety UK support with an anxiety condition (Monday to Friday, 9.30am to 5.30pm): [03444 775 774](tel:03444775774)

Beat provides support with and information about eating disorders (Monday to Friday 12pm to 8pm & Weekends 4pm to 8pm): [0808 801 0677](tel:08088010677) (or [0808 801 0811](tel:08088010811) for students or [0808 801 0711](tel:08088010711) for children and teens)

CALM mental health support for those who identify as male, aged 15-35 (daily, 5pm to midnight): [0800 58 58 58](tel:0800585858)

Cruse Bereavement Care emotional support for anyone affected by bereavement (Monday and Friday, 9:30am to 5pm; Tuesday, Wednesday and Thursday 9:30am to 8pm): [0808 808 1677](tel:08088081677)

Man about a Dog helping you cope with life after an attempted suicide and to manage ongoing suicidal thoughts. Phone or text to arrange to speak to Chris or Rachel, who are also survivors of attempted suicide. [07706 115 471](tel:07706115471)

Manchester Carers Centre emotional support and practical advice for unpaid carers (Monday to Thursday 10 to 3pm): [0161 2727 270](tel:01612727270)

Manchester Rape Crisis support for females who have experienced rape or sexual abuse (please see **Safeline** below if you are male) (Monday-Friday 10am to 4pm, plus 6pm to 9pm on Wednesdays and Thursdays): [0161 273 4500](tel:01612734500)

ManKind Initiative Male domestic abuse helpline (Monday to Friday 10am to 4pm): [01823 334 244](tel:01823334244)

Marie Curie support for people with a terminal illness and their family and friends (Monday to Friday 8am to 6pm, Saturdays 11am to 5pm): [0800 090 2309](tel:08000902309)

Mind Infoline for questions relating to mental health (Monday to Friday 9am to 6pm): [0300 123 3393](tel:03001233393) or text [86463](tel:86463)

Mind Legal Advice Service legal advice around your mental health (Monday to Friday 9am to 6pm): [0300 466 6463](tel:03004666463)

Mood Swings helpline for anyone with concerns about their mood (including, but not limited to anxiety, depression, low self-esteem, psychosis) or about someone else's mood (Monday to Friday 10am to 4pm): [0161 832 37 36](tel:01618323736)

NA helpline for people concerned about their substance use (daily, 10am to midnight): [0300 999 1212](tel:03009991212)

Numbers in orange can support you in the evenings and/or overnight, every day

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National Gambling Helpline support for concerns around gambling (daily, 8am to midnight) **0808 8020 133**

National Stalking Helpline advice and information for anyone currently or previously affected by stalking or harassment (Monday, Tuesday, Thursday, Friday 9:30am to 4pm; Wednesday 1pm to 4pm): **0808 802 0300**

National Association for People Abused in Childhood (NAPAC) helpline to talk about your experience of abuse in childhood and how it affects you (Monday to Thursday 10am to 9pm, Friday 10am to 6pm): **0808 801 0331**

NSPCC 24-hour helpline for adults concerned about a child: **0808 800 5000**

Papyrus for under 35-year olds experiencing thoughts of suicide, or if you are concerned about someone who is (Monday to Friday 9am to 10pm & Saturday and Sunday 2pm – 10pm): call **0800 068 4141** or **text 07786 209697**

Prisoners' Families Helpline offers practical and emotional support, information and advice to families of people who have been imprisoned (Monday to Friday 9am to 8pm, weekends 10am to 3pm): **0808 808 2003**

Refuge Domestic violence and abuse 24-hour helpline: **0808 200 0247**

Rethink offer practical advice for people with mental health conditions on treatment and therapy, debt, benefits, court, the police and your rights (Monday to Friday 10am to 2pm): **0300 5000 927**

Safe Spots charity supporting females experiencing domestic abuse (also offer support in-person): **07873 889 637**

Sane helpline for anyone affected by a mental health problem or who is concerned about someone who is (daily, 4:30pm to 10:30pm): **0300 304 7000**

Silverline 24-hour support line for over 55s: **0800 470 80 90**

Support Line offers emotional support with any issue (opening hours vary, phone up to check): **01708 765200**

