

Crisis spaces across Greater Manchester

Borough	Service name and contact information	Opening hours	How to access
Bolton	Bolton Listening Lounge - Address: Silverwell House, 1 Silverwell Lane, Bolton BL1 1QN - Contact number: 01204 917739 - Email: listeningloungehelp@1pointbolton.org.uk	Monday to Sunday, 3pm to 1am.	Ahead of your visit, please call or email
Bolton	Family action Band and MHIST - Address: 125 Deansgate, Bolton BL1 1HA - Contact number: 01204 917739 - Email: boltonll@family-action.org.uk	- Every day (365 days a year) 3pm to 10pm	- Self-referral-walk in or telephone - Professional referral - please call or email
Bury	Peer-led crisis service - Address: Halligan House, 11 Broad Street, Bury, BL9 0DA - Contact number: 0161 222 4005 - Email: bplcs@buryinvolvementgroup.org	Open for walk-in: Monday, Tuesday, Wednesday 2pm to 6pm	- Drop-in and bookable appointments available. Self-referral and professionals. - Professional referral - please call/email

		Thursday and Friday 2pm to 10pm	
Manchester	Recovery Lounge - Address: Smithfield Project, Thompson Street, Manchester, M4 5FY - Contact number: 0161 238 5149 or 0161 238 5249	- Referrals taken 24/7 - Monday to Friday 4pm to 11pm - Saturday and Sunday 4pm to 11pm	- Self-referral: telephone for same day appointment - Professional referral - please call
Middleton	Middleton Listening Lounge Address: Middleton Wellbeing Centre & Café, 14a-16 Wood Street, Middleton M24 5TF	- Tuesday: 4.30pm to 7.30pm - Thursday 4.30pm to 7.30pm	- Self-referral: walk in or telephone - Professional referral: please call
North Manchester	No.93 Address: No.93 Harpurhey Wellbeing Centre, 93 Church Lane, Manchester, M9 5BG	Monday to Friday 8pm to 1am	Ahead of your visit, please call or email

	- Contact number: 0161 271 0339/07778 012838 - Email: GMMHCrisisCafe@gmmh.nhs.uk	Saturday and Sunday 3pm to 1am	
Oldham	Oldham Listening Space - Address: 19 to 25 Union Street, Oldham, OL1 1HA - Contact number: 0161 330 9223	- Monday, Tuesday, Thursday and Friday 5pm to 8pm - Wednesday 9am to 3pm - Saturday 10am to 2pm	- Self-referral: walk in or telephone - Professional referral: please call
Oldham	Safe Haven Address: Forest House, Royal Oldham Hospital, OL1 2JH	5pm to 8am	Requires A&E referral
Rochdale (including Heywood and Middleton)	Rochdale Listening Lounge - Address: The Mind Wellbeing Centre, 3 to 11 Drake Street, Rochdale OL16 1RE - Contact number: 01706 752 338	- Monday: 4.30pm to 7.30pm - Wednesday: 4.30pm to 7.30pm	- Self-referral: walk in or telephone - Professional referrals: please call

		• Saturday to 1.30pm to 4.30pm	
Salford	Salford Listening Lounge • Address: 40 Eccles Old Road, Salford, M6 8RA	• Drop-in Mon to Fri 1pm to 3pm	• Drop-in session is walk in • To access bookable appointments, health care professional to signpost
Stockport	Stockport Open Door • Address: 72 to 74 Prince's Street, Stockport, SK1 1RJ • Contact number: 0161 549 9717 • Professionals line to discuss a referral: 07973 916065.	• Monday to Friday 10am to 5.30pm • Saturday and Sunday 12pm to 5pm	• Drop-in and bookable appointments available. • Self-referral and professionals
Tameside	SAFE Tameside • Address: The Anthony Seddon Centre, 12 George Street, Ashton-Under-Lyne, OL6 6AQ • Contact Number: 0161 470 6104	• Monday to Friday 1pm to 8pm • Sat 10am to 3pm	• Self-referral: walk in or telephone • Professional referrals: please call

Trafford	Bluesci at Night - Address: Old Trafford Wellbeing Centre, 54-56 Seymour Grove, Old Trafford, M16 0LN - Contact number: 07933 882743 - Email: crisiscafe@bluesci.org.uk	- Everyday (365 days a year) 5.30pm to 12:30am	- Self-referral: walk in or telephone - Professional referral: please call or email
Wigan	Crisis Harbour Address - 6-8 George St, Atherton, M460EL	- Mondays: 4pm to 11pm - Thursday, Friday, Sunday: 3pm to 11pm - Saturdays: 12pm to 6pm	- Self-referral: walk in - Telephone available shortly - Professional referral- Please call or email
Wigan	Mental Health Support Hub - Address: Lea Baker Café at Atherleigh Park, Atherleigh Way, Leigh WN7 1YN - Contact number: 01942 636 300	- Everyday (365 days a year) 4.30pm until 11pm	If you are a currently receiving mental health support under GMMH's Wigan Borough services please, contact your care co-ordinator or call Atherleigh Park reception on 01942 636 300 to check availability.

Wythenshawe	Wythenshawe Crisis space (CHAT Hub - Come Have A Talk) - Address: Forum Centre, Simonsway, Wythenshawe, Manchester M22 5RX (Health Forum) - Contact number: 07880247085	- Face-to-face: Tuesday and Thursday 10am to 3pm - Telephone access: Monday to Friday 10am to 3pm	- Self-referral: walk in or telephone access. - Professional referral: please call
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