

MENTAL HEALTH SUPPORT IN GREATER MANCHESTER

If you need support we're here to help.

We know things may be difficult at the moment. If you find yourself feeling anxious, stressed or overwhelmed there's support out there for you.



Find mental health support where you live.
hub.gmhsc.org.uk/mental-health/in-your-area/

Free online wellbeing programmes



SilverCloud – aged 16 years+

Online programmes to help ease your levels of stress, sleep better or to build resilience. You can choose to use any of the programmes. They are self-help, confidential and secure.

Instant access to self-help support:
GM.silvercloudhealth.com/signup



Living Life to the Full

Online courses to help improve low mood, overcome stress, sleep better and build confidence. Materials have been designed to improve feelings and beat stress.

Instant access to self-help support is available online and totally free of charge if you live in Greater Manchester. The resources are available in 18 languages.

www.gmlifeskills.com

Urgent mental health helplines in Greater Manchester

If you feel you need urgent mental health support, please contact one of these 24/7 helplines - they're available to anyone of any age.

Bolton, Manchester, Salford and Trafford **0800 953 0285 (freephone)**

Bury, Heywood, Middleton & Rochdale, Oldham, Stockport and Tameside & Glossop **0800 014 9995 (freephone)**

Wigan **0800 051 3253 (freephone)**



If there's an immediate risk of danger to life, you should ring 999

Free Digital mental wellbeing support

Join the community and access free, safe and anonymous professional support online. There are no waiting lists for support and no referral needed. Access to these platforms is available instantly 24/7.

Support available includes:

- ✓ Live chat or messaging with qualified mental health professionals
- ✓ Self-help tools and activities
- ✓ Online community

KOOTH
(for ages 10 to 25)
www.kooth.com

QWELL
(for ages 26+)
www.qwell.io/



Shining a Light on Suicide

Whether you're feeling suicidal, worried someone else is, or have lost someone to suicide, you're not alone.

Whatever you're going through, we'll help you get the advice and support you need.

www.shiningalightonsuicide.org.uk

Are you, or is a young person you know, not coping with life?

For confidential suicide prevention advice contact HOPELINEUK. They're open 9am-12am (midnight) every day of the year.

t: 0800 068 4141 e: pat@papyrus-uk

Greater Manchester Bereavement Service

This service is available for anyone living or working in Greater Manchester who has been bereaved or affected by a death by whatever cause, no matter how long ago. No-one needs to feel alone as they deal with their grief.

greater-manchester-bereavement-service.org.uk/