

Greater Manchester Mental Health & Wellbeing Support Links

Good wellbeing is when we are all able to be at our best - at work and home.

Speaking with someone

You can speak directly and confidentially online or on the telephone with services across Greater Manchester – you don't need to tell anyone else if you don't want to.

[Crisis helplines in Greater Manchester](#)

If you feel you need mental health support please contact one of these 24/7 helplines (freephone). They're available to anyone of any age: Bolton, Manchester, Salford, Trafford and Wigan 0800 953 0285; Bury, Heywood, Middleton & Rochdale, Oldham, Stockport and Tameside & Glossop 0800 014 9995.

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

[Samaritans - 116 123](#)

Samaritans provide a confidential support line - **day or night** – for anyone who needs someone to listen. This support line is here for when you've had a tough day, are feeling worried, or overwhelmed by what's on your mind and need to talk it through.

[Ambulance Staff Crisis Phonenumber](#)

0300 373 0898 - Available 24/7, 365 days a year Immediate and ongoing suicide and mental health care for UK ambulance staff.

[Greater Manchester Bereavement Service](#)

0161 983 0902 / salccg.gm.bs@nhs.net

Locality based support is available for anyone in Greater Manchester who has been bereaved or affected by a death. No one needs to feel alone as they deal with their grief.

[Shine a Light on Suicide](#) – learn to save a life.

Support information for those with suicidal thoughts, concerned for another or bereaved by suicide. Free on-line suicide prevention training that takes just 20 minutes.

[Greater Manchester Domestic Abuse Helpline](#)

0800 254 0909

If you are in immediate danger then ring 999. If you cannot talk either press '55' on a mobile or wait on a landline until you are connected with the police.

If you are worried that you, or someone you know may be experiencing domestic abuse, then contact the 24-hour [National Domestic Abuse Refuge](#) helpline on **0808 2000 247**.

[Greater Manchester Resilience Hub](#)

0333 009 5071 / GM.Help@nhs.net

Due to a current review of the Greater Manchester Resilience Hub's staff wellbeing service, the service is unable to accept new referrals for individual support. If you currently receive support, this will not change, and your support will continue. If you are on their waiting list (referred before 31 December 2023) you will be contacted as soon as an appointment is available.

Financial Advice:

[Money Advice Referral Tool](#) (MART) from GM Poverty Action

Provides locality specific support across Bury, Manchester, Oldham, Tameside, Trafford and Wigan.

[Money Helper](#) provide free tools, calculators and guides to help you take control of your money.

[Kooth and Qwell](#)

Safe and anonymous online mental wellbeing support and links for young people in your family. [Qwell](#), provided by Kooth Digital Health is a safe and anonymous digital mental health service which can be accessed for free, with no waiting lists or referrals.

Online support

There is a range of online support and tools that you can access for guidance, counselling, or advice:

[Every Mind Matters](#)

This resource provides guidance on looking after your wellbeing while working from home, with simple tips and how to create your own Mind Plan to start taking better care of your mental wellbeing.

[Greater Manchester Health Hub – Living Life to the Full](#)

Living Life to the Full provides free online courses for all Greater Manchester residents covering low mood, stress and resiliency.

[Mental Health & Wellbeing resources](#)

Learn about online mental wellbeing training and resources you can use to understand more about supporting yourself and others.

[Silvercloud](#)

You can access their online therapy programme for adults (16+) to help with stress, anxiety, low-mood and depression, and parent and carer programmes to support an anxious child or an anxious teen.

[LGBT Foundation](#)

Find advice, support and information services for lesbian, gay, bisexual and trans (LGBT) communities.

Community and Faith groups

Find out more information about the community and faith groups in your area and how they can support you – information at [GMCVO](#) and [10GM](#), and [Inter Faith](#) groups in your area.

Addiction or substance support

GM Health Hub can also help if you are noticing an increase in your substance intake. Get help and advice if you are concerned about [smoking](#), [alcohol](#) or [drugs](#) or [gambling](#)

ALSO remember to:

» Check your **Occupational Health & 24/7 Employee Assistance Programme** support available in your workplace

» **Contact your trade union** If you are a member of a trade union, you will be able to access their range of support covering your welfare, financial wellbeing, flexible working and more.

[#OurNHSPeople](#)

Available to everyone who is providing health and care services. Telephone: **0800 06 96 222** (7am-11pm) / Bereavement: **0300 303 4434** (8am-8pm) Text 'FRONTLINE' to **85258** – 24 hours a day, 7 days a week

Get free access to a number of wellbeing apps including Headspace. You can find all the details and further information at [#OurNHSPeople](#) There are also online reference guides for personal and team resilience, as well as support for staff during life events and festivities.

And don't forget to have a look at all the guides, templates and support links in the **Greater Manchester Wellbeing Toolkit**

Scan the QR code to access the toolkit.

