

# Feeling anxious, stressed or low?

There's support in Stockport to help you

## If you want to talk

### Open Door

**0800 138 7276** An 18+ mental health helpline available 24 hours, 7 days a week. The 18+ safe haven drop in is open Monday to Friday 10am to 8pm, Saturday and Sunday 12pm to 8pm  
72-74 Prince's Street, SK1 1RJ.

### Domestic Abuse

**0161 217 6028**  
The National Domestic Abuse Helpline, available 24 hours, 7 days week.

### Greater Manchester Bereavement Service

**0161 983 0902** Available weekdays until 5pm.

### Childline

**0800 1111** Available 24 hours, 7 days a week.

## For urgent help

### Samaritans

**116 123** Available 24 hours, 7 days a week.

### Hopeline

**0800 068 4141**  
Suicide prevention service for anyone up to 35. Available 9am to midnight every day of the year (weekends and bank holidays included).

### Shout

Text **SHOUT** to **85258**  
Chat with trained crisis volunteers by text message. Available 24 hours, 7 days a week for all ages.

### 999

In a life-threatening emergency, ring **999**.

## Advice or help with financial difficulties, loneliness and getting food

### The Prevention Alliance

**0161 474 1042** Available weekdays until 4:30pm.

### Council Coronavirus Helpline

**0161 217 6046** You can also text  
**0786 002 2876** Available weekdays until 5pm.

## Help around drugs, alcohol, smoking or gambling

### START team

**0161 474 3141** Free advice and support about making healthy changes. Available weekdays 8:30am to 4:30pm.

### National Gambling Helpline

**0808 8020 133** Available 24 hours, 7 days a week.

## Go online

For more help and advice, self-help resources and details about other local services visit  
[www.stockport.gov.uk/wellbeingcoronavirus](http://www.stockport.gov.uk/wellbeingcoronