

# Find mental health and wellbeing support in Manchester during the pandemic

**National Gambling Helpline** support for concerns around gambling (daily, 8am to midnight) **0808 8020 133**

**National Stalking Helpline** advice and information for anyone currently or previously affected by stalking or harassment (Monday, Tuesday, Thursday, Friday 9:30am to 4pm; Wednesday 1pm to 4pm): **0808 802 0300**

**National Association for People Abused in Childhood (NAPAC)** helpline to talk about your experience of abuse in childhood and how it affects you (Monday to Thursday 10am to 9pm, Friday 10am to 6pm): **0808 801 0331**

**NSPCC** 24-hour helpline for adults concerned about a child: **0808 800 5000**

**Papyrus** for under 35-year olds experiencing thoughts of suicide, or if you are concerned about someone who is (Monday to Friday 9am to 10pm & Saturday and Sunday 2pm – 10pm): call **0800 068 4141** or text **07786 209697**

**Prisoners' Families Helpline** offers practical and emotional support, information and advice to families of people who have been imprisoned (Monday to Friday 9am to 8pm, weekends 10am to 3pm): **0808 808 2003**

**Refuge** Domestic violence and abuse 24-hour helpline: **0808 200 0247**

**Rethink** offer practical advice for people with mental health conditions on treatment and therapy, debt, benefits, court, the police and your rights (Monday to Friday 10am to 2pm): **0300 5000 927**

**Safe Spots** charity supporting females experiencing domestic abuse (also offer support in-person): **07873 889 637**

**Sane** helpline for anyone affected by a mental health problem or who is concerned about someone who is (daily, 4:30pm to 10:30pm): **0300 304 7000**

**Silverline** 24-hour support line for over 55s: **0800 470 80 90**

**Support Line** offers emotional support with any issue (opening hours vary, phone up to check): **01708 765200**

**Safeline** support for males who have experienced sexual assault or rape (Monday/Wednesday/Friday 9am to 5pm; Tuesday/Thursday 8am to 8pm; Saturday 10am to 2pm): **0808 800 5005**

**Switchboard** help and support for those who identify as LGBT+ (daily, 10am to 10pm): **0300 330 0630**

**The Mix** helpline (not crisis support – see above for crisis service) for under 25s (4pm to 11pm daily): **0808 808 4994**

**The Sanctuary** available every night 6pm to 1am if you are struggling to cope: **0300 003 7029**

**Young Minds** helpline offering support to parents (Monday to Friday 9:30am to 4pm): **0808 802 5544**

## Some options for face-to-face support, once life begins to return to normal:



### Drop-in services and support groups:



Please note the following services will not be available right now

This list covers just some of the services and groups running in Manchester. You can also go to [www.hubofhope.co.uk](http://www.hubofhope.co.uk) (Hub of Hope) and enter your postcode to find other support groups and services near you.

**Mind** run peer support groups in Hulme and Harpurhey, led by volunteers with experience of mental health difficulties. To enquire, phone **0161 769 5732** or email **Ulrike** at [ulrike.meister@manchestermind.org](mailto:ulrike.meister@manchestermind.org).

**Mood Swings** run a range of friendly and informal workshops including anxiety management, self-esteem and assertiveness, sleep and anger management. Priority is given to people on their recovery programme (see 'Mood Swings' in section below) but everyone can apply. They also run activity groups, such as drama, dancing and keep fit. Phone: **0161 832 3736**; Website: <http://www.moodswings.org.uk/what-can-we-do/workshops/>