

# Gaddum ...Therapy

## Help for urgent mental health issues or if you are in crisis in Manchester

### In an emergency:

- Contact your **General Practitioner (GP)** and ask for an urgent appointment
- Call your nearest **NHS Walk-In Centre** or go to **Accident & Emergency (A&E)** at your local hospital. [Find your nearest walk-in centre online](#)

### You can also contact these organisations for support:

#### Samaritans

Free 24-hour confidential emotional support: **116 123** | [jo@samaritans.org](mailto:jo@samaritans.org) | [Visit their website](#)

This number is free to call from both landlines and mobiles, including pay-as-you-go mobiles. You do not need to have any credit or call allowance on your plan to call.

#### Shout

Shout is a free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you are struggling to cope and need immediate help.

Text Shout to 85258 | [Visit the Shout website.](#)

#### Mind Infoline

Hearing or speech impaired callers may contact us using the main helpline numbers or choose to use RNID textphone services to contact us.

Monday to Friday: 9am – 6pm (except Bank Holidays).

0300 123 3393 | [info@mind.org.uk](mailto:info@mind.org.uk) | [Visit the Mind website.](#)

#### Crisis Cafe at No. 93 Harpurhey

The Greater Manchester Mental Health (GMMH) Crisis Cafe is a new out of hours friendly and supportive space open to anyone in a crisis in Manchester, Bolton, Salford and Trafford,

Monday to Friday: 8pm to 1am (including Bank Holidays)

Saturday and Sunday: 3pm to 1am

[GMMHCrisisCafe@gmmh.nhs.uk](mailto:GMMHCrisisCafe@gmmh.nhs.uk) | 07778012838 or 0161 271 0339

Please phone ahead before dropping in. [Visit the Crisis Café website](#)

#### MindLine Trans+

## **Gaddum ...Therapy**

A confidential, emotional, mental health support helpline for people who identify as Trans, Agender, Gender Fluid, Non-binary.

Mondays, Wednesdays and Fridays: 8pm to midnight.

0300 330 5468 | [Visit the MindLine Trans+ webpage.](#)

### **PAPYRUS HOPELINEUK**

Helpline for children and young people under the age of 35 who are experiencing thoughts of suicide and for anyone who is concerned that a young person could be thinking about suicide.

Monday to Friday 10am-10pm. Weekends and Bank Holidays 2-10pm.

Call 0800 068 4141 | Text 07786 209697 | [Visit their website](#)

### **Rethink Advice and Information Service**

Practical help on issues such as the Mental Health Act, community care, criminal justice and carers' rights. Plus general help on living with mental illness, medication, care and treatment.

[Visit their website](#)

Monday to Friday: 9.30am to 4pm | 0300 5000 927 | [advice@rethink.org](mailto:advice@rethink.org)

## **Other Support Services in Manchester**

### **Drug and alcohol issues**

#### **Change Grow Live (CGL)**

[Visit their website](#)

0161 823 6306 | [manchester@cgl.org.uk](mailto:manchester@cgl.org.uk)

### **Domestic violence**

#### **National Domestic Violence Helpline 24 hours a day helpline**

[Visit their website.](#) | Call 0808 2000 247

#### **Greater Manchester Domestic Abuse Helpline**

0161 636 7525 | Mon – Fri 10am – 4pm excl. Bank Holidays

### **Homelessness**

#### **Manchester Council**

Please call us on 0161 234 4692 between 9am to 4.30pm, Monday to Friday (except bank holidays) for help and support. For help when the office is closed (weekends, bank holidays and evenings), phone: 0161 234 5001.

[Visit their website](#)

# Gaddum ...Therapy

## **Shelter**

Emergency helpline 03301 755 121 Monday to Friday 9am to 5pm. If you are homeless, have nowhere to stay tonight, are worried about losing your home, or are at risk of harm or abuse in your home.

[Visit their website](#)

## **Debt/ welfare issues**

### **One Manchester - free debt and benefits advice**

[Visit their website](#)

Contact | 0330 355 1000 | [onemoney@onemanchester.co.uk](mailto:onemoney@onemanchester.co.uk)

### **Cheetham Hill Advice Centre**

Confidential help, advice, and support to local residents in Cheetham and Crumpsall and across Manchester.

Open Monday to Friday – Appointments available to book between 10am – 1pm

[Visit their website](#)

Contact | 0161 740 8999 | [triage@cheethamadvice.org.uk](mailto:triage@cheethamadvice.org.uk)

## **Carers support**

### **Carers Manchester**

[Visit their website](#)

Contact | 0161 543 8000, open 10am – 4pm Monday – Friday (except bank holidays)  
[contactpoint@carersmanchester.org.uk](mailto:contactpoint@carersmanchester.org.uk)