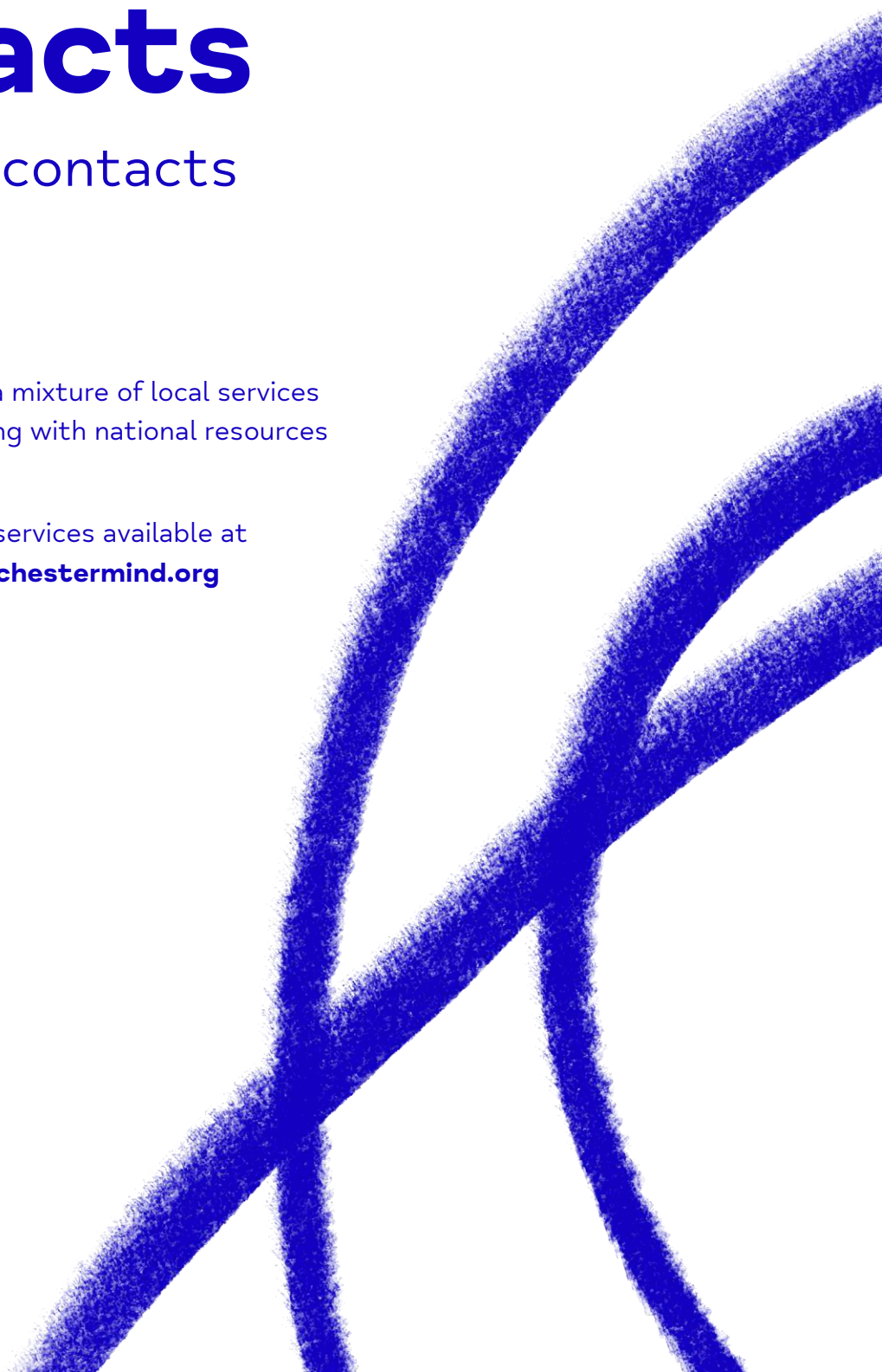


Mental Health Contacts

A-Z of useful contacts

The following contacts are a mixture of local services available in Manchester, along with national resources and helplines.

To find out more about our services available at Manchester Mind, visit **manchestermind.org**



Anorexia and Bulimia Care (ABC)

anorexiabulimiare.org.uk

☎ 03000 11 12 13

Anxiety Care

anxietycare.org.uk

☎ 07552 877 219

Helps people to recover from anxiety disorders.

Anxiety UK

anxietyuk.org.uk

☎ 0344 477 5774

Support, help and information for those with anxiety disorders.

