

Personality Disorder Multi Agency Champions (PDMAC) Service

Doreen.Oneil@selfhelpservices.org.uk
☎ 0161 848 2420/☎ 07580 079558

E-Therapy (Online CBT)

For a self-referral form, please visit
www.selfhelpservices.org.uk/etherapy/

Psychological Therapies

☎ 0161 226 3871
www.selfhelpservices.org.uk/service/manchester-psychological-wellbeing-service
Counselling Services; CBT-Based & Psychological Well Being Services (IAPT) and Positive Alternatives.

Community Services (Drop-in Self Help Groups)

☎ 0161 226 3871
admin@selfhelpservices.org.uk
www.selfhelpservices.org.uk
For individuals experiencing social phobia, anxiety or depression. Drop in groups offer a free, confidential and safe space where people can come together to socialise, share their experiences, swap advice and coping strategies, and meet others affected by similar issues. Groups are facilitated by experienced group facilitators, all of whom have lived experience of a mental health issue and are paid as consultants to deliver the groups.

For a guide to all Self Help Services, visit:

www.selfhelpservices.org.uk/wp-content/uploads/2013/07/SUMMER-SAAG-2013.pdf
You can also use CBT on the internet for free by visiting these sites:
www.livinglifetothefull.com/
<http://moodgym.anu.edu.au/>

IN AN EMERGENCY

Contact your General Practitioner (GP)

Call your nearest NHS Walk-In Centre or go to Accident & Emergency (A&E) at your local hospital.

You can also contact the following organisations, though not all will be able to offer crisis support:

The Sanctuary

☎ 0300 003 7029
www.selfhelpservices.org.uk/the-sanctuary-manchester
'Overnight, every night' service providing a place of safety and support to adults feeling at crisis point and living with difficulties such as panic attacks, depression and low mood. 8pm-6am.

Crisis Point

☎ 0161 238 5149
<http://www.turning-point.co.uk/crisis-point.aspx>
Helping people with diverse needs to resolve their current crisis and develop strategies to prevent or better manage future crises. Open-access mental health crisis centre. Bespoke crisis management support.

Mind

☎ 0300 123 3393
info@mind.org.uk
www.mind.org.uk
Deaf people can access this service by dialing 18001 before the telephone number. Line open Monday to Friday, 9.15am-5.15pm.

Rethink Mental Illness Advice and Information Service

☎ 0300 5000 927
The line is open from 9.30am-4pm, Monday to Friday.
<https://www.rethink.org/about-us/our-mental-health-advice>

Mental Health Contacts

Anorexia and Bulimia Care (ABC)

☎ 03000 11 12 13
www.anorexiabulimiacare.org.uk

Anxiety Care

☎ 07552 877 219
www.anxietycare.org.uk
Helps people to recover from anxiety disorders.

Anxiety UK

☎ 0344 477 5774
www.anxietyuk.org.uk
Support, help and information for those with anxiety disorders.

Beat

Adultline: ☎ 0808 801 0677
Youthline: ☎ 0808 801 0711
www.beateatingdisorders.org.uk
Offers information on eating disorders and runs a supportive online community.

Bipolar UK

☎ 0333 323 3880
www.bipolaruk.org.uk
Runs self-help groups and self management courses.

British Association for Behavioural & Cognitive Psychotherapies (BABCP)

☎ 0161 705 4304
www.babcp.com
Offers list of accredited therapists.

British Association for Counselling & Psychotherapy (BACP)

☎ 01455 883300
www.bacp.co.uk
Offers list of accredited therapists.

The British Psychological Society

☎ 0116 254 9568
www.bps.org.uk
Produces a directory of chartered psychologists.

CALM

☎ 0800 585858
www.thecalmzone.net
(Monday to Friday, 10am-2pm and 2pm-4pm)
For young men who are depressed or suicidal.

Carers UK

☎ 0808 808 7777
Information and advice on all aspects of caring at www.carersuk.org.

Citizens Advice

www.citizensadvice.org.uk
Confidential advice on a range of issues.

The Counselling Directory

☎ 0333 325 2500
www.counselling-directory.org.uk
List of registered counsellors.

Depression Alliance

☎ 0845 123 2320
www.depressionalliance.org
Search for information, support and self-help groups.

Emergence

www.emergenceplus.org.uk
For those affected by personality disorder.

42nd Street

☎ 0161 228 7321
<http://42ndstreet.org.uk>
Local services to young people who are under stress or experiencing mental health difficulties.

The Gaddum Centre

☎ 0161 834 6069
www.gaddumcentre.co.uk
Supporting children, adults and families: counselling, advocacy, befriending, carers service and bereavement service.

Registered Charity Number 1102058 | Registered Company Number 4738057
HAND11 1808

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

telephone: 0161 769 5732
email: info@manchestermind.org
website: www.manchestermind.org

www.manchestermind.org



 **mind | Manchester**
for better mental health

Harmless

www.harmless.org.uk

For those who self harm, their friends/families.
Training for professionals.

Hearing Voices Network

☎ 0114 271 8210

www.hearing-voices.org

Support for people who hear voices
and their families/friends.

Institute for Complementary and Natural Medicine (ICNM)

☎ 020 7237 5165

www.icnm.org.uk

Register of practitioners.

