

Children and young people's mental health support 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 – all ages

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.

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact **HOPELINEUK**. They're open 9am–12am (midnight) every day of the year.
t: 0800 068 4141 e: pat@papyrus-uk

Kooth – children and young people aged 11 to 18 years

You can:

- ✓ Chat to their friendly counsellors
- ✓ Read articles written by young people
- ✓ Get support from the Kooth community www.kooth.com



Apps to support your health, mental health and wellbeing

All these apps have been tested and approved gmmh.orchh.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

