



Greater
Manchester
Integrated Care
Partnership

HERE TO HELP

Services in Greater
Manchester that can
support you with your
mental wellbeing.

Supporting people of all ages across Greater Manchester. Here are contact details for some services and self-help resources.



When you use the right NHS service, you get the right treatment sooner.



Cost of living support

If you need support this winter, help is at hand.
From jobs and skills, housing and food, free help is available.



Help is at hand.

Visit: greatermanchester-ca.gov.uk/helpinghand

Living Life To The Full

Free online self-help support for your mental wellbeing.

Living Life To The Full helps to improve low mood, overcome stress and build confidence.

Visit: www.gmlifeskills.com

SHINING A LIGHT ON SUICIDE

If you are struggling with suicidal thoughts, concerned for another or have been bereaved by suicide.

Visit: www.shiningalighton-suicide.org.uk



GREATER MANCHESTER
BEREAVEMENT
SERVICE

If you have been bereaved or affected by a death and live or work in Greater Manchester support is available. You do not need to feel alone as you deal with your grief.

Visit: greater-manchester-bereavement-service.org.uk

Call: **0161 983 0902**
Monday - Friday 9am to 5pm



Free 24/7 digital
Mental wellbeing support
For people aged 10-25

Visit: www.kooth.com



Free 24/7 digital
Mental wellbeing support
For people aged 26 and over

Visit: www.qwell.io



Free online wellbeing programme
Instant access to self-help support
For people aged 16 and over

Visit: GM.silvercloudhealth.com/signup



If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for free, confidential support and practical advice.

Our trained advisers are available 24 hours a day, every day of the year (including bank holidays).



Call: **0800 068 4141**
Email: pat@papyrus-uk.org
Text: **07860 039 967**



Every Mind Matters is an NHS website that provides expert advice and practical tips to help you look after your wellbeing.

Visit: www.nhs.uk/every-mind-matters



samaritans.org A registered charity

When life is difficult, Samaritans are here – day or night, 365 days a year.

Call: **116 123**
Email: jo@samaritans.org,
Visit: www.samaritans.org



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