

Mental health support in Greater Manchester

We know things may be difficult at the moment. If you find yourself feeling anxious, stressed or overwhelmed there's a **range of support** that you can self-refer to.

Free online wellbeing programme

SilverCloud – aged 16 years+

Online programmes 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.

Supporting an Anxious Child (for parents and carers of children aged 5 to 11) and Supporting an Anxious Teen (for parents and carers of teenagers aged 12 to 18) instant access to self-help support:

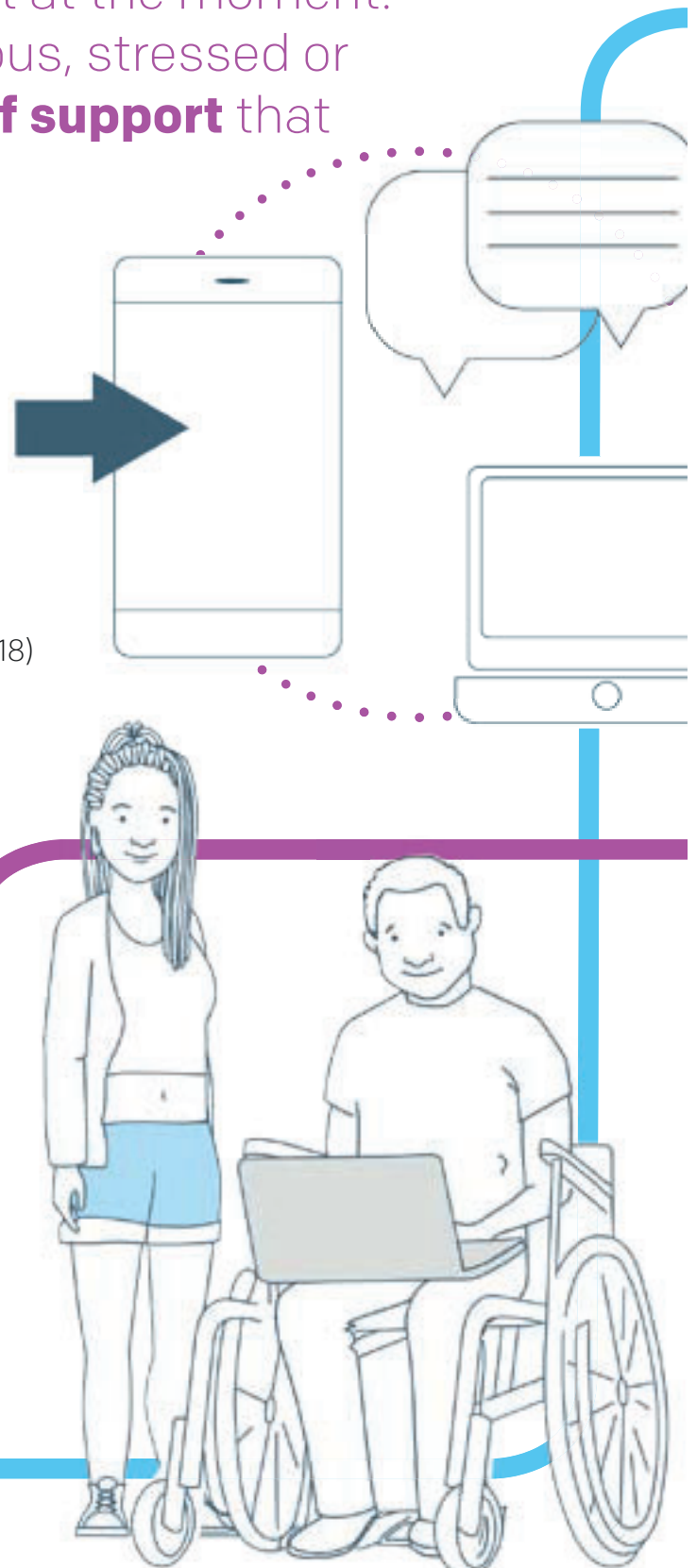
[GM.silvercloudhealth.com/signup](https://gm.silvercloudhealth.com/signup)

Mental health crisis support

Call NHS 111 and select the mental health option if you, or someone you know, is in a mental health crisis.

Available 24/7, you'll speak to a mental health professional who can help you find the right support.

If there's an immediate risk to life ring 999 or go to A&E.



Free digital mental wellbeing support

Join the community and access free, safe and anonymous professional support online. There are no waiting lists for support and no referral needed. Access to these platforms is available instantly 24/7. Support available includes:

- Live chat or messaging with qualified mental health professionals
- Self-help tools and activities
- Online community

Kooth (for ages 10 to 25) www.kooth.com

Qwell (for ages 26+) www.qwell.io/

NHS Talking Therapies

Psychological treatments, including cognitive behaviour therapy, are effective in treating anxiety and depression and are often recommended first, particularly for mild to moderate anxiety and depression. You can find out more about services in your area here:

www.hub.gmintegratedcare.org.uk/mental-health/nhs-talking-therapies-for-anxiety-and-depression/

Shining a Light on Suicide

Whether you're feeling suicidal, worried someone else is, or have lost someone to suicide, you're not alone. Whatever you're going through, we'll help you find the support you need.

www.shiningalightonsuicide.org.uk

Are you, or is a young person you know, not coping with life?

For confidential suicide prevention advice for young people under 35 years of age, contact Papyrus at HOPELINEUK. They're open 9am to 12am (midnight) every day of the year.

Tel: **0800 068 4141**

Email: pat@papyrus-uk

Greater Manchester Bereavement Service

This service is available for anyone living or working in Greater Manchester who has been bereaved or affected by a death by whatever cause, no matter how long ago. No one needs to feel alone as they deal with their grief. greater-manchester-bereavement-service.org.uk/

Tel: **0161 983 0902**

