

Feeling **anxious, stressed or low?**

There's support in Stockport to help you

If you want to talk

Open Door

0800 138 7276 – Mental health helpline - 24 hours 7 days. Safe Haven drop in, open daily, 72-74 Prince's Street, SK1 1RJ

Emotional Wellbeing Hub

0161 217 6028

For anyone up to 25 years, parents and carers weekdays till 4.30pm

Greater Manchester Bereavement Service

0161 983 0902 weekdays till 5pm

Childline

0800 1111 7.30am to 3.30am weekdays, 9am to 3.30am Sat and Sun

For Urgent Help

Samaritans

Phone **116 123** – 24 hours 7 days

Hopeline

0800 068 4141

Suicide prevention service for young people 9am to midnight every day of the year (weekends and bank holidays included).

Shout

Text **SHOUT** to **85258**
Chat with trained crisis volunteers by text message

999

In a life-threatening emergency ring **999**

Advice or help with financial difficulties, loneliness and getting food

Council Coronavirus Helpline

0161 217 6046 or by text phone on **07860 022 876** weekdays till 4.30pm

The Prevention Alliance

0161 474 1042 weekdays till 4:30pm

Help around drugs, alcohol, smoking or gambling

START team

0161 474 3141 (weekdays)
Free advice and support

National Gambling Helpline

0808 8020 133 – 24 hours 7 days

Go online

For more help and advice, self-help resources and details about other local services visit www.stockport.gov.uk/wellbeingcoronavirus



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

ONESTOCKPORT

NHS
Stockport
Clinical Commissioning Group

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