

MENTAL HEALTH CHARITIES AND SUPPORT NETWORKS

Grace's work UNEASE is influenced by her own experience of living with anxiety and depression. If you or someone you know has been affected by this, please find a list of organisations below that you might find helpful.

Urgent Help

Call your nearest NHS Walk-In Centre or go to Accident & Emergency (A&E) at your local hospital. Find your nearest walk-in centre [online](#).

Urgent help nationwide links

www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/
www.manchestermind.org/urgent-help/

Support

Remember you can always contact your General Practitioner (GP) www.gmmh.nhs.uk/ - Greater Manchester Mental Health

CHARITIES & SUPPORT NETWORKS

MIND MANCHESTER

Our purpose is to create a space where mental health comes first. We believe that everyone deserves to be supported in their mental health needs and that we have a part to play in that.

Address & Contact Information

Zion Community Resource Centre (currently closed)
339 Stretford Road
Hulme
Manchester
M15 4ZY

0161 769 5732

Phone lines: 10am-2pm (emergency contact available)

www.manchestermind.org

@manchester_mind

SAMARITANS

From our base in Central Manchester, we offer emotional support by telephone, and by email. The phone lines and email support are available 24/7. The branch will be open again soon for face-to-face callers once the pandemic restrictions for visitors is lifted, but we cannot say when this will be. Until then the branch is not able to accept visitors.

Address & Contact Information

72-74 Oxford Street
Manchester
M1 5NH

Call for free from any phone 24/7: 116 123 or 0330 094 5717 (local call charges apply)

[The Samaritans](#)

Peer Support Group - no need to book (18+)

WYTHENSHAWE ANXIETY AND DEPRESSION GROUP

This drop-in group offers a sympathetic and non-judgmental space where you can meet others who also struggle with anxiety. Our groups care about your experiences and really understand. They offer help, information and a place for people to share ideas on how to cope with anxiety. All currently online/over phone due to pandemic.

Address & Contact Information

Wythenshawe Forum Library
Civic Centre
Wythenshawe
Manchester
M22 5RX

0161 226 3871

Saturdays from 10am – 2pm

www.selfhelpservices.org.uk

Other groups that may be more local can be found here www.selfhelpservices.org.uk/groups/

18 years old & under

YOUNG MINDS MANCHESTER

We want to see a world where every young person who is struggling feels able to reach out and has people and services around them who can really help. We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

Contact Details

0808 802 5544

Phone Lines 9:30am-4pm

www.youngminds.org.uk/

Help for a friend or family member

'If you are concerned about someone else's mental health, you could try asking them how they are. Sometimes just talking to someone who is willing to listen can be very helpful and make people feel less alone with their problems. Showing your support and giving someone space to communicate their feelings can be a huge release for them. By asking someone how they are feeling, you are showing them that it is OK to talk and that you are available to listen'

Links to support & advice for helping someone else:

www.mind.org.uk/information-support/helping-someone-else/

www.gmmh.nhs.uk/information-for-carers/

www.salfordccg.nhs.uk/live-well/mental-health/worried-about-someone