Beat

beateatingdisorders.org.uk

Adultline: ☎ 0808 801 0677

Youthline: ☎ 0808 801 0711

Offers information on eating disorders and runs a supportive online community.

Bipolar UK

bipolaruk.org.uk

☎ 0333 323 3880

Runs self-help groups and self-management courses.

British Association for Behavioural & Cognitive Psychotherapies (BABCP)

babcp.com

☎ 0161 705 4304

Offers list of accredited therapists.

British Association for Counselling & Psychotherapy (BACP)

bacp.co.uk

☎ 01455 883300

Offers list of accredited therapists.

The British Psychological Society

bps.org.uk

☎ 0116 254 9568

Produces a directory of chartered psychologists.

CALM

thecalmzone.net

☎ 0800 585858

(Monday to Friday, 10am-2pm and 2pm-4pm)

For young men who are depressed or suicidal.

Carers UK

carersuk.org

☎ 0808 808 7777

Information and advice on all aspects of caring.

Citizens Advice

citizensadvice.org.uk

Confidential advice on a range of issues.

The Counselling Directory

counselling-directory.org.uk

☎ 0333 325 2500

List of registered counsellors.

Depression Alliance

depressionalliance.org

☎ 0845 123 2320

Search for information, support and self-help groups.

Emergence

emergenceplus.org.uk

For those affected by personality disorder.



42nd Street

42ndstreet.org.uk

☎ 0161 228 7321

Local services to young people who are under stress or experiencing mental health difficulties.

The Gaddum Centre

gaddumcentre.co.uk

☎ 0161 834 6069

Supporting children, adults and families: counselling, advocacy, befriending, carers service and bereavement service.

Harmless

harmless.org.uk

For those who self-harm and their friends/families. Training for professionals.

Hearing Voices Network

hearing-voices.org

☎ 0114 271 8210

Support for people who hear voices and their families/friends.

Institute for Complementary and Natural Medicine (ICNM)

icnm.org.uk

☎ 020 7237 5165

Register of practitioners.

Law Centres Network

lawcentres.org.uk

☎ 020 3637 1330

Free legal advice and representation for disadvantaged people.

Maytree

maytree.org.uk

☎ 020 7263 7070

A respite centre for anyone feeling suicidal.

Men Get Eating Disorders Too

mengetedstoo.co.uk

Information and support for men with eating problems.

Mindfulness Based Cognitive Therapy

mbct.co.uk

Information about the therapy, classes in mindfulness and training

Mind

mind.org.uk/information-support

☎ 0300 123 3393

Infoline providing information and signposting service, with help on diverse mental health issues.

Moodswings

moodswings.org.uk

☎ 0161 832 3736

Helping people recover from life's ups and downs.

NAPAC (National Association for People Abused in Childhood)

napac.org.uk

☎ 0808 801 0331

Support for survivors of childhood abuse (sexual, physical, emotional).

National Self-harm Network (NHSN)

nshn.co.uk

☎ 0800 622 6000

Survivor-led organisation supporting those who self-harm.

NHS Choices: Carers Direct

nhs.uk/carersdirect

☎ 0300 123 1053

Information from the NHS on support available to carers.

NHS Every Mind Matters

nhs.uk/every-mind-matters

Advice and practical tips to help you look after your mental health and wellbeing.

NICE (National Institute for Health and Clinical Excellence)

nice.org.uk

☎ 0300 323 0140

Information and guidelines on treatments for different disorders.

No Panic

nopanic.org.uk

☎ 0844 967 4848

Helpline & step-by-step programmes for those with anxiety disorders.

OCD Action

ocdaction.org.uk

☎ 0845 390 6232

Information and support for people with experience of OCD.

OCD-UK

ocduk.org

☎ 03332 127 890

Charity run by people with OCD who campaign and offer support groups.

PANDAS

pandasfoundation.org.uk

☎ 01691 664 275

Supporting families experiencing pre and postnatal illnesses.

PAPYRUS

papyrus-uk.org

☎ 0800 068 4141

Advice for young people at risk of suicide.

Patient Advice and Liaison Services

nhs.uk/nhs-services/hospitals/what-is-pals-patient-advice-and-liaison-service

Confidential advice, support and information on health-related matters. Local contact details can be found on this website.

Personality Disorder

personalitydisorder.org.uk

Information about the diagnosis, news and events.

The Prison Reform Trust

prisonreformtrust.org.uk

☎ 020 7251 5070

Advice and information for prisoners and their families.

Rethink Mental Illness

rethink.org

☎ 0121 522 7007

Information and support for people affected by severe mental illness.

SAD

sad.org.uk

Information on seasonal affective disorder (SAD) and light therapy.

