

Helplines, apps and other resources

Helplines	
Samaritans	0161 236 8000 (local call charges apply) or 116 123 (free to call). Open 24 hours a day. They offer confidential emotional support. This can be by telephone, email, letter and face to face for people in distress.
Saneline	0300 304 7000. Open 4.30pm - 10.30pm every day. They provide emotional support and information.
Shout	Offers free confidential 24/7 crisis text support for times when you need immediate assistance. Text "SHOUT" to 85258.
Campaign Against Living Miserably (CALM)	Helpline for men. 0800 58 58 58. 5pm - midnight, 365 days a year.
Domestic abuse:	24-hour National Domestic Violence Freephone Helpline 0808 2000 247
Papyrus	Offers emotional support to people under 35 who feel that life is not worth living any more. Papyrus's HopelineUK 0800 068 41 41 is available from 9am to 10pm weekdays and 2pm to 10pm on weekends. Text 07786 209697
Apps	
Stay Alive	https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/ A helpful app to download, if you're feeling suicidal.
Baby Buddy App	https://www.nhs.uk/apps-library/baby-buddy/ https://www.bestbeginnings.org.uk/crisis-messenger If you're pregnant or a parent, and if you're feeling suicidal, you and your partner can text BABYBUDDY to 85258 for free 24/7 confidential text support from a trained volunteer when you're in emotional pain or a crisis.

Helpful Apps	https://gmmh.orchh.co.uk/
Cove App	Free to download, helps you to create and use music to express how you are feeling http://www.cove-app.com/
Calmharm	Free to download and full of ideas of how to ride the wave of distress safely https://calmharm.co.uk/
Thrive	Free to download, this app uses games to help you learn how to better manage your emotions https://www.nhs.uk/apps-library/thrive/
Headspace	A meditation app. https://www.headspace.com/ There is a cost after the free trial but Netflix have just started a headspace tutorial series https://www.headspace.com/netflix
Calm	Meditation and sleep app. https://www.calm.com/
NHS Mental Health Services	
Greater Manchester Mental Health NHS Foundation Trust	<p>www.gmmh.nhs.uk Provide a range of NHS services to the residents of Manchester.</p> <p>Community Perinatal Mental Health Team: 0161 2710188 https://www.gmmh.nhs.uk/perinatal-community/</p> <p>Perinatal services and Parent and Infant Mental Health Services. https://hub.gmhsc.org.uk/mental-health/wp-content/uploads/sites/6/2020/06/GMMH093-Information-for-Carers-Family-and-Friends-Perinatal-Trifold.pdf https://hub.gmhsc.org.uk/mental-health/wp-</p>

	content/uploads/sites/6/2020/06/GMMH092-Specialist-Perinatal-CMHT-A5-Booklet-1-002.pdf
Social Services	If you, or someone you know needs care or support you can contact the Contact Centre for advice, information and an assessment of needs. 24 hours a day. Tel: 0161 234 5001
Services for Children and Young People	
GP's, school nurses, health visitors and social workers can make referrals to specialist mental health services for children and young people under 18. Young people can refer themselves to these services:	
42nd Street	0161 228 7321 www.42ndstreet.org.uk For young people living in Manchester, Salford, Trafford aged 13 - 25 and Tameside and Glossop aged 13 - 18. They provide a range of support services for young people under stress.
Emerge 16/17 Community Mental Health Team	0161 226 7457 They offer a mental health service only for 16 and 17 year olds with moderate to severe mental health problems.
YASP (Young Adults Services and Projects, part of Manchester Mind)	0161 221 3054. They offer a range of services for young people aged 15 to 25 who find themselves under stress or homeless
Specialist services in the voluntary and community sector	
African &	0161 226 9562 www.acmh-services.co.uk They offer

