

# HEALTH & WELLBEING



## **LALLEY CENTRE** **0161 205 2754**

The centre, community pantry and allotment in Collyhurst :

- supports people on low incomes with practical needs in health and wellbeing, housing, family life and employment.

## **FAMILY ACTION** **0161 413 5790**

Family Action's Children & Families Services work with children, young people, parents, carers and the wider family network to ensure the family is able to realise its full potential.

Working holistically across the extended family is fundamental to Family Action's approach and we strive to support stable, positive family networks in which all family members are able to thrive.

Our work supports families when they face complex needs and challenges - including domestic abuse, substance misuse and mental health issues - and it ranges from intensive family support, specialist therapeutic work, conflict management and relationship support, and advice and wellbeing services.

## **NO 93 WELLBEING** **CENTRE 0161 271 0908**

- In the café area, people can come for a hot drink and meal, have a chat and a game of pool.
- The art room has a variety of different creative groups
- There is a one to one room for private health and wellbeing related appointments
- A relaxation room and a space for exercise classes
- GMMH's Psychological Therapies service is also based in the building, with prearranged appointments

## **SAMARITANS** **0330 094 5717**

How we can help:

- Listening service to offer confidential emotional support
- Volunteers available to visit young people 6-21 to talk about emotional health
- Train prisoners to become listeners and offer support on a weekly basis.

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## SELF HELP

[WWW.SELPHELPSERVICES.ORG.UK](http://WWW.SELPHELPSERVICES.ORG.UK)

0161 226 3871

Self Help provide a range of support, services and opportunities, across the North West of England, for people living with mental health problems such as anxiety, depression, phobias and panic attacks.

## M-THRIVE

Manchester Thrive is a single point of entry, front door approach to the emotional wellbeing and mental health offer for young people aged 5-18.

Our service is designed to advise, guide, signpost and get help for young people within Manchester currently facing mental health and emotional wellbeing issues.

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## GOOGLE: HUB OF HOPE

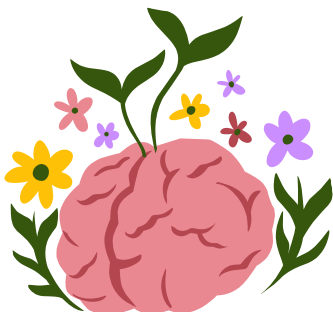
The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time. If you or someone you know feels suicidal, or may be a danger to themselves or others, call 999, your local crisis service or contact Samaritans

## 42ND STREET

We are here to support you with your emotional well-being and mental health by offering a choice of effective, creative, young person-centred and rights-based approaches.

Visit the website for help & advice

[42ndstreet.org](http://42ndstreet.org)



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## MIND MANCHESTER

0161 769 5732

- Provide self-care checklists
- Information on stress and how to handle it
- Looking after your mental health
- Managing poor mental health
- Self-compassion
- How to talk to someone struggling with their mental health

## BEAT EATING

## DISORDERS

0800 801 0677

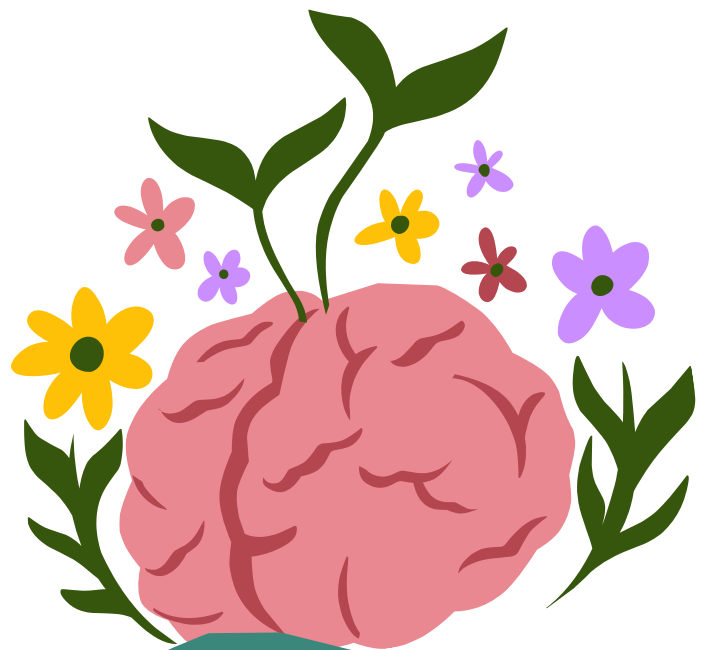
Self-help and peer support groups can be useful to both sufferers and their families throughout treatment and in sustaining recovery. If you'd like to find local face-to-face support, you can visit [helpfinder.beateatingdisorders.org.uk](http://helpfinder.beateatingdisorders.org.uk) to see what's available. Alternatively, Beat runs online support groups for people with eating disorders, including one specifically for people with BED.

## CAHMS

CAMHS are specialist NHS mental health services for children and young people. We offer assessment, diagnosis, treatment and support for young people who are experiencing problems with their emotions, behaviour or mental health.

MFT CAMHS are a large CAMHS providing specialist Services across Manchester, Salford and Trafford. We offer a wide range of service and specialisms (see service links)

To ensure a children young people and families are receiving the right care at the right time in the right way, MFT CAMHS are using a framework called I-Thrive.



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