

Manchester helplines for mental health

National suicide hotline:

open from 6pm to 3:30am everyday on 0800 689 5652.

Shout:

Shout is a free 24/7 text service for anyone in crisis anytime, anywhere.

It's a place to go if you are struggling to cope and need immediate help.

Text Shout to 85258

Samaritans:

Free 24-hour confidential emotional support: 116 123 |

jo@samaritans.org

CALM (CAMPAIGN AGAINST LIVING MISERABLY) :

Campaign Against Living Miserably (CALM) is a suicide prevention charity, – They run a free, anonymous, and confidential helpline and webchat service available from 5 p.m. to midnight every day or you can call: 0800 58 58 58

www.thecalmzone.net

Crisis Cafe at No. 93 Harpurhey

The Greater Manchester Mental Health (GMMH) Crisis Cafe is a new out of hours friendly and supportive space open to anyone in a crisis in Manchester, Bolton, Salford and Trafford,

Monday to Friday: 6.30pm to 1am

Weekends including Bank Holidays: 2pm to 1am

GMMHCrisisCafe@gmmh.nhs.uk

Call 07778012838 or 0161 271 0339

Crisis Point:

Helping people with diverse needs to resolve their current crisis and develop strategies to prevent or better manage future crises. Services include telephone support, drop-in service and recovery lounge (6.30pm-1am weekdays, 3pm-1am weekends).

0161 238 5149

For children and young people:

CMAHS - MFT:

CAMHS is a specialist NHS service that helps children and young people experiencing mental, emotional or behavioural difficulties that interfere with their daily lives. We provide services across Manchester, Salford and Trafford for children and young people aged up to 18 years.

<https://mft.nhs.uk/camhs/>

PAPYRUS HOPELINEUK:

Helpline for children and young people under the age of 35 who are experiencing thoughts of suicide and for anyone who is concerned that a young person could be thinking about suicide.

Monday to Friday 10am-10pm. Weekends and Bank Holidays 2-10pm.

0800 068 4141 | Text 07786 209697

SANE Line:

SANE provides care and emotional support to people with mental health problems (aged 16 or over), their families and carers. SANE provides support in a number of ways including a daily helpline service (SANEline) and an online supportive forum community where anyone can share their experiences of mental health.

Open 4.30-10.30pm daily. 0300 304 7000

For hearing or speech impaired:

Mind Infoline:

Hearing or speech impaired callers may contact Mind using the main helpline numbers or choose to use RNID textphone services to contact.

Monday to Friday: 9am – 6pm (except Bank Holidays). 0300 123 3393 |

info@mind.org.uk

**None english speakers and Black, Asian, Minority Ethnic residents
of Greater Manchester:**

Yaran Northwest :

07360162260

info@yarannorthwest.com

<https://www.yarannorthwest.com/>

For men:

Mandem meetup:

A group made for men by men to end the stigma around men's mental health. Providing online help and meet ups designed to support men during difficult times.

www.mandemmeetup.org

ANDYSMANCLUB:

A group designed for men which offers group get togethers every monday (apart from bank holidays) all over Manchester. Go on their website to find your local group. Group meet ups Mondays at 7pm.

andysmanclub.co.uk