Safeline support for males who have experienced sexual assault or rape (Monday/Wednesday/Friday 9am to 5pm; Tuesday/Thursday 8am to 8pm; Saturday 10am to 2pm): **0808 800 5005**

Switchboard help and support for those who identify as LGBT+ (daily, 10am to 10pm): **0300 330 0630**

The Mix helpline (not crisis support – see above for crisis service) for under 25s (4pm to 11pm daily): **0808 808 4994**

The Sanctuary available every night 6pm to 1am if you are struggling to cope: **0300 003 7029**

Young Minds helpline offering support to parents (Monday to Friday 9:30am to 4pm): **0808 802 5544**

Some options for face-to-face support, once life begins to return to normal:



Drop-in services and support groups:



Please note the following services will not be available right now

This list covers just some of the services and groups running in Manchester. You can also go to www.hubofhope.co.uk (Hub of Hope) and enter your postcode to find other support groups and services near you.

Mind run peer support groups in Hulme and Harpurhey, led by volunteers with experience of mental health difficulties. To enquire, phone **0161 769 5732** or email **Ulrike** at ulrike.meister@manchestermind.org.

Mood Swings run a range of friendly and informal workshops including anxiety management, self-esteem and assertiveness, sleep and anger management. Priority is given to people on their recovery programme (see 'Mood Swings' in section below) but everyone can apply. They also run activity groups, such as drama, dancing and keep fit. Phone: **0161 832 3736**; Website: <http://www.moodswings.org.uk/what-can-we-do/workshops/>

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Salutem is a mental health coffee shop in Northenden. They provide a friendly and supportive environment to chat with friends or staff over a coffee or lunch. They also run weekly parent and toddler groups and host evening events, all focussed around mental health and wellbeing. Find them on Facebook or email them for more information.

Email: salutemsocial@gmail.com

Sorted (run by Manchester Mind) drop-in service giving advice to people aged 16-25 with worries about money, education, work or housing that are affecting their mental health. Every Wednesday 2-4pm in Levenshulme.

Website: <https://manchestermind.org/events/sorted-advice-drop-in/>

Survivors Manchester offer men 1:1 therapy, counselling and peer support after experiencing sexual assault, abuse or rape. They also support you through the process of disclosing to the police, if you wish to.

Phone: 0161 236 2182

Website: <https://www.survivorsmanchester.org.uk/>

Thrive Manchester run a walking group for people experiencing mental health challenges, meeting Wednesdays at 11am in Salutem coffee shop (Northenden). Phone Thrive Manchester or visit Salutem for more information.

Phone: 0161 946 3565

42nd Street run various projects and activities for under 25s. Some involve art, meeting new people, going on trips or helping to shape the way 42nd street works. Find more details on the web page below or give them a call.

Phone: 0161 228 7321

Website: <http://42ndstreet.org.uk/projects-activities/>



Free mental health services:



Altrincham Counselling and Family Centre offer free (or discounted) individual and family therapy, depending on your household income. They can see you in other locations across south Manchester as well as in Altrincham.

Phone: 0161 941 7754

Website: <https://www.thecfc.org.uk/>

Mind provide a counselling service in Levenshulme for Manchester residents aged 15-25. They can help you cope with various mental health conditions and difficult life experiences.

Phone: 0161 221 3054

Website: <https://www.manchestermind.org/our-services/young-people/cyp/counselling/>

Mood Swings recovery programme 1 to 1 support with overcoming things that negatively affect your mood. You can work with a mentor to set goals and develop strategies to understand and overcome your barriers to wellbeing.

Phone: 0161 832 3736

Website: <http://www.moodswings.org.uk/>

Self Help is your entry point into NHS mental health support. Self Help can help you manage mild to moderate stress, anxiety and depression. For other conditions or more support, they may refer you on to the **Psychological Therapies Service**. You can self-refer via their website, or a GP or health professional can refer you.

Phone: 0161 226 3871

Website: <https://www.selfhelpservices.org.uk>

42nd street offer psychological therapies for 13 to 25 year olds in Manchester, including counselling, CBT, EMDR and 1 to 1 support and advocacy services. You can self-refer via their website.

Phone: 0161 228 7321

Website: <http://42ndstreet.org.uk/>