

Regional and National support services.

### **Mental Health Support**

- **Pennine Care NHS Trust. Helpline 0800 014 995 Open 24/7**  
NHS Mental Health Trust Covering Bury, Rochdale (Heywood, Middleton, and Rochdale), Oldham, Tameside, and Stockport.  
Speak directly to a mental health professional.
- **Greater Manchester Mental Health NHS Trust. Helpline: 0800 953 0285. Open 24/7**  
NHS Mental Health Trust covering Bolton, Salford, Trafford, Wigan, City of Manchester.  
Speak directly to a mental health professional.
- **Your GP**
- **Hospital A & E departments:**  
Stockport Stepping Hill Hospital  
Tameside General, Fountain Street, Ashton Under Lyne  
Royal Oldham Hospital- Rochdale Road Oldham  
Bury Fairfield Hospital  
Salford Royal Hospital  
Trafford General Hospital  
Bolton Royal Hospital  
North Manchester Hospital  
Manchester Royal Infirmary  
Wythenshawe Hospital
- **Samaritans.** Mental health support. National Helpline. Free to access. 24 hours day and night.  
116 123  
SMS: Text SHOUT to 85258  
E mail: [jo@samaritans.org](mailto:jo@samaritans.org)  
Write: freepost Samaritans Letters
- **Papyrus UK.** Suicide prevention for younger people (under 35).  
Call Papyrus HopelineUK 24/7 (weekends and Bank Holidays included)  
Call: 0800 068 41 41  
Text: 07860 039967  
Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- **The Mix** – Under 25's / Free to access. 3pm to midnight every day.  
Call: 0808 808 4994

- Saneline: 4pm-10pm  
**0300 304 7000**
- National Suicide Prevention Helpline UK :6pm-midnight every day  
**0800 689 5652**
- Campaign against living miserably (CALM): 5pm-midnight. 365 days a year.  
**0800585858**
- Switchboard – If you identify as Gay Lesbian, bisexual or transgender. 10am-10pm every day.  
**0800 0119 100**

### Adult Drug and Alcohol Services

#### **Stockport:**

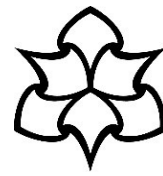
- **START Team.**  
**0161 474 3141.** START@stockport.gov.uk
- Stockport Drug and Alcohol Services: (26 years and over)  
Cirtek House, Higher Hillgate, Stockport, SK1 3QD  
**0161 716 4000**  
(Pennine Care NHS Trust, Acorn Recovery Projects, Intuitive Thinking Skills)
- Mosaic (Under 26 years).  
**0161 218 1100**

#### **Bolton:**

- **Achieve Services.**  
Beacon House  
69-73 Manchester Road  
Bolton  
BL4 1ES  
**Telephone: 01204 483090**  
[achieve.referrals@gmmh.nhs.net](mailto:achieve.referrals@gmmh.nhs.net)  
(Greater Manchester Mental Health Services)

#### **Salford**

- **Achieve Services.**  
The Orchard,  
2, Langworthy Road South  
Salford  
M6 6GU  
(Recovery Hub)
- **Achieve Services.**  
1, King Street,



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Eccles

M30 OAE

(Clinical Treatment Team)

**0161 358 1530**

[achieve.referrals@gmmh.nhs.net](mailto:achieve.referrals@gmmh.nhs.net)

(Greater Manchester Mental Health Services)

#### **Bury**

- **Achieve Services.**

Humphrey House

4, Angouleme Way

BL9 0EQ

**0161 271 0020**

[achieve.referrals@gmmh.nhs.net](mailto:achieve.referrals@gmmh.nhs.net)

(Greater Manchester Mental Health Services)

#### **Trafford**

- **Achieve Services.**

545, Chester Road

Old Trafford

M16 9HD

**0161 358 0991**

[achieve.referrals@gmmh.nhs.net](mailto:achieve.referrals@gmmh.nhs.net)

(Greater Manchester Mental Health Services)

#### **Haywood, Middleton, and Rochdale**

- **Rochdale and Oldham Active Recovery**

Rochdale Hub

11-14 St Chads Court

Rochdale

OL16 1QU

**03005550234**

(Turning Point)

#### **Oldham**

- **Rochdale and Oldham Active Recovery**

Oldham Hub

5 Greaves Street

Oldham

OL1 1QN

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**03005550234**

(Turning Point)

**Manchester**

- 43A Carnarvon Street,  
Cheetham Hill  
Manchester  
M3 1EZ

**0161 823 6306**

(Change, Grow, Live)

- Zion Community Centre  
339 Stretford Road  
Hulme  
Manchester  
M15 4ZY

**0161 823 6306**

(Change, Grow, Live)

- Sharston Industrial Estate  
Bradnor Road  
Manchester  
M22 4TF

**0161 945 8772**

(Change, Grow, Live)

- Phoenix Mills  
20 Piercy Street,  
Ancoats  
Manchester  
M4 7HY

**0161 203 6622**

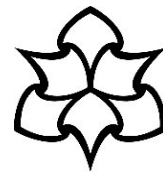
(Change, Grow, Live)

**Tameside**

- My Recovery Tameside  
111-113 Old Street  
Ashton-under Lyne  
OL6 7RL

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**Manchester  
Metropolitan  
University**

**0161 672 9420**  
(Change, Grow, Live)

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