

Mental health support for adults in Greater Manchester: If you need support we're here to help

We know things may be difficult at the moment. If you find yourself feeling anxious, stressed or overwhelmed there's support out there for you.

Find mental health support where you live
hub.gmhsc.org.uk/mental-health/in-your-area/

Free text and online support

Shout

With this 24/7 crisis text messaging service you can send a text message any time of day or night wherever you are – every conversation is with a real person. **Just text SHOUT to 85258**

- ✓ You don't need an app or data and there's no registration process
- ✓ It's silent and won't appear on your phone bill
- ✓ Confidential and anonymous.

Apps to support your health, mental health and wellbeing

All these apps have been tested and approved gmmh.orchha.co.uk

Free online wellbeing programmes

SilverCloud – aged 16 years+

Online programmes to help ease your levels of stress, sleep better or to build resilience. You can choose to use any of the programmes. They are self-help, confidential and secure. Instant access to self-help support:

GM.silvercloudhealth.com/signup



Living Life To The Full

Online courses for anyone affected by low mood, anxiety or depression. Materials have been designed to improve feelings and beat stress. Available online and totally free of charge if you live in Greater Manchester. Instant access to self-help support: hub.gmhsc.org.uk/mental-health/living-life-to-the-full

Crisis Lines in Greater Manchester

If you feel you need mental health support please contact one of these 24/7 crisis lines – they're available to anyone of any age

Bolton, Manchester, Salford and Trafford

0800 953 0285 (freephone)

Bury, Heywood, Middleton & Rochdale, Oldham, Stockport and Tameside & Glossop

0800 014 9995 (freephone)

Wigan

0800 051 3253 (freephone)

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

Shining a Light on Suicide

Whether you're feeling suicidal, worried someone else is, or have lost someone to suicide, you're not alone. Whatever you're going through, we'll help you get the advice and support you need.

www.shiningalightonsuicide.org.uk

