

HELPLINES

MANCHESTER

Greater Manchester Suicide Bereavement Information Service

Telephone: 0161 212 4919 Monday – Friday, 10am - 4pm (Excluding bank holidays)

Email: SB.IS@nhs.net

Website: www.shiningalightonsuicide.org.uk

Kooth

Online counselling and emotional wellbeing support for 11-18 year olds

Online chat: Monday – Friday 9am – 10pm, Saturday and Sunday 6pm – 10pm

Website: <https://www.kooth.com>

Manchester Community Central

Details of Manchester organisations' changes to services due to the COVID-19 outbreak

<https://www.manchestercommunitycentral.org/coronavirus-advice-and-resources/changes-services-your-area>

Manchester Mind

Due to the current situation our face-to-face services, including our advice drop-in, are currently suspended. If you need to speak to a member of the team please call 0161 769 5732.

Nestac

Ear for You – helpline offering support and advice for people from BAME communities who are recovering from COVID-19 or are self-isolating, relatives and friends of clients suffering from COVID-19, bereaved relatives and friends of a deceased COVID-19 person, BAME women and young girls victims of abuse and violence.

Telephone: 07862 279289 / 07894 126157, 10am – 6pm every day. You can also text the word HELP and someone will get back to you.

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NATIONAL

Age UK

Older people's charity providing information and advice and supporting research.

Phone: 0800 678 1602. 8am-7pm, 365 days a year

<https://www.ageuk.org.uk/>

Alzheimer's Society

Provides information on dementia, including factsheets and helplines.

Phone: 0300 222 1122, Monday to Friday, 9am to 5pm and 10am to 4pm on weekends

Website: www.alzheimers.org.uk

Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: www.anxietyuk.org.uk

Beat

Provides support for people adults and young people with eating disorders.

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: www.b-eat.co.uk

Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: www.bipolaruk.org.uk

During the lockdown, we will continue to operate a call back and email service for people to get advice and guidance and to just have a chat to relieve some of the loneliness of self-isolation. To arrange a call back please email us: info@bipolaruk.org

ChildLine

Telephone: 0800 1111

Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

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Combat Stress

For veterans.

24 Hour helpline: 0800 138 1619

Website: www.combatstress.org.uk/

Cruse Bereavement Care

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: www.cruse.org.uk

Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: www.familylives.org.uk

LGBT Foundation

Our helpline remains open on 0345 3 30 30 30, Monday to Friday between 10am and 6pm. We are also looking into options to extend our helpline hours during this time.

<https://lgbt.foundation/>

Mencap

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)

Website: www.mencap.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

MindLine Trans+

A confidential, emotional, mental health support helpline for people who identify as Trans, Agender, Gender Fluid, Non-binary.

Mondays and Fridays: 8pm to midnight. 0300 330 5468 | [Visit the MindLine Trans+ webpage.](#)

Mood Swings

Aimed at anyone affected by a mood disorder, including friends, families and carers.

Telephone: 0161 832 37 36, Monday to Friday 10am to 4pm

E-mail: info@moodswings.org.uk

Website: www.moodswings.org.uk

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No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.nopanic.org.uk

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.

OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.ocdaction.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

PANDAS Foundation

FREE helpline 0808 1961 776. Available on all landlines. Monday – Sunday 9am- 8pm. Manned by a team of trained volunteers who will be happy to chat to you and direct you to the right support.

PANDAS Email Support: info@pandasfoundation.org.uk available 365 days a year. We'll respond within 72 hours. Please get in touch if you'd like any more information regarding perinatal mental illness or are looking for support for yourself or your partner, friend or colleague.

PAPYRUS

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: www.papyrus-uk.org

Rape Crisis

Live chat helpline – online chat: <https://rapecrisis.org.uk/get-help/live-chat-helpline/about-the-live-chat-helpline/>

Website: www.rapecrisis.org.uk

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Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

Shout

Use the ['Shout' crisis text line](#) - text SHOUT to 85258

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Silverline

Aimed at people over 55. Their helpline is open 24 hours a day, every day of the year.

Telephone: 0800 4 70 80 90

Website: www.thesilverline.org.uk

SOBS – Survivors of Bereavement by Suicide

0300 111 5065

9am – 9pm Monday to Friday

<https://uksobs.org/>

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](#).

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YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

Victim Support

Phone: 0808 168 9111 (24-hour helpline)

Website: www.victimsupport.org