Law Centres Network

☎ 020 3637 1330

www.lawcentres.org.uk

Free legal advice and representation
for disadvantaged people.

Maytree

☎ 020 7263 7070

www.maytree.org.uk

A respite centre for anyone feeling suicidal.

Men Get Eating Disorders Too

www.mengetedstoo.co.uk

Information and support for men with
eating problems.

Mindfulness Based Cognitive Therapy

www.mbct.co.uk

Information about the therapy, classes
in mindfulness and training.

Mind

www.mind.org.uk/information-support

Information and help on diverse mental
health issues.

Moodswings

☎ 0161 832 3736

info@moodswings.org.uk

www.moodswings.org.uk

Helping people recover from life's ups and downs.

NAPAC (National Association for People Abused in Childhood)

☎ 0800 801 0331

www.napac.org.uk

Support for survivors of childhood abuse
(sexual, physical, emotional).

National Self-harm Network (NHSN)

☎ 0800 622 6000

www.nshn.co.uk

Survivor-led organisation supporting those
who self-harm.

NHS Choices: Carers Direct

☎ 0300 123 1053

www.nhs.uk/carersdirect

Information from the NHS on support
available to carers.

NICE (National Institute for Health and Clinical Excellence)

☎ 0300 323 0140

www.nice.org.uk

Information and guidelines on treatments
for different disorders.

No Panic

☎ 0844 967 4848

www.nopanic.org.uk

Helpline & step-by-step programmes
for those with anxiety disorders.

OCD Action

☎ 0845 390 6232

www.ocdaction.org.uk

Information and support for people
with experience of OCD.

OCD-UK

☎ 03332 127 890

www.ocduk.org

Charity run by people with OCD who
campaign and offer support groups.

PANDAS

☎ 01691 664 275

www.pandasfoundation.org.uk

Supporting families suffering from pre
and postnatal illnesses.

PAPYRUS

☎ 0800 068 4141

www.papyrus-uk.org

Advice for young people at risk of suicide.

Patient Advice and Liaison Services

[https://www.nhs.uk/Service-Search/Patient-advice-and-liaison-services-\(PALS\)/LocationSearch/363](https://www.nhs.uk/Service-Search/Patient-advice-and-liaison-services-(PALS)/LocationSearch/363)

Local contact details can be found
on this website.

Personality Disorder

www.personalitydisorder.org.uk

Information about the diagnosis,
news and events.

The Prison Reform Trust

☎ 020 7251 5070

www.prisonreformtrust.org.uk

Advice and information for prisoners
and their families.

Rethink Mental Illness

☎ 0121 522 7007

www.rethink.org

Information and support for people affected
by severe mental illness.

SAD

www.sad.org.uk

Information on seasonal affective disorder
(SAD) and light therapy.

Samaritans

24-hour helpline: ☎ 116 123

www.samaritans.org

Emotional support for anyone feeling
down or struggling to cope.

Sane

☎ 0300 304 7000

www.sane.org.uk

Advice for those in crisis, as well
as practical information.

Sleep Matters Insomnia Helpline

☎ 020 8994 9874 (6pm-8pm)

www.medicaladvisoryservice.org.uk

Survivors of Bereavement by Suicide (SOBS)

☎ 0300 111 5065 (9am-9pm)

<https://uksobs.org>

Emotional and practical support and
local groups.

Survivors Manchester

☎ 0800 800 5005/0161 236 2182

www.survivorsmanchester.org.uk

For men who have experienced any form
of sexual violence.

UK Council for Psychotherapy (UKCP)

☎ 020 7014 9955

www.psychotherapy.org.uk

Voluntary register of qualified psychotherapists.

United Kingdom Advocacy Network (UKAN)

www.u-kan.co.uk

YoungMinds

Parents information service: ☎ 0800 802 5544

www.youngminds.org.uk

Information for parents and young people,
with podcasts.

EMPLOYEE CONTACTS

Mind - Equality and Human Rights

☎ 0300 466 6463; legal@mind.org.uk

www.mind.org.uk

Legal Advice Line. Language Line is available
for talking in a language other than English.

ACAS

☎ 0300 123 1100

www.acas.org.uk

Promotes employment relations.

Equality Advisory and Support Service

☎ 0800 800 0082

www.equalityadvisoryservice.com

Advises individuals on equality and human
rights issues.

GOV.UK

www.gov.uk

Information about employment rights.

Health and Safety Executive

☎ 0300 003 1747

www.hse.gov.uk

Independent watchdog for work-related
health, safety and illness.

The Stress Management Society

☎ 0203 142 8650

www.stress.org.uk

Citizens Advice

www.citizensadvice.org.uk

The Work Foundation

☎ 020 3907 0710

www.theworkfoundation.com

Confidential advice on employment and
at work issues.

Employment Tribunal Guidance

☎ 0203 334 3555/ ☎ 0300 012 0312

www.gov.uk

Search for "Employment Tribunal Guidance"

Working Families

☎ 020 7153 1230

www.workingfamilies.org.uk

Guidance on the tribunal system, how
to achieve work-life balance.

SELF HELP SERVICES

Manchester based health provider offering
a range of free services for people experiencing
common mental health difficulties such as anxiety,
depression and low mood.

The Sanctuary

☎ 0300 003 7029 (8pm-6am)

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