Caribbean Mental Health Service	a range of services to African and Caribbean people with mental health problems aged 16 and over
Creative Support	0161 2375005 www.creativesupport.co.uk offer person centred social care services for people with mental health needs and learning disability.
Hearing Voices Network	www.hearing-voices.org Offer information, support and understanding to people who hear voices and those who support them.
Manchester Mind	0161 769 5732 www.manchestermind.org offer a range of services for people aged 16 and over who live in Manchester and have mental health needs including a cafe, food projects, volunteering and advice on welfare, benefits, housing and debt.
Mood Swings	0161 832 3736 www.moodswings.org.uk Free, confidential information, advice and support for people with mood disorders, their families and friends.
North Manchester Black Health Forum	0161 720 9974 works with vulnerable adults, women and families from marginalised communities living with long-term health conditions, poverty & economic pressures. Offers information & sign posting to local people with social care, housing & welfare benefits enquiries. https://hsm.manchester.gov.uk/kb5/manchester/directory/service.page?id=zymvziVW1m0
Self Help Services	0161 226 3871 www.selfhelpservices.org.uk Provide self help and psychological therapy services for people with mental health problems like depression, anxiety and panic. Offer one to one, group and telephone based services.
LGBT Foundation	0345 330 3030. Offer a variety of services to the LGBT community of Manchester. Includes a helpline and counselling service. The LGBT Foundation

	offers a wellbeing clinic to improve the mental health wellbeing of the LGBT community.
Wai Yin Kwan Wai	0161 272 7482 www.waiyin.org.uk Chinese Mental Health Project that offer support to people with a range of mental health difficulties. This includes one to one support, advice and a drop in.
Websites	
Tommy's	Tips for improving mental health wellbeing. https://www.tommys.org/pregnancy-information/im-pregnant/mental-wellbeing/mental-health-during-and-after-pregnancy
Greater Manchester and Eastern Cheshire - my birth my choice	https://www.mybirthmychoice.co.uk/ has a comprehensive list of support websites and information for parents
Bipolar UK	https://www.bipolaruk.org/ offering advice and support to people with bipolar disorder
MIND	https://www.mind.org.uk/ mental health charity providing advice and support.
Beat	Eating disorder helpline and support. https://www.beateatingdisorders.org.uk/support-services/helplines 0808 801 0677
Action on Postpartum Psychosis	https://www.app-network.org/ Is the national charity for women and families affected by Postpartum Psychosis (PP).
Dads Matters	Support dads with attachments and bonding, mental health, accessing services contact via email at DadMatters@homestarthost.org.uk or visit the website on Dadmatters.org.uk

Stillbirth and Neonatal Death Society (SANDS)	www.uk-sands.org Information and national network for support groups for bereaved parents
Royal College of Psychiatrists	www.rcpsych.ac.uk Online mental health resource
OCD-UK	www.ocduk.org/prenatal-postnatal-ocd Useful information about pre and postnatal OCD
PANDAS	www.pandasfoundation.org.uk A UK charity supporting families suffering from antenatal and postnatal mental health problems
Medication resources	
Mother to Baby	Information about medications and other exposures during pregnancy and while breastfeeding https://mothertobaby.org and https://mothertobaby.org/fact-sheets-parent/
Royal College of Psychiatrists	www.rcpsych.ac.uk Online mental health resource
National and Local Documents	
<ul style="list-style-type: none"> • NICE national institute for health and care excellence. Antenatal and postnatal mental health (updated 2020) https://www.nice.org.uk/guidance/qs115 	

- Better births (Improving Outcomes of Maternity Services in England) <https://www.england.nhs.uk/wp-content/uploads/2016/02/national-maternity-review-report.pdf?PDFPATHWAY=PDF>
- Greater Manchester Perinatal Parent and Infant Mental Health Service. Championing 1001 critical days <https://www.gmmh.nhs.uk/download.cfm?doc=docm93jjjm4n7317.pdf&ver=9858>
- 10 year forward plan <https://www.longtermplan.nhs.uk/publication/nhs-long-term-plan/>