

Low, anxious, stressed or need to talk?



Urgent Support

When you need help straight away

Mental Health Helpline 0800 014 9995

A local mental health crisis helpline for all ages in Tameside

24 hours a day,
7 days a week

SAFE Tameside 0161 470 6104

No appointment needed, drop in to the SAFE Tameside Hub at The Anthony Seddon Centre, 12 George Street, Ashton-under-Lyne OL6 6AQ, at a time that suits you between **1pm – 8pm Monday to Friday**. Please note that the last time slot starts at 7pm. Or **Saturday 10am-3pm**, Infinity Initiatives, 9 Fletcher Street, Ashton-under-Lyne OL6 6BY.

call between 1pm and 8pm
to book an appointment.

HOPELINE247 0800 068 4141

Confidential suicide prevention advice for under 35 year olds. They're open 9am-12am (midnight) every day of the year.

Text 88247 Call 0800 068 4141 Email pat@papyrus-uk.org

Samaritans 116 123

A confidential national helpline supporting people in mental health crisis

24 hours a day,
7 days a week

Online Support

For support you can access any time

Silvercloud

Online support for your mental health
gm.silvercloudhealth.com/signup

Living Life to the Full

Resources to support mental wellbeing
www.lltffgm.lltff4.com

Kooth

Free, safe and anonymous mental health support for young people www.kooth.com

Qwell

Free, safe and anonymous mental health support www.qwell.io



Scan this code with your phone to access more mental health support information

Service Support

When you need support from a service

NHS Tameside and Glossop Talking Therapies 0161 716 4242

(9am-5pm)
can offer a range of talking therapies to support your mental health. Their service is delivered by a range of trained professionals, including therapists and counsellors, who will find a level of treatment that is right for you. www.penninecare.nhs.uk/tamesidetalk

Community Support

Welcoming places you can go for support

Infinity Initiatives 0161 339 6137

Café, counselling, advocacy and support service

Weekdays 9am-2:30pm
with appointments available outside these hours

The Anthony Seddon Fund 0161 376 4439

Peer Support for mental wellbeing
www.tasfund.org.uk

Opening hours vary

Diversity Matters 0161 368 3268

North West

Mental health awareness and peer support for BAME communities

Mon-Thurs 9am-5pm
Friday 10am-4pm

Health and Wellbeing 0161 716 2666

College

Courses to support your mental wellbeing

Weekdays 9am-5pm

Tameside, Oldham & Glossop Mind 0161 330 9223

Peer support, counselling, wellbeing hub, young people, families and drop-in support for mental health. Drop in for children and young people on **Wednesdays 4pm-8pm**

Weekdays 9am-5pm

Greater Manchester Bereavement Service 0161 983 0902

Monday to Friday 9am – 5pm
We can help to find support for anyone in Greater Manchester that has been bereaved or affected by a death.
www.greater-manchester-bereavement-service.org.uk

My Recovery Tameside

My Recovery Tameside is a free and confidential drug and alcohol service for adults, young people, families, carers affected others in Tameside.
www.changegrowlive.org/my-recovery-tameside