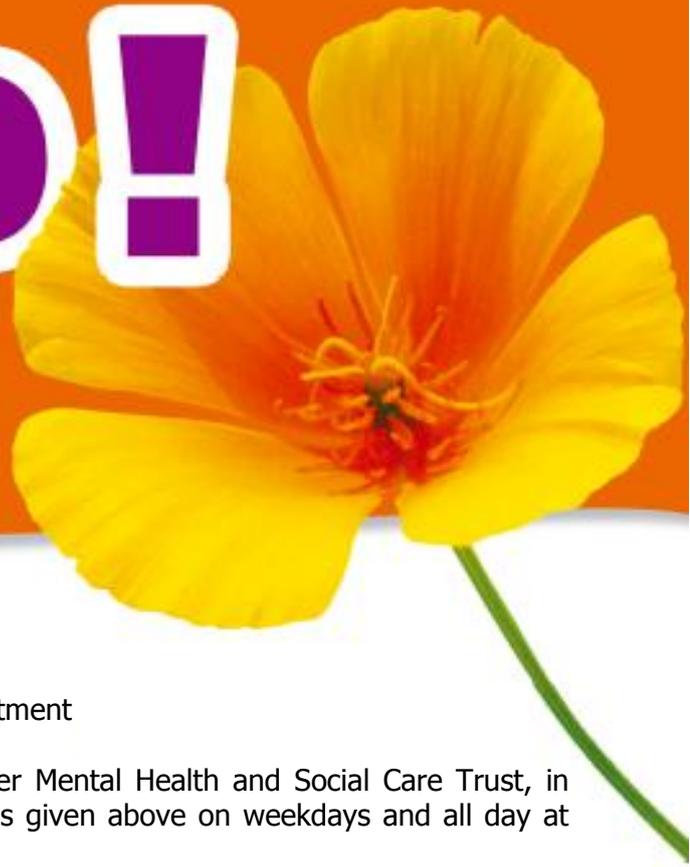


# Help!

## 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
- Call 999 and ask for an ambulance
- Out of hours crisis line for current users of Manchester Mental Health and Social Care Trust, in crisis – **5pm-9am** - 0161 922 3801 (For use at times given above on weekdays and all day at weekends)

**The Sanctuary:** 0300 003 7029 - 24 hour crisis support line for adults. It is for people who feel that they are at crisis point. They offer support with issues such as anxiety, panic attacks, depression or suicidal thoughts.

**Crisis Point:** 0161 225 9500. This is a short-term residential mental health service for people suffering mental distress aged 18 and over and living in Manchester.

### 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 6pm – 11pm every day. They provide emotional support and information.

### NHS mental health services

**Manchester Mental Health and Social Care Trust** [www.mhsc.nhs.uk](http://www.mhsc.nhs.uk) Provide a range of NHS services to the residents of Manchester:

**The Gateway Service:** 0161 882 2400 (9am-5pm, Mon-Fri) This is the first point of contact to access the Trust's mental health services.

### 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 (aged 11 – 25) living in Manchester, Salford and Trafford. 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

(For more services see [www.mhim.org.uk](http://www.mhim.org.uk))

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

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 0275787 or 0161 833 3944. [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 342 0797. [www.alzheimers.org.uk](http://www.alzheimers.org.uk). Offer a range of free services for people with dementia and their carers in Manchester, Salford & Trafford.

**Hearing Voices Network:** 0161 205 0188 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.

**Neesa Well Women Project** 0161 740 2995. Provide a range of health and wellbeing activities from their Cheetham Hill base for south Asian women including a mental health group

**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 3303030 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 Roby:** 0161 257 2653. [www.theroby.org.uk](http://www.theroby.org.uk)

Offer support to people who are experiencing mental health issues and social exclusion.

**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 833 0377. [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](http://www.mhim.org.uk)** This website provides downloadable information about mental health in Manchester. This includes information in translation.

**[www.lltff.com](http://www.lltff.com)** Living life to the full is a free online life skills course..

**[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)** This is the Royal College of Psychiatrists' website. It is an online mental health resource.

**[www.start2.co.uk](http://www.start2.co.uk)** Free online resources for improving your mental health through creativity.

## Information in other languages

Download self-help information in other languages from the [www.mhim.org.uk](http://www.mhim.org.uk) website. Just click for more options in the self help guides section on the home page.

Updated October 2016



