

Find mental health and wellbeing support in Manchester during the pandemic

Salutem is a mental health coffee shop in Northenden. They provide a friendly and supportive environment to chat with friends or staff over a coffee or lunch. They also run weekly parent and toddler groups and host evening events, all focussed around mental health and wellbeing. Find them on Facebook or email them for more information.

Email: salutemsocial@gmail.com

Sorted (run by Manchester Mind) drop-in service giving advice to people aged 16-25 with worries about money, education, work or housing that are affecting their mental health. Every Wednesday 2-4pm in Levenshulme.

Website: <https://manchestermind.org/events/sorted-advice-drop-in/>

Survivors Manchester offer men 1:1 therapy, counselling and peer support after experiencing sexual assault, abuse or rape. They also support you through the process of disclosing to the police, if you wish to.

Phone: 0161 236 2182

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

Thrive Manchester run a walking group for people experiencing mental health challenges, meeting Wednesdays at 11am in Salutem coffee shop (Northenden). Phone Thrive Manchester or visit Salutem for more information.

Phone: 0161 946 3565

42nd Street run various projects and activities for under 25s. Some involve art, meeting new people, going on trips or helping to shape the way 42nd street works. Find more details on the web page below or give them a call.

Phone: 0161 228 7321

Website: <http://42ndstreet.org.uk/projects-activities/>



Free mental health services:



Altrincham Counselling and Family Centre offer free (or discounted) individual and family therapy, depending on your household income. They can see you in other locations across south Manchester as well as in Altrincham.

Phone: 0161 941 7754

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

Mind provide a counselling service in Levenshulme for Manchester residents aged 15-25. They can help you cope with various mental health conditions and difficult life experiences.

Phone: 0161 221 3054

Website: <https://www.manchestermind.org/our-services/young-people/cyp/counselling/>

Mood Swings recovery programme 1 to 1 support with overcoming things that negatively affect your mood. You can work with a mentor to set goals and develop strategies to understand and overcome your barriers to wellbeing.

Phone: 0161 832 3736

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

Self Help is your entry point into NHS mental health support. Self Help can help you manage mild to moderate stress, anxiety and depression. For other conditions or more support, they may refer you on to the **Psychological Therapies Service**. You can self-refer via their website, or a GP or health professional can refer you.

Phone: 0161 226 3871

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

42nd street offer psychological therapies for 13 to 25 year olds in Manchester, including counselling, CBT, EMDR and 1 to 1 support and advocacy services. You can self-refer via their website.

Phone: 0161 228 7321

Website: <http://42ndstreet.org.uk/>