



www.carersmanchester.org.uk

Updated 08/04/2021

Mental Health Helplines and Listening Services

The GMMH 24/7 Helpline is free to use for anyone who feels their mental health is beginning to suffer. It's run by the Greater Manchester Mental Health NHS Foundation Trust.

✓ **Call 0800 953 0285**

(Open 24/7, 365 days of the year)

✓ **Visit <https://www.gmmh.nhs.uk/247-helpline>**

SANEline is a national, out-of-hours helpline for anyone aged 16+ who is affected by mental illness, including carers, family and friends.

✓ **Call 07984 967708 or email support@sane.org.uk**

(Open 4:30pm to 10:30pm, 365 days of the year)

✓ **Visit http://www.sane.org.uk/what_we_do/support/helpline**

Samaritans offers a chance to talk confidentially to someone who will listen without judgement. Whatever you're going through, a Samaritan will go through it with you.

✓ **Call 116 123 or email jo@samaritans.org**

(Open 24/7, 365 days of the year)

✓ **Visit <https://www.samaritans.org/>**

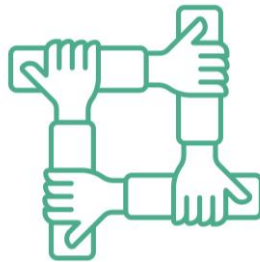


Shout is a text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and need immediate help.

✓ **Text SHOUT to 85258**

(Open 24/7, 365 days of the year)

✓ **Visit www.giveusashout.org**



The Silver Line is a free, confidential helpline providing information, friendship and advice to older people.

✓ **Call 0800 470 8090**

(Open 24/7, 365 days of the year)

✓ **Visit <https://thesilverline.org.uk>**

CALM (the Campaign Against Living Miserably) supports men of any age who are feeling down, have hit a wall and who need to talk or find support.

✓ **Call 0800 58 58 58**

(Open 5:00pm - midnight, 365 days of the year)

✓ **Visit <https://thecalmzone.net/>**

Switchboard is a one-stop listening service for LGBTQ+ people. All volunteers on the helpline self-identify as LGBTQ+.

✓ **Call 0300 330 0630 or email chris@switchboard.lgbt**

(Open 10:00am - 10:00pm, 365 days of the year)

✓ **Visit <https://switchboard.lgbt/>**

PAPYRUS' HOPELINEUK is a helpline for anyone up to the age of 35 who is experiencing thoughts of suicide or anyone concerned that a young person could be thinking about suicide.

✓ **Call 0800 068 4141 or email pat@papyrus-uk.org**

(Open 9:00am – midnight, 365 days of the year)

✓ **Visit <https://www.papyrus-uk.org/hopelineuk/>**



YoungMinds' Parents Helpline is for any parent who is worried about the mental health or behaviour of someone up to the age of 25. Free, confidential advice is available from trained advisors.

✓ **Call 0808 802 5544**

(Open 9:30am – 4:00pm, Monday to Friday)

✓ **Visit www.youngminds.org.uk**



If you would like more information about mental health support, contact the Carers Manchester Contact Point on 0161 543 8000 or contactpoint@carersmanchester.org.uk (Monday – Friday 10:00am – 4:00pm) and speak to one of our support workers.