

Signposting for adults on mental health and wellbeing and bereavement support

Mental Health Resources

Samaritans Tips on how to support someone you're worried about. <https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/how-support-someone-youre-worried-about/>

How to look after your mental health (Mental Health Foundation) Downloadable guide to supporting your mental wellbeing. <https://www.mentalhealth.org.uk/publications/how-to-mental-health>

Mental Health Support Services:

GMMH free 24 hour Helpline for Manchester Mental Health service users and carers call 0800 953 0285

Community Mental Health Team If someone is already open to the CMHT they can contact the teams on either: 0161 358 1390 (North & West Trafford) or 0161 357 1340 (South Trafford) between the hours of 9 am and 5 pm.

There is also a crisis line for people open to mental health services which is available 24 hours a day by phoning 01204 483 071.

Trafford Psychological Therapies Services offer talking therapy (counselling, cognitive behavioural therapy (CBT) or psychology) for anyone over the age of 16 years old, who has a Trafford GP and may be struggling with a common mental health problem (Anxiety, Low Mood, Worry, Stress, Sleep, Phobia, OCD, Trauma, etc.) Access is via GP referral or self-referral via: <https://www.gmmh.nhs.uk/tpt/> or by calling Trafford Psychological Therapies on: 0161 357 1350.

Primary Care Mental Health Wellbeing Service offer more specialist input please call 0161 271 0919 or email; pcmhw.admin@gmmh.nhs.uk. The service is open between 09:00 and 17:00 Monday to Friday. There is a voice message facility for outside of office hours.

Men's Support Group (Directions for Men) aims to support the wellbeing of men who are struggling. The group meet weekly to talk about things that are affecting them, provide support and teach strategies to deal with issues faced. No referral necessary. Contact 0789 497 1434 or hello@directionsformen.org.uk. Groups are currently meeting in Old Trafford, Sale, Timperley and Partington. Zoom virtual meetings are still offered for those who can't attend in person. <https://www.directionsformen.org.uk/>

BlueSci Wellbeing Support Line: 0161 912 2177 Local wellbeing support line between 10:00 – 14:00.

Blue Sci Crisis Café 7 days a week out of hours support for anyone in emotional distress or experiencing a mental health crisis. Monday to Friday, 7pm to 2am (Last entry 12:30am) Saturday and Sunday, 5pm to 2am (Last entry 12:30am). Old Trafford Wellbeing Centre 54-56 Seymour Grove Old Trafford Manchester M16 0LN. **Please ring or text ahead to arrange meet and greet on 07933882743.** For more information please contact: crisiscafe@bluesci.org.uk

Digital Support Offer:

Qwell <https://www.qwell.io/#offering> Anonymous online counselling, advice and mental health support for adults. Fully moderated forums and Self-help materials which are available 24/7, and qualified counsellors and **therapists available from 12pm- 10pm (Mon-Fri and 6pm-10pm Sat-Sun).**

Shout offer support in a crisis through a 24/7 text messaging service. Just need to **Text GM to 85258.** It's confidential and anonymous with no registration required.

Living Life to the Full offers online courses for people affected by low mood, anxiety or depression using cognitive behavioural therapy concepts. Materials have been designed to boost individual's ability to live well by improving feelings and beating stress. Available online and totally free of charge for Greater Manchester residents. Instant access to self-help support: <https://littfgm.littf4.com/>

SilverCloud provide online programmes for adults (aged 16 years+) to help ease levels of stress, sleep better or to build resilience. They are self-help, confidential and secure. Instant access to self-help support: <https://www.silvercloudhealth.com/uk/useraccessui>

Bereavement Services:

Greater Manchester Bereavement Information Service: A confidential information service for people bereaved or affected by a bereavement. The Bereavement Information Service has been set up to help answer your questions – whether it is seeking advice on immediate issues that need addressing or making you aware of ongoing support services.

www.greater-manchester-bereavement-service.org.uk

The telephone line **0161 983 0902** is open Monday to Friday 9am – 5pm excluding Bank holiday. Alternatively contact via email on: salccg.gm.bs@nhs.net.

If you need to speak with someone at a weekend about a bereavement, please call NHS Bereavement Helpline on 0800 2600 400, available 8am to 8pm every day. This confidential service is for people living in: Bolton – Bury – Manchester – Oldham – Rochdale – Salford – Stockport – Tameside – Trafford – Wigan

Grief Encounter (Grief talk helpline for parents and young people call 0808 802 0111). Open weekday's 9am-9pm, trained staff can offer bereavement support over the phone or you can chat via confidential web-chat service. Website has advice and support for parents who want to support their children after a bereavement. <https://www.griefencounter.org.uk/>

Information & Resources for Support After Suicide:

Support After Suicide: <https://supportaftersuicide.org.uk/support-guides/help-is-at-hand/>

Shining a Light on Suicide: <http://www.shiningalightonsuicide.org.uk/>