

## 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**
- **Shout** 24-hour crisis support via text (not phone calls): text **SHOUT** to **85258**
- **Young Minds** 24-hour crisis messenger (under 25s): text **YM** to **85258**
- **The Mix** 24-hour crisis texting service (under 25s): text **THEMIX** to **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** (or for a local Wythenshawe helpline and information about AA meetings in Forum Library: **0161 839 2881**)

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

**Beat** provides support with and information about eating disorders (Monday to Friday 12pm to 8pm & Weekends 4pm to 8pm): **0808 801 0677** (or **0808 801 0811** for students or **0808 801 0711** 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**

**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**

**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**

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

**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**

**ManKind Initiative** Male domestic abuse helpline (Monday to Friday 10am to 4pm): **01823 334 244**

**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**

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

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

**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**

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

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