

## **Local useful resources**

### **Health and Wellbeing** 😊

**Samaritans.** To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email [jo@samaritans.org](mailto:jo@samaritans.org) or visit some branches in person. You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

**SANeline.** If you're experiencing a mental health problem or supporting someone else, you can call SANeline on 0300 304 7000 (4.30pm–10.30pm every day).

**The Mix.** If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm), request support by email using this form on The Mix website or use their crisis text messenger service.

**Papyrus HOPELINEUK.** If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm–10pm), email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text 07786 209 697.

**Campaign Against Living Miserably (CALM).** If you identify as male, you can call the Campaign Against Living Miserably (CALM) on 0800 58 58 58 (5pm–midnight every day) or use their webchat service.

**Nightline.** If you're a student, you can look on the Nightline website to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

**Switchboard.** If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0300 330 0630 (10am–10pm every day), email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their webchat service. Phone operators all identify as LGBT+.

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To access counselling

Professional support with anxiety and depression Access support as and when needed

*To access online support as and when needed.*

*Tel: 0808 802 9999 (12 noon-2:30pm & 7-9:30pm, 7 days a week)*

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**Cruse Bereavement Care** email [Manchester@Cruse.org.uk](mailto:Manchester@Cruse.org.uk)

phone free helpline

**0808 808 167**

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## **42nd Street**

Covers Manchester, Salford and Trafford

42nd Street provides a range of services to young people including mental health needs assessment; youth work activities and participation opportunities for young people using the service, as well as a number of inclusion projects.

<http://42ndstreet.org.uk/young-people-zone/42nd-street-groups>

0161 604 3377

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## **LGBT Foundation**

Established in 1975, LGBT Foundation exists to support the needs of the diverse range of people who identify as lesbian, gay, bisexual and trans. We believe in a fair and equal society where all LGBT people can achieve their full potential. #EqualityWins underpins much of what we do and we aim to be; 'here if you need us.'

<http://lgbt.foundation/>

0345 3 30 30 30

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## **RELATE**

Counselling, support and information for all relationships.

Online resources available including online instant message support service and a free SMS consultancy service- Text 80800, and start each message with the word RELATE

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

569 Liverpool St  
Salford  
M6 5GY

0161 745 8486 / 0300 100 1234

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## **Young minds**

Young Minds Parents Helpline - Free and confidential support for anyone worried about the emotional problems or behaviour of a child or young person.

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

0808 802 5544

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## Papyrus

Specialist telephone helpline service for young people at risk of self-harm/suicide. Staffed by trained professionals who give non-judgmental support, practical advice and information to young people, family, concerned friends, health Professionals, education staff and other professionals

[www.papyrus-uk.org/more/hopelineuk](http://www.papyrus-uk.org/more/hopelineuk)

Call Hope link on 0800 068 41 41 or text 07786 209697 - you do not have to give your name or whereabouts.

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## Recover Your Life Project

An online community forum to offer support and advice to individuals who self-harm / are at risk of self-harm.

[www.recoveryourlife.com/index.php?categoryid=1](http://www.recoveryourlife.com/index.php?categoryid=1)

## Self Help Services- The Big Life Company

A variety of self-help initiatives including self-help groups (depression, anxiety & social phobia), structured courses for self-esteem, depression, anxiety and emotional wellbeing, a complementary therapy clinic, computerised cognitive behavioural therapy, primary care mental health service, gun and knife crime clinic.

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

Zion Community Resource Centre  
339 Stretford Road  
Hulme  
M15 4ZY  
0161 226 3871

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## Thrive Manchester

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

Telephone:0785 384 1290

Email :[hello@thrivemanchester.org.uk](mailto:hello@thrivemanchester.org.uk)

Address:The Enterprise Centre

34 Benchill Road

Manchester

M22 8LF

### **Description:**

We are a charity based in Wythenshawe promoting good physical and mental health for all people across our community in Manchester.

