

Mental Health & Wellbeing Support Links



Greater
Manchester
Integrated Care
Partnership

Good wellbeing is when we are all able to be at our best – at work and home

At times, things can feel challenging, leaving us feeling frustrated or lonely, concerned about finances, health, relationships or work, or feeling down, anxious or worried.

Everyone will respond differently when difficulties arise, and it's important to find the right support when you need it.

Speaking With Someone

You can speak directly with Wellbeing Champions in your organisation, and you may also have **Mental Health First Aid** colleagues, **TRiM** practitioners, or **Schwartz** facilitators across your workplace who can offer a listening ear. Some workplaces may also have **Chaplain** teams, who are there for colleagues as well as patients.

Across Greater Manchester, you can also discreetly access the right confidential services for you – face to face or telephone services – without having to share with anyone at work.

If there's an immediate risk to life ring 999 or go to A&E.

[NHS Mental Health Crisis Support](#) – **Contact 111** – open 24/7

Call NHS 111 and select the mental health 'option 2' if you, or someone you know, is in a mental health crisis. Available 24/7, you'll speak to a mental health professional who can help you find the right support. If you need help in British Sign Language (BSL) an NHS 111 Sign Video service is available. If you have a hearing problem, use text relay. Call 18001 111 using the Relay UK App or a text phone.

[Samaritans](#) – **116 123** – open 24/7

Samaritans provide a confidential support line – **day or night** – for anyone who needs someone to listen. This support line is here for when you've had a tough day, are feeling worried, or overwhelmed by what's on your mind and need to talk it through.

[Ambulance Staff Crisis Phonenumber](#) – 0300 373 0898 – available 24/7, 365 days a year

Confidential and independent mental health, suicidal, or crisis support – for all serving or served ambulance staff across the UK.

[NHS Talking Therapies](#) for those experiencing mild or moderate, or low severity anxiety or depression.

Psychological treatments, including cognitive behaviour therapy, are effective in treating anxiety and depression and are often recommended first, particularly for mild to moderate anxiety and depression. [Find local services in your area](#).

[Greater Manchester Resilience Hub](#) – 0333 009 5071 / GM.Help@nhs.net

The GM Resilience Hub offer a critical incident and trauma service, by providing specialist psychological support for Greater Manchester health & care staff affected by critical incidents or traumatic and distressing events in work, or exposure to distressing information.

[Greater Manchester Domestic Abuse Helpline](#) – 0800 254 0909

If you are in immediate danger, ring 999. If you cannot talk, press '55' on a mobile or wait on a landline until you are connected with the police.

If you are worried that you, or someone you know may be experiencing domestic abuse, then contact the 24-hour [National Domestic Abuse Refuge](#) helpline on **0808 2000 247**.

- **[St Mary's Sexual Assault Referral Centre](#)** (SARC) **0161 276 6515** – 24/7 helpline
The SARC team, based at Saint Mary's Centre on the Oxford Road campus, provide support and help for those experiencing the physical and emotional effects of assault incidents.
- **[We Are Survivors](#)** – **0808 500 2222** – 24/7 helpline
Providing safe spaces for male victims and survivors (including trans and non-binary individuals) of sexual abuse, rape and sexual exploitation across Greater Manchester.
- **[TLC: Talk, Listen, Change](#)** – **0161 872 1100** Mon to Fri, 9am–4.30pm
Providing support for people displaying abusive or harmful behaviours in their intimate partner relationships. Offering a range of behaviour change programmes and support for partners, ex-partners and children.
- **[Gender-Based Violence support links](#)** across Greater Manchester, including domestic abuse, sexual assault and rape, female genital mutilation and so-called honour-based abuse.

Greater Manchester Bereavement Service – 0161 983 0902 –

Mon to Fri, 9am to 5pm (except bank holidays)

This service is available for anyone living or working in Greater Manchester who has been bereaved or affected by a death by whatever cause, no matter how long ago. No one needs to feel alone as they deal with their grief.

Voluntary, Community & Faith

Find out more information about the community and faith groups in your localities, and how they can support you – information on local groups and support available can be found from [10GM](#). Or to speak to [Talk Listen Change](#) about employee health and wellbeing support which include guidance and advice for those working across VCSFE settings. [Faith Network For Manchester](#) helps connect people of different faiths across Greater Manchester for support – email mail@fn4m.org for more details.

Culturally Appropriate support

[Gaddum](#) are leading developments for more targeted and specific mental health support across Greater Manchester, bringing together a network of independent providers from across our diverse communities with their knowledge and experience of providing culturally appropriate mental health services. Please contact info@gaddum.org.uk for more information.

LGBT Foundation – 0345 330 3030 / helpline@lgbt.foundation

Access the helpline when needed 7 days a week, or look online for support and information, no matter where you are on your journey.

Also remember

- Check your **Occupational Health & 24/7 Employee Assistance Programme** support available in your workplace.
- **Contact your trade union** If you are a member of a trade union, you will be able to access their range of support covering your welfare, financial wellbeing, flexible working and more.
- **Your GP** can advise and help access a range of health services and treatments.

Online Support

There is a range of online support and tools that you can access for guidance, counselling, or advice to help you through those work and life pressures:

[Kooth](#) and [Qwell](#)

Join the community and access free, safe and anonymous professional support online. There are no waiting lists for support and no referral needed. Access to these platforms is available instantly 24/7 – **Kooth** (for ages 10 to 25) and **Qwell** (for ages 26+).

[SilverCloud](#)

Access online therapy programme for adults (16+) to help with stress, anxiety, low-mood and depression, and parent and carer programmes to support an anxious child or an anxious teen.

[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 find the support you need.

It may be helpful to have a [safety plan](#) which can help to keep ourselves safe when going through difficult times.

[PAPYRUS](#)

Prevention of Young Suicide is a UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Addiction/Substance Support

If you are noticing a change in your habits or an increase in your substance intake, then you can find help and advice if you are concerned about [smoking](#), [alcohol](#) or [drugs](#) or gambling. You can download the free [Try Dry](#)® app to help you track your time off drinking.

[Op COURAGE:](#)

If you are a Military Veteran, Op COURAGE can provide access to specialist mental health and wellbeing services and support.

Financial Advice & Support

- [Money Advice Referral Tool](#) (MART) – locality specific support across Bury, Manchester, Oldham, Tameside, Trafford and Wigan.
- [Money Helper](#) provide free tools, calculators and guides to help you take control of your money, or find guidance through the [Money & Pensions Service](#)
- **Open to all health & social care workers across Greater Manchester:** you can access credit union services from [Metro Moneywise](#) selecting the *GM Integrated Care Partnership* from the employers list to help consolidate debt, or manage money in a more ethical way.

[WorkWell Greater Manchester](#)

Part of a 3 year pilot to help improve the support and provision for people currently employed but struggling to remain in work due to a health condition, or those who have recently had to leave work due to a health condition. Individuals can be referred to access personalised support with work and health coaches, and is open to GM residents or anyone registered with a GP in the area.

[Access to Work: Mental Health Support Service](#)

Funded by the Department for Work and Pensions. Offers practical support for those struggling with mental health at work, help you stay in, or return to work: employed or self-employed.

[Healthy Minds Greater Manchester](#) – online course

Developed in partnership with the Royal Society for Public Health, this online course helps understand the ways to navigate to better mental health - open for anyone living or working in Greater Manchester.

[NHS Every Mind Matters](#)

This online resource shares simple and practical ways to ease anxiety, manage stress, lift your mood and sleep better, including how to create your own [Mind Plan](#) to start taking better care of your mental wellbeing.

[#OurNHSPeople](#)

Access a suite of support and provision specifically for NHS people, and wider health and care colleagues, including:

- access to free online [wellbeing apps](#)
- a [self-assessment check-in](#) for all health and care colleagues

And don't forget to have a look at all the guides, templates and support links in the [Greater Manchester Wellbeing Toolkit](#) or online [GM Wellbeing Quiz](#).

Scan the QR code to access the toolkit.



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