

## **Helplines over the Christmas period**

### **Greater Manchester Mental Health NHS**

Greater Manchester Mental Health NHS Foundation Trust are still here to respond to the needs of all our service users and their carers.

24/7 Helpline number **0800 9530285**

### **Mind**

We have lots of information to help you understand and manage your situation when you need help.

Call Mind Infoline **0300 123 3393**

[www.mind.org.uk](http://www.mind.org.uk)

### **The Hope Centre/ The Hideaway Partington 0161 660 0299**

For Christmas 2019 we were able to provide a range of support for local residents thanks to the generosity of so many incredible supporters. This year we know through our work in the Hope Centre that there will be many more people in need in Partington and Carrington. This year has been one of the hardest that many of us can remember and so many local people have taken a huge financial hit through circumstances beyond their control. If you are worried about getting through this Christmas season, we're here to help.

<https://www.thehideawaymanchester.com/christmas>

### **PAPYRUS Suicide Helpline**

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact HOPELINEUK. We are open 9am–12am (midnight) every day of the year:

**0800 068 4141**

### **ChildLine**

**Call 0800 1111**

ChildLine is a confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

<https://www.childline.org.uk>

## **Samaritans**

Call **116 123** (24 hours a day, free to call)

The Samaritans provide confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases, talk to someone face to face.

<https://www.samaritans.org>

**TDAS Domestic Abuse Service.** Open, calls may be diverted to national number - 01618727368

**\*Cold weather provision for anyone who is homeless in Trafford\***

If you have concerns about anyone sleeping rough, please call 0161 912 2230 (8.30am-5pm) or 0800 218 2000 (out of hours).

Spaces are available for anyone who is homeless to come inside and keep warm.



A blue banner with a white snowflake icon in a circle on the left. The text reads: "Cold Weather Provision" in large white font, followed by "For anyone who is homeless to come inside and stay warm" in smaller white font. In the bottom right corner, there is a black circular logo for Trafford Council featuring a crest and the text "TRAFFORD COUNCIL".