Wythenshawe forum has lots going on inside (lots of community support services): <https://www.wythenshaweforum.co.uk/contact-find-us>

Anxiety/depression group: Held in Wythenshawe forum Library on Saturdays.  
Telephone: **0161 226 3871**

<https://www.selfhelpservices.org.uk/service/wythenshawe-anxiety-group/>

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### **Greater Manchester Mental Health (GMMH)**

24 Hour Helpline , 7 days a week Tel: 0800 953 0285

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### **No. 93**

GMMH Health and Wellbeing Centre

93 Church Lane, Harpurhey, Manchester , M9 5BG

Tel : 0161 271 0908

Informal drop in 10.00am -3.00pm Monday – Friday

Café, Art and craft group, gardening group, Health Walks, Football, community pantry.

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### **Rethink Mental Illness Manchester Group**

Support group for people with mental health difficulties and support offered to families and carers too.

Thursdays on Zoom: 6.30pm to 7.30pm, face to face meeting 1<sup>st</sup> Thursday, contact the group co-ordinator Mary 07816 754 032

[rethinkmanchester@gmail.com](mailto:rethinkmanchester@gmail.com)

[www.rethink.org/help-in-your-area/support-group/rethink-mental-illness-manchester-groups](http://www.rethink.org/help-in-your-area/support-group/rethink-mental-illness-manchester-groups)

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### **Rethink Manchester Dual Diagnosis Group**

Support group for people affected by both mental health and substance misuse difficulties and their families and carers

Mondays on Zoom 6:30pm – 7:30pm (no Zoom meeting 4<sup>th</sup> Monday of the month) Face to face meeting 4<sup>th</sup> Tuesday of the month, contact the group co-ordinator Ben 07754 130878

[MCRDualDiagnosis@rethink.org](mailto:MCRDualDiagnosis@rethink.org)

[www.rethink.org/help-in-your-area/support-groups/manchester-dual-diagnosis-group](http://www.rethink.org/help-in-your-area/support-groups/manchester-dual-diagnosis-group)

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### **Hearing Voices Network**

Weekly support group on zoom for people who hear voices or have visions and other unusual experiences.

Zoom group 3pm Thursdays

[www.niamos.co.uk/hearing-voices](http://www.niamos.co.uk/hearing-voices)

Contact: [paul.baker1955@icloud.com](mailto:paul.baker1955@icloud.com)

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### **CGL - Change Grow Live**

Tel: 0161 203 6622

Manchester drug and alcohol services

Professional support for people in addiction and in recovery.

Website: [www.changegrowlive.org](http://www.changegrowlive.org)

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### **Mood Swings**

Manchester based charity providing support for people who experience mood problems.

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

Tel : 0161 832 3736

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### **Alcoholics Anonymous**

12 step fellowship providing support to anyone who thinks they may have a problem with drinking alcohol

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**national helpline: 0800 917 7650**

**local helpline: 0161 839 2881**

**local meetings list:** [www.manchestermeetingslist.com/amendments.pdf](http://www.manchestermeetingslist.com/amendments.pdf)

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### **Narcotics Anonymous**

12 step fellowship for anyone who thinks they may have a drug problem

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

helpline: 0300 999 1212

local meetings: <https://manchester.ukna.org/meetings/manchester>

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### **Smart Recovery**

Offers support for recovery from addiction, using a model based on psychological principles

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

online meetings: [www.smartrecovery.org.uk/online-meetings](http://www.smartrecovery.org.uk/online-meetings)

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### **Self Help Services**

Offers counselling and structural courses for people experiencing common mental health problems such as anxiety and depression

[www.selfhelpservices.org.uk/referrals/](http://www.selfhelpservices.org.uk/referrals/)

Tel : 0161 226 3871

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### **Connect Support**

Provide a range of services for families and carers of people affected by mental illness.

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

**Tel : 0161 945 5044**

**email: [info@connectsupport.org](mailto:info@connectsupport.org)**

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### **Carers Manchester**

A partnership of voluntary and statutory organisations working together to improve services for Manchester's unwaged carers

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

**Tel : 0161 543 8000**

**email: [contactpoint@carersmanchester.org.uk](mailto:contactpoint@carersmanchester.org.uk)**