

Wigan Borough Mental Health Signposting Tool			
Service name	Service description	Who is suitable for the service?	Contact information
24/7 mental health crisis line - North West Boroughs Healthcare	<p>24/7 mental health crisis line</p> <p>If you are in a mental health crisis and you need urgent help, you should call the mental health crisis line.</p> <p>During the Covid-19 pandemic, this line will also provide support and signposting for people who need additional support with their mental health at this time.</p>	All ages	<p>01942 636 395</p> <p>www.nwbh.nhs.uk/help-in-a-crisis</p> <p><i>Note: Updates re service provision changes during Covid-19 can be found at:</i> www.nwbh.nhs.uk/wigan-service-changes</p>
Think Wellbeing – North West Boroughs Healthcare	<p>Think Wellbeing Wigan offers therapy to support people with common mental health problems like mild to moderate depression, anxiety and stress.</p> <p>We can help with other problems like panic attacks, phobias and post-traumatic stress disorder.</p> <p>We also offer help to people with long-term physical health conditions who experiencing symptoms of low mood, anxiety or depression.</p>	Adults, age 16+	<p>Self-referral online via www.nwbh.nhs.uk/think-wellbeing-wigan</p> <p>OR call 01942 255675 (Wigan) or 01942 264051 (Leigh)</p>
Wrightington Wigan and Leigh NHS FT Counselling Service	<p>One to one assessment and counselling for patients over 16 years of age.</p> <p>Offers counselling for mild to moderate depression, anxiety, stress, complex or extended bereavement, coping with chronic illness or significant injury,</p>	Adults	01942 483483

	family/relationship issues, loss (employment, relationship, and health), identity issues i.e. gender and/or sexuality.		
Silvercloud	Online therapy programme for adults to help with stress, anxiety, low mood and depression	Adults, age 16+	silvercloudhealth.com/uk GM.silvercloudhealth.com/signup
Making Space	Support for individuals who have mild to moderate stress, anxiety or depression through a computerised cognitive behavioural therapy (CCBT) program	Adults	makingspace.co.uk ccbt@makingspace.co.uk
Wigan Family Welfare	Counselling for postnatal depression and adult anger management	Adults	wiganfamilywelfare.co.uk/referral-form/antenatal-depression-counselling/ wiganfamilywelfare.co.uk/referral-form/adult-anger-management/ wiganfamilywelfare.co.uk/
Well Women	The Well Women Centre is run by women for women. The centre provides a 'needs led' service, promoting positive emotional health and wellbeing by offering a range of health information, education and supportive services. The services include: <ul style="list-style-type: none"> • A counselling service • Women's Support Group • Delivering Courses • Complimentary Therapies • LIFE Project 	Women	wellwomenscentre.co.uk
Family Refugee Support Project	Support for the mental and emotional wellbeing of migrants and refugees.	Adults	familyrefugeesupportproject.org.uk
Samaritans	Samaritans provide confidential, non-judgemental support 24 hours a day for	All Age	samaritans.org/branches/wigan/

	people who are experiencing feelings of distress or despair, including those which could lead to suicide.		Call 116 123 or email jo@samaritans.org
Campaign Against Living Miserably (CALM)	Offers support to men of any age, who are down or in crisis via a helpline, webchat and website	Men	thecalmzone.net 0800 58 58 58, 5pm to midnight everyday
Mens Health Forum	Provides a 24/7 stress support for men by text, chat and email.	Men	menshealthforum.org.uk
Families Need Fathers	Offers support and guidance to parents dealing with the aftermath of a split. It also supports grandparents without access to their grandchildren. Mon- Fri, 9am – 10pm Sat & Sun, 10am – 3pm	Adults	fnf.org.uk
Construction Industry Helpline	Provides a 24/7 safety net for all construction workers and their families <ul style="list-style-type: none"> - Advice on welfare and mental wellbeing - Emergency financial aid Support on legal tax and debt management matters	Adults	constructionindustryhelpline.com
Silver Line	Friendship and advice to older people. Free confidential helpline. 24/7	Older Adults	thesilverline.org.uk
Age UK	Advice and support, enabling independence and combatting loneliness in older people.	Older Adults	ageuk.org.uk/wiganborough
Pensioners Link	Provides daily activities, friendship and counselling and support for older people who feel isolated, improving confidence and positive mental wellbeing.	Older Adults	pensionerslink.org.uk
Relate	Offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support by phone and through their website (inc Live Chats)	Adult Couples	relate.org.uk

Marriage Care	Specialists in helping couples build and sustain strong, fulfilling, healthy relationships and provide support in times of relationship difficulties	Adult Couples	marriagecare.org.uk
Wigan & Leigh Carers Centre	Services available: <ul style="list-style-type: none"> - Welfare rights support - Counselling - Advocacy - Welfare checks - Befriending service 	Adults	www.wlcccarers.com/
Sensorial	Supporting people living with autism, dementia, brain injury, mental health issues	All age groups	www.sensoriel.co.uk/
Think Ahead	Support for Stroke survivors, their families and carers needing help or advice	All age groups	www.think-ahead.org.uk/
Dias	Specialist provider of support, advice and counselling for domestic abuse	Adults	01942 495230 www.diasdvc.org/
Embrace Wigan & Leigh	Support for disabled people and their families	All age groups	www.embracewiganandleigh.org.uk/
Willow Project	Willow Project is a registered charity, supporting children and young people aged 6-19 and their families who are affected by mental health and emotional issues.	Children and young people aged 6-19 years.	www.willowproject.com/
LINC Survival Guide	Linc2 is a council resource for the borough's young people, providing guidance to those who need it on a range of issues. These include education, friendships and relationships, staying safe, learning about the dangers of drugs and alcohol and much more.	Young people	www.wigan.gov.uk/LINC2/Survival-Guide/Survival-guide
Talk First	Mediation service to help people who are experiencing conflict and having trouble communicating effectively about the issues at hand.	All age groups	talkfirst.org/

SHOUT	24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.	All age groups	Text 'GMWigan' to 85258 Information about GM Shout service
Kooth	An online counselling and emotional well-being platform for children and young people	Children and young people aged 11 to 18 years	www.kooth.com/
Living Life to the Full	One of the world's most used wellbeing support packages and aims to provide key information using everyday non-complex language.	Adults	www.gmhealthhub.org/feeling/living-life-to-the-full
Papyrus	Confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through the helpline, HOPELINEUK.	For under 35s	papyrus-uk.org/ 0800 068 41 41, 9am-10pm weekdays and 2pm-10pm on weekends.

If you're in an unhappy place - There is also a wide range of information, resources and signposting on the '*If you're in an unhappy place*' webpages: www.wigan.gov.uk/Council/The-Deal/Deal-Communities/Be-Kind/If-you're-in-an-unhappy-place.aspx