**Mental Health Advice and Support for Trafford Residents**

**Mental Health Support Services:**

**GMMH free 24 hour Helpline** for Manchester Mental Health service users and carers call 0800 953 0285

**Community Mental Health Team** If someone is already open to the CMHT they can contact the teams on either: 0161 358 1390 (North & West Trafford) or 0161 357 1340 (South Trafford) between the hours of 9 am and 5 pm.

There is also a crisis line for people open to mental health services which is available 24 hours a day by phoning 01204 483 071.

**Trafford Psychological Therapies Services** offer talking therapy (counselling, cognitive behavioural therapy (CBT) or psychology) for anyone over the age of 16 years old, who has a Trafford GP and may be struggling with a common mental health problem (Anxiety, Low Mood, Worry, Stress, Sleep, Phobia, OCD, Trauma, etc.) Access is via GP referral or self-referral via: <https://www.gmmh.nhs.uk/tpt/> or by calling Trafford Psychological Therapies on: 0161 357 1350.

**Primary Care Mental Health Wellbeing Service** offer more specialist input please call 0161 271 0919 or email; pcmhw.admin@gmmh.nhs.uk. The service is open between 09:00 and 17:00 Monday to Friday. There is a voice message facility for outside of office hours.

**Men’s Support Group** in Trafford aims to support the wellbeing of men who are struggling. The group meet weekly to talk about things that are affecting them, provide support and teach strategies to deal with issues faced. No referral necessary. Old Trafford Wellbeing Centre, 54-56 Seymour Grove, Manchester, M16 0LN. Contact 0789 497 1434 hello@drectionsformen.org.uk currently meeting on Zoom: Monday 18:30, Thursday 15:30 and Sunday 12:30.

**BlueSci Wellbeing Support Line:** **0161 912 2177** Local wellbeing support line between 10:00 – 14:00.

**Digital Support Offer:**

**Shout** offer support in a crisis through a 24/7 text messaging service. Just need to **Text GM to 85258**. It’s confidential and anonymous with no registration required.

**Living Life to the Full** offers 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**

**SilverCloud** provide online programmes for adults (aged 16 years+) to help ease levels of stress, sleep better or to build resilience. They are self-help, confidential and secure. Instant access to self-help support: GM.silvercloudhealth.com/signup

**Wellbeing Advice & National Helplines:**

Information about local mental health and wellbeing services here <https://hub.gmhsc.org.uk/mental-health/in-your-area/>

NHS Every mind Matters: www.nhs.uk/oneyou/every-mind-matters

Samaritans: **116 123** (free 24-hour helpline) if people are feeling stressed/anxious.

Mind: **0300 123 3393** Self-help support to cope with anxiety and stress ([www.mind.org.uk](http://www.mind.org.uk))

No Panic: **0844967 4848** Anxiety support/self-help relaxation techniques ([www.nopanic.or.uk](http://www.nopanic.or.uk))

**Bereavement Services:**

**Greater Manchester Bereavement Service** – For bereavement support or advice, call the Greater Manchester Bereavement Service on 0161 983 0902 or visit [www.greater-manchester-bereavement-service.org.uk](http://www.greater-manchester-bereavement-service.org.uk)

**Greater Manchester Suicide Bereavement Information Service:** A confidential information service for people bereaved or affected by suicide. The impact of bereavement through suicide is devastating – for family – for friends – for the community. The Suicide Bereavement Information Service has been set up to help answer your questions – whether it is seeking advice on immediate issues that need addressing or making you aware of ongoing support services.

Please contact: **0161 983 0700**. Alternatively contact via email on: SB.IS@nhs.net

Our telephone line is open Monday to Friday 10am – 4pm excluding Bank holiday.

This confidential service is for people living in: Bolton – Bury – Manchester – Oldham – Rochdale – Salford – Stockport – Tameside – Trafford – Wigan

**Information & Resources For Support After Suicide:**

Support After Suicide: <https://supportaftersuicide.org.uk/support-guides/help-is-at-hand/>

Shining a Light on Suicide: <http://www.shiningalightonsuicide.org.uk/>