

Useful Welfare Contacts

Emergencies and urgent advice

In an emergency for police, ambulance or fire service - phone **999** immediately if you are concerned about an immediate risk of harm or to life.

Greater Manchester Police - phone **101** if it is not an emergency but you require urgent advice.

NHS medical advice - phone **111** to find the support and help you need.

Mental health, advice and companionship

Mental health crisis team - phone:

- Central - **0161 701 0313**
- North - **0161 720 2560**
- South - **0161 291 6949**

They provide a wide range of community-based health services for adults, supporting health and wellbeing promotion, minor ailments and serious or long-term conditions.

mft.nhs.uk/community/adults-community-services-citywide/

Care Navigator Services access point - phone **0300 030 9650** or email mft.carenavigators@nhs.net if you have concerns about vulnerable residents.

Samaritans - anyone requiring help and support can phone **116 123** or email jo@samaritans.org

Campaign Against Living Miserably (CALM) - for men - phone **0800 58 58 58** from 5pm - midnight every day, text **07860 039967** or visit the web chat page.

Papyrus - for people under 35 - phone **0800 068 41 41** Monday to Friday 9am - 10pm, weekends and bank holidays 2pm - 10pm, text **07786 209697** or email pat@papyrus-uk.org

Childline - for children and young people under 19 to get help and advice about a wide range of issues - phone **0800 1111**.

The Silver Line - the only confidential, free helpline for older people across the UK open every day and night of the year. They offer information, friendship and advice, and link callers to local groups and services - phone **0800 470 80 90**.

Rethink Advice Team for support about mental health and related issues - phone **0300 5000 927** Monday to Friday 9.30am - 4pm or visit www.rethink.org/

Salvation Emergency Help Manchester - www.salvationarmy.org.uk/

Homelessness

Manchester City Council homelessness - phone **0161 234 5001**

Cornerstone Homeless Support - cornerstonecds.org.uk/our-services/