Samaritans

samaritans.org

24-hour helpline: ☎ 116 123

Emotional support for anyone feeling down or struggling to cope.

Sane

sane.org.uk

☎ 0300 304 7000

Advice for those in crisis, as well as practical information.

Survivors of Bereavement by Suicide (SOBS) UK

uksobs.org

☎ 0300 111 5065 (9am-9pm)

Emotional and practical support and local groups.

Survivors Manchester

survivorsmanchester.org.uk

☎ 0808 800 5005/0161 236 2182

For men who have experienced any form of sexual violence.

UK Council for Psychotherapy (UKCP)

psychotherapy.org.uk

☎ 020 7014 9955

Voluntary register of qualified psychotherapists.

YoungMinds

youngminds.org.uk

Parents information service:

☎ 0808 802 5544

Information for parents and young people, with podcasts.



In an emergency

Contact your General Practitioner (GP)

Call your nearest **NHS Walk-In Centre** or go to **Accident & Emergency (A&E)** at your local hospital.

You can also contact the following organisations, though not all will be able to offer crisis support:

Crisis Point

turning-point.co.uk/crisis-point

☎ 0161 238 5149

Helping people with diverse needs to resolve their current crisis and develop strategies to prevent or better manage future crises. Open access mental health crisis centre. Bespoke crisis management support.

Mind

mind.org.uk

☎ 0300 123 3393 | info@mind.org.uk

Deaf people can access this service by dialling 18001 before the telephone number. Lines open Monday to Friday, 9.15am-5.15pm.

Rethink Mental Illness Advice and Information Service

rethink.org/about-us/our-mental-health-advice

☎ 0300 5000 927

The line is open from 9.30am-4pm, Monday to Friday.

Employee contacts

Mind - Equality and Human Rights

mind.org.uk

☎ 0300 466 6463 | legal@mind.org.uk

Legal Advice Line. Language Line is available for talking in a language other than English.

ACAS

acas.org.uk

☎ 0300 123 1100

Promotes employment relations.

Equality Advisory and Support Service

equalityadvisoryservice.com

☎ 0808 800 0082

Advises individuals on equality and human rights issues.

GOV.UK

gov.uk

Information about employment rights.

Health and Safety Executive

hse.gov.uk

☎ 0300 003 1747

Independent watchdog for work-related health, safety and illness.

The Stress Management Society

stress.org.uk

☎ 0203 142 8650

Citizens Advice

citizensadvice.org.uk

The Work Foundation

theworkfoundation.com

☎ 020 3907 0710

Confidential advice on employment and at work issues.

Employment Tribunal Guidance

gov.uk

☎ 0203 334 3555 | ☎ 0300 012 0312

Search for “Employment Tribunal Guidance”

Working Families

workingfamilies.org.uk

☎ 020 7153 1230

Guidance on the tribunal system, how to achieve work-life balance.

Self Help Services

Manchester based health providers offering a range of free services for people experiencing common mental health difficulties such as anxiety, depression and low mood.

Self Help

selfhelpservices.org.uk

A directory of self-help services in the North West – various mental health and wellbeing information available.

E-Therapy (Online CBT)

selfhelpservices.org.uk/etherapy

Takes you to a self-referral form.

Psychological Therapies

selfhelpservices.org.uk/service/manchester-psychological-wellbeing-service

☎ 0161 226 3871

Counselling Services; CBT-Based & Psychological Well Being Services (IAPT) and Positive Alternatives.

You can also use CBT on the internet for free by visiting these websites:

livinglifetothefull.com

moodgym.anu.edu.au

Community Services (Drop-in Self Help Groups)

selfhelpservices.org.uk

☎ 0161 226 3871 | admin@selfhelpservices.org.uk

For individuals experiencing social phobia, anxiety or depression. Drop in groups offer a free, confidential and safe space where people can come together to socialise, share their experiences, swap advice and coping strategies, and meet others affected by similar issues. Groups are facilitated by experienced group facilitators, all of whom have lived experience of a mental health issue and are paid as consultants to deliver the groups.

Some groups and sessions may be different in response to COVID-19. Some groups are now being offered online – please contact each group individually for more information



Manchester Mind

☎ 0161 769 5732 | manchestermind.org | info@manchestermind.org

Services include advice, peer support, emergency food response, children and young people and free community training. Please see our website for an updated list of services available free of charge to Manchester residents.



Manchester Mind

Zion Community Centre
339 Stretford Road
Hulme
Manchester
M15 4ZY

Registered charity number 1102058 | Registered Company Number 4738057