

Christmas Crisis

TAMESIDE CONTACTS

ANXIETY UK HELPLINE - is a national anxiety/stress specific helpline open Monday to Friday from 9.30-5.30pm on: 03444 775774

COMBAT STRESS HELPLINE - Call our free 24 hour helpline for veterans and serving military personnel and their families.
0800 138 1619

CALM (for males) 0800 58 58 58 or call using the web-chat at www.thecalmzone.net (5pm till midnight)

NHS - 111 (24 hours every day)

PAPYRUS (PREVENTION OF YOUNG SUICIDE)

HOPELINE UK - If you are a young person at risk of suicide or are worried about a young person at risk of suicide:

Tel: 0800 068 41 41, Text: 0778 620 9697.

Email: pat@papyrus-uk.org

SAMARITANS

Whatever you're going through, call them free any time, from any phone on 116 123

SANeline

0300 304 7000 (4.30pm – 10.30pm daily)

SELF HELP - is a user-led mental health charity, providing services across the Greater Manchester. They offer a wide range of support, services and opportunities for people living with mental health difficulties such as anxiety, depression, phobias and panic attacks. Tel: 0161 226 3871 (Manchester, Trafford, Salford)
Tel: 0161 480 2020 (Stockport)

THE SANCTUARY - is a mental health crisis service, providing support to adults who are experiencing anxiety, panic attacks, depression or suicidal thoughts.

Manchester, Stockport, Trafford, Tameside and Glossop

Tel: 0300 003 7029, 6pm-1am;

Bolton: 0300 003 7029, 4pm-12am;

Wigan and Leigh: 01942 410522 - 8pm-6am

SILVERLINE - 08004708090. Free helpline 24 hours a day 365 days a year. For people over 55 years for people who are feeling lonely, want to share their worries, having difficulty sleeping and for practical enquiries.

You can arrange an emergency appointment to see your GP who can assess your needs and get you the help you need.

If you are in a crisis and need help urgently, you can see a mental health professional at your local hospital's A&E Department.

AnxietyUK
Here for you since 1970

**CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM**

**COMBAT
STRESS**
FOR VETERANS' MENTAL HEALTH

NHS

PAPYRUS
PREVENTION OF YOUNG SUICIDE

SANE

SAMARITANS

SelfHelp
The Sanctuary

The Silver Line
helpline for older people
0800 4 70 80 90