

Support lines



Greater Manchester
Mental Health
NHS Foundation Trust

If your mental health is suffering , **GMMH offer a 24-7 line on 01204 483**

071

SAMARITANS

Samaritans 24hours 116 123



Male Victims of Domestic Abuse-For Confidential Help,
Please call 01823 334244



Monday - Friday, 10am - 2pm for their Food Club and crisis support. Call **0161 850 2282** or email information@mustardtree.org.uk with any queries



Lifeshare offer virtual support, advice and guidance to vulnerable people. Please call **0161 235 0744**



Free 24 hour National Domestic Violence Helpline (for female and children) **0808 2000 247**



**Going one step further
with our customers**



**Improving and strengthening
ourselves and our organisation**



**Our wellbeing as individuals
and teams**



**Change
Grow
Live**

Advice around scripts or any drug or alcohol related queries
CGL Carnarvon Street(North/Central Manchester)-**0161 214 0770**
CGL-Bradnor Point (South Manchester)-**0161 9458772**

Campaign Against Living Miserably (CALM) – for men
Call 0800 58 58 58 – 5pm to midnight every day

Papyrus – for people under 35

Call 0800 068 41 41 – Monday to Friday 9am to 10pm, weekends and bank holidays 2pm to 10pm

Text 07860 039967, Email pat@papyrus-uk.org

Childline – for children and young people under 19

Call 0800 1111 – the number will not show up on your phone bill

SANE(Mental health charity) 0300 304 7000 from 4.30pm to 10.30pm every day.

Switchboard is for LGBT+ people **Call 0300 330 0630 from 10am to 10pm every day**, or you can also use their online chat service or email chris@switchboard.lgbt. All phone operators identify as LGBT+

Advice about Coronavirus

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the [111 coronavirus service](#).

If you need help or advice not related to coronavirus:

- for health information and advice, use the [NHS website](#) or your GP surgery website
- for urgent medical help, use the [NHS 111 online service](#) – only call 111 if you're unable to get help online
- If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.

Important: For life threatening emergencies, call 999 for an ambulance or ask someone else to call 999.



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