

# MENTAL HEALTH SUPPORT IN GREATER MANCHESTER FOR ADULTS

We know things may be difficult at the moment. If you find yourself feeling anxious, stressed or overwhelmed, there's support out there for you.



## FREE DIGITAL SERVICES

**shout**  
for support in a crisis

With this 24/7 crisis text messaging service you can send a text message any time of day or night wherever you are – every conversation is with a human being.

**Text GM to 85258**

- ✓ You don't need an app or data
- ✓ There's no registration process
- ✓ It's silent and won't appear on your phone bill
- ✓ Confidential and anonymous.

## Living Life To The Full

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:**

**[hub.gmhsc.org.uk/mental-health/living-life-to-the-full](http://hub.gmhsc.org.uk/mental-health/living-life-to-the-full)**



Online programmes for adults (aged 16 years+) to help ease your levels of stress, sleep better or to build resilience. You can choose to use any of the programmes. They are self-help, confidential and secure.

**Instant access to self-help support:**

**[GM.silvercloudhealth.com/signup](http://GM.silvercloudhealth.com/signup)**

You can find a lot of information, resources and other places you can get help and support on our website and information about your local mental health and wellbeing services

**[hub.gmhsc.org.uk/mental-health/in-your-area](http://hub.gmhsc.org.uk/mental-health/in-your-area)**

# IF YOU NEED HELP IN A CRISIS, NO MATTER WHAT IT IS... WE'RE HERE TO HELP!



Find mental health support where you live  
[hub.gmhsc.org.uk/mental-health/in-your-area](https://hub.gmhsc.org.uk/mental-health/in-your-area)

## Local helplines

If you feel you need mental health support, urgent or otherwise, you can contact your locality helpline or the mental health trust phone numbers in your crisis support plan. They will connect you to practical support with the voluntary sector and statutory health and social care services.



**Bolton**  
01204 337 221

**Bury**  
0161 253 5151

**Heywood, Middleton  
& Rochdale**  
0300 330 9073

**Manchester**  
0800 234 6123

**Oldham**  
0300 330 9073

**Salford**  
0800 952 1000

**Stockport**  
0800 138 7276

**Tameside & Glossop**  
0161 470 6100

**Trafford**  
0300 330 9073

**Wigan**  
01942 636 395

## 24/7 support

If you feel you need more urgent mental health support and don't feel able to contact your locality helpline for any reason **please dial 111**. They will link you to the right level of support that you need.