



UK and GREATER MANCHESTER HELPLINES and SUPPORT

NATIONAL SUICIDE PREVENTION HELPLINE

Phone: 0800 689 5652 (daily, 6pm to midnight)

Greater Manchester Mental Health NHS Foundation Trust

Phone: 0800 953 0285 (24/7 helpline)

Think Wellbeing Wigan

Phone: 01942 264052 - offers NHS talking therapies, counselling, and support for people with depression and anxiety

CALM

Phone: 0800 58 58 58 (daily, 5 pm to midnight) specifically for men in the UK who are down or have hit a wall for any reason.

Papyrus

Phone: HOPELINEUK 0800 068 4141 (weekdays 9 am to 10 pm, weekends 2 pm to 10 pm, bank holidays 2 pm to 10 pm) support for under 35s

Mind

Phone: 0300 123 3393 (Monday to Friday, 9 am to 6 pm)

The Mix

Phone: 0808 808 4994 (daily, 11am to 11pm) support for under 25s on a range of issues including mental health



No Panic

Phone: 0300 772 9844 (daily, 10am to 10pm) offers support for sufferers of panic attacks and OCD

Rethink Mental Illness

Phone: 0300 5000 927 (Monday to Friday, 9.30 am to 4 pm)

SANE

Textcare: comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare

Samaritans

Phone: 116 123 (free 24-hour helpline)

YoungMinds

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30 am to 4 pm) provides support for parents and carers worried about a child or young person under 25

Bipolar UK

Webchat and Peer Support – bipolaruk.org

Childline

Phone: 0800 1111 (free 24-hour helpline)

Shout 85258

Text: 'SHOUT' to 85258 for 24/7 crisis text support



Anxiety UK

Phone: 03444 775 774 (Monday to Friday, 9.30 am to 5.30 pm) provides support for those diagnosed with an anxiety condition

Alcoholics Anonymous

Phone: 0845 769 7555 (24-hour helpline)

Switchboard (LGBT+)

Phone: 0300 330 0630 (10 am to 10 pm everyday)

The Silver Line (for older people)

Phone: 0800 470 8090 (free 24-hour helpline)

BEAT – Eating Disorders

Phone: 0808 801 0677 - offers helplines for adults and young people, providing support for eating disorders

Wigan and Leigh Carers Centre

Phone: 01942 705959 - supports unpaid carers in the community with advice, info, and practical help

Wigan Emergency Welfare Support

Phone: 01942 705959 - offers emergency support for residents facing extreme hardship

Wigan and Leigh Women's Aid

Phone: 01942 262270 - offers support, advice, and refuge for women and children experiencing domestic abuse



Veterans' Gateway

Phone: 0808 802 1212 (available 24/7) provides a first point of contact for veterans seeking support

Cruse Bereavement Care

Phone: 0808 808 1677 - offers support, advice, and info to people when someone dies

SOBS – Survivors of Bereavement by Suicide

Phone: 0300 111 5065 - offers support to adults affected by the suicide of a relative or friend

Child Bereavement UK

Phone: 0800 02 888 40 - supports families when a child dies or when a child is bereaved

Sudden

Phone: 0800 2600 400 - offers support for people who have been bereaved suddenly

AtaLoss.org

A web-based service providing bereavement support and signposting to a wide range of services

National Debtline

Phone: 0808 808 4000 - free, independent, and confidential advice for people dealing with debt problems

StepChange Debt Charity

Phone: 0800 138 1111 - free debt advice and management plans to help people get control of their finances



Christians Against Poverty (CAP)

Phone: 0800 328 0006 - free debt counselling to all, regardless of faith or religion

Rape Crisis England & Wales

Phone: 0808 802 9999 (12 – 2.30pm and 7pm – 9.30pm daily) specialist services for women and girls who have been raped or experienced another form of sexual violence

National Domestic Violence Helpline

Phone: 0808 2000 247 (24/7 freephone)

Men's Advice Line

Phone: 0808 801 0327 - advice and support for men in abusive relationships, both heterosexual and same sex

Refuge

Phone: 0808 2000 247 - provides emergency accommodation and emotional and practical support to women and children experiencing domestic violence