

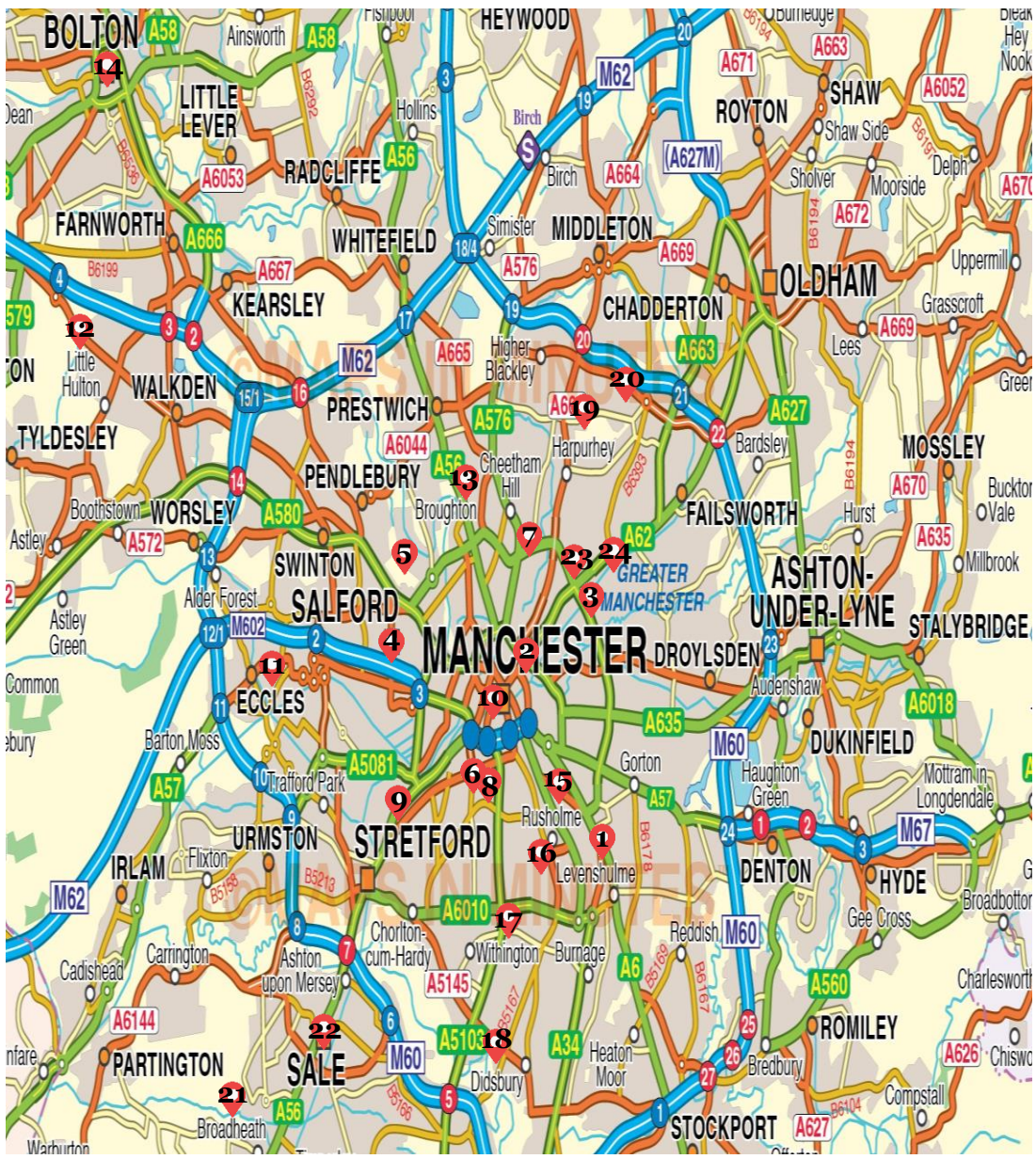
mind offer counselling, mentoring, befriending, advice, volunteering and an internet café with free internet access for young people aged 18-25. You can contact them via:
Tel: 0161 221 3054
Email: cyp@manchestermind.org
Postcode: M19 3AW (Levenshulme) **1**

moodswings help people recover from mood problems and the emotional distress they can cause, through face to face/online support or creative workshops. You can contact them via:
Tel: 0161 832 3736
moodswings.org.uk
Postcode: M4 4DE (Ancoats) **2**

42nd STREET deliver individual counselling, CBT, EMDR, one to one psycho-social support and advocacy services for people aged 13-25. You can contact them via:
Tel: 0161 228 7321
42ndstreet.org.uk/referrals/
Postcode: M4 5AG (Ancoats) **3**

six degrees build resilient communities in which people with mental health problems are accepted, supported and equipped with skills to deal with the challenges they face. Contact your GP first to make a referral:
Tel: 0161 983 0900
six-degrees.org.uk/
Postcode: M5 4QH (Salford) **4**

START run arts courses for those with mental health issues; members have access to art and media studios, craft workshops and gardens in several community venues. You can contact them via:
Tel: 0161 351 6000
startinspiringminds.org.uk/
Postcode: M6 5BZ (Salford) **5**



The BigLife Group offer one to one support for any life changes that people wish to make; they are based in the Zion Centre, home to various other community services. You can contact them via:
Tel: 0161 470 7120
thebiglifegroup.com
Postcode: M15 4ZY (Hulme) **6**

mind in Salford is an independent, user focused charity that helps make a positive difference to the wellbeing and mental health of local people aged 18+. You can contact them via:
Tel: 0161 839 3030
mindinsalford.org.uk/
Postcode: M3 6FA (Salford) **7**

iapt provide self-help treatment and support for common mental health conditions, including counselling, CBT, mindfulness, guided online therapy or group workshops for people aged 18+. You can use the link below to self-refer or ask your GP for more details:
Tel: 0161 226 3871
iaptportal.co.uk/manshs.html
Postcode: M15 4ZY (Hulme) **8**

SelfHelp are a user-led charity who offer a wide range of face to face/ online support, services and opportunities for people with mental health difficulties (e.g drop in sessions, workshops and eTherapy) You can find contact details for these services below:
Tel: 0161 226 3871
selfhelpservices.org.uk/
Postcode: M16 0PQ (based in Old Trafford but these services can be accessed citywide, the useful postcode checker on the website can help you find services closer to where you live) **9**

Rethink Mental Illness provide expert advice and information to people of all ages with mental health problems and their carers. You can contact them via:
Tel: 07816 754032 (Mary, group founder)
rethink.org/
Postcode: M60 0AB (City Centre) **10**

NHS Greater Manchester Mental Health NHS Foundation Trust commission community mental health teams across Manchester (see the map for locations) providing assessment, treatment and care of individuals from 16-70 years of age with a diagnosed functional mental health problem. Visit the website for more info about how to contact teams in your area:
24/7 helpline: 01204 483071
gmmh.nhs.uk/community-mental-health-teams **11 12 13 14 15 16 17 18 19 20 21 22**

Emergency Contacts...

Samaritans (24/7 Counselling and advice) - call **116 123**

SHOUT (24/7 Crisis text service) - text **85258**

Papyrus (Prevention of Young Suicide, 10am–10pm weekdays, 2pm–10pm weekends and bank holidays) - call **0800 068 41 41**

Kooth.com (online chat support)

Nopanic.org.uk (online support for anxiety and panic 10am–10pm everyday) - call **0844 967 4848**




The Millennium Powerhouse

140 Raby Street
Moss Side
Manchester
M14 4SL

0161 226 7457

mft.emerge.cmft@nhs.net

TURNING POINT provide community-based crisis support for people aged 18+ suffering from distress (short-term residential for 10 nights/one to one meetings for 2 weeks). You (or someone on your behalf) can make a referral over the phone (8am-11pm every day):
Tel: 0161 238 5149/0161 827 8570
turning-point.co.uk
Postcode: M4 5FY (Collyhurst) 

Expert Patients Programme is a free course run by trained local tutors who have experience of self-managing long term conditions, which takes place over 6 weekly sessions (once a week for 2.5 hours):
You can contact them via:
Tel: 0161 371 2105
Email: mft.epp@nhs.net
Postcode: M4 6EE (Ancoats) 

Emerge are here to support your transition to adult services and we can offer information or signposting advice on services which support individuals seeking independent living, engagement programmes, recovery from substance use as well as tailored support for specific mental health conditions that are available to you in Manchester.

If you need any advice or signposting, please do feel free to give us a call/drop us an email. Thank you for all your hard work with our team, we wish you all the best for the future!



CAMPAIGN AGAINST LIVING MISERABLY CALM



SANE



PAPYRUS
PREVENTION OF YOUNG SUICIDE

ocdaction
it's time to act



YOUNGMINDS



Centre for
CInterventions
• Psychotherapy • Research • Training

MOODJUICE



EVERY MIND MATTERS



bacp

British Association for
Counselling & Psychotherapy

AnxietyUK
Here for you since 1970

mh
mentalhealthmatters™

buzz
Manchester
Health & Wellbeing
Service

Emerge 16 - 17 Community

Mental Health Team



Now that you're 18, there are a number of services that you can access for further support with your mental health...



This leaflet has been developed to help you navigate your way around the adult services available to you across Manchester and Salford (and other services that you may already be familiar with, that are based in the UK)



Manchester University
NHS Foundation Trust