

Mental Health Crisis Support



*in Manchester for children,
young people and adults*

If you are experiencing
a mental health crisis
and struggling to cope
support is available

SelfHelp
Improving mental health



MANCHESTER
CITY COUNCIL



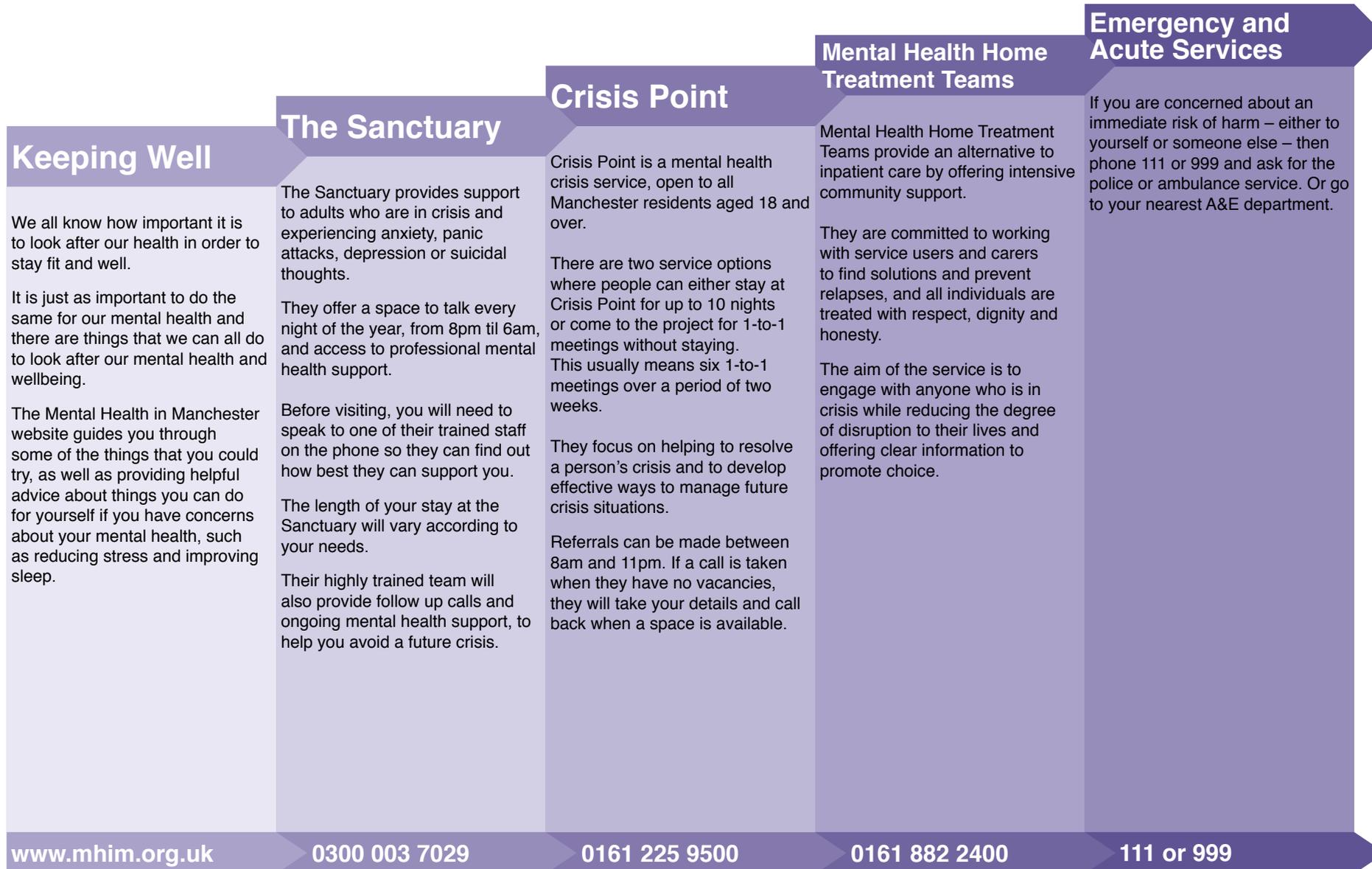
Greater Manchester
Mental Health
NHS Foundation Trust

Crisis feels different for everyone

Mental health crisis services for adults (aged 18+)

You might not think that you're really 'in crisis' but you're struggling to cope, feeling overwhelmed or thinking you can't go on.

The services here can help you, whatever level of support you think you need.



Call Samaritans for free on 116 123. They offer confidential emotional support 24 hours a day, 7 days a week.

Crisis support for children and young people (up to the age of 25 years)

If you are young person, there are many organisations who can support you. Don't struggle alone. Please contact one of the following services:

Childline offer free 24-hour counselling for children and young people. Call **0800 1111** or email via their website www.childline.org.uk if you are aged 18 or under. You can contact Childline about anything. No problem is too big or too small. Whatever your worry it's better out than in.

Papyrus HOPELine is a specialist telephone service staffed by trained professionals who give non-judgemental support and advice to:

- Children, teenagers and young people up to the age of 35 who are worried about how they are feeling;
- Anyone who is concerned about a young person.

Call **0800 068 41 41**, email pat@papyrus-uk.org or text **07786 209697**

Their opening hours are Mon-Fri 10am-10pm, weekends 2pm-10pm and bank holidays 2pm-5pm.

Child and Adolescent Mental Health Services (CAMHS)

If you need medical help or you are worried about a young person's mental health, you should make an emergency GP appointment or if 'out of hours', attend an NHS 'walk-in' service. If you are in crisis and you are feeling like you might hurt yourself, you can walk in to any A&E for immediate support.

Sometimes people are in crisis because they are experiencing low mood, severe anxiety, upsetting memories and distressing life circumstances. These may sometimes develop alongside conditions present from birth. CAMHS can offer assessment and treatment of mental health conditions. There will be a duty worker available Monday-Friday from 9-5pm. Out of hours in A&E there are CAMHS staff who can work as part of the team working with people in crisis.

NHS 111 (NHS non-emergency number): call **111** or call **18001 111** to get support via text. Call this number 365 days a year, 24 hours if you feel you need to go to A&E. If in immediate risk, call **999** or go to A&E.