

HELPLINES

MANCHESTER

Greater Manchester Suicide Bereavement Information Service

Telephone: 0161 983 0700, Monday – Friday, 10am - 4pm (Excluding bank holidays)

Email: SB.IS@nhs.net

Website: <https://shiningalightonsuicide.org.uk/bereaved-by-suicide/>

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

Most of their services are now available over the phone, by email or video call. If you need to speak to a member of the team please call 0161 769 5732.

Website: <https://www.manchestermind.org/>

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 who have been 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.

HELPLINES

NATIONAL

Age UK

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

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

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

Alzheimer's Society

Provides information on dementia, including factsheets and helplines.

Phone: 0300 150 3456, 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), 9am–8pm on weekdays and 4pm–8pm on weekends and bank holidays

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)

HELPLINES

Combat Stress

For veterans

Phone: 0800 138 1619, 24 hours a day

Website: www.combatstress.org.uk/

Cruse Bereavement Care

Phone: 0808 808 1677, Monday and Friday 9.30am - 5pm / Tuesday to Thursday 9.30am - 8pm / Weekends 10am - 2pm

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 - 9pm and weekends 10am - 3pm

Website: www.familylives.org.uk

LGBT Foundation

Phone: 0345 3 30 30 30, Monday to Friday 9am – 9pm and weekends 10am – 6pm

<https://lgbt.foundation/>

Mencap

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

Phone: 0808 808 1111, Monday to Friday 10am - 3pm

Website: www.mencap.org.uk

Mind

Information and signposting service

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

Email: info@mind.org.uk

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.

Phone: 0300 330 5468, Mondays and Fridays 8pm - midnight

<https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

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.

HELPLINES

Mood Swings

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

Telephone: 0161 832 3736, Monday to Friday 10am to 4pm

E-mail: info@moodswings.org.uk

Website: www.moodswings.org.uk

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: 0300 772 9844, 10am - 10pm daily

Website: www.nopanic.org.uk

OCD Action

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

Phone: 0845 390 6232, Monday to Friday, 9.30am - 8pm depending on availability

Website: www.ocdaction.org.uk

OCD UK

Advice line about OCD

Phone: 03332 127890, Monday to Friday 9.30am to 3.30pm)

Website: www.ocduk.org

PANDAS Foundation

Perinatal mental illness awareness and support

Phone: 0808 1961 776, 11am-10pm daily. Manned by a team of trained volunteers who will be happy to chat to you and direct you to the right support.

Email: info@pandasfoundation.org.uk

PAPYRUS

Young suicide prevention society.

Phone: 0800 068 4141, 9am to 12am daily

Website: www.papyrus-uk.org

Rape Crisis

Live Chat Helpline is a free, confidential emotional support service for women and girls who have experienced sexual violence.

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

Website: www.rapecrisis.org.uk

HELPLINES

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.

Although our previous SANEline number cannot operate at the moment, you can leave a message on 07984 967 708 giving your first name and a contact number, and one of our professionals or senior volunteers will call you back as soon as practicable. You can also email us at support@sane.org.uk, and we will respond as soon as possible.

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: <http://www.sane.org.uk/home>

Shout

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.

Text SHOUT to 85258

Website: <https://giveusashout.org/>

Silverline

Aimed at people over 55

Phone: 0800 470 8090, 24 hours a day

Website: www.thesilverline.org.uk

SOBS – Survivors of Bereavement by Suicide

Phone: 0300 111 5065, 9am – 9pm daily

Website: <https://uksobs.org/>

The Mix

If you're under 25, you can call The Mix on 0808 808 4994, 3pm–12am daily

You can also request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).

HELPLINES

YoungMinds

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

Phone: 0808 802 5544 (Parents' helpline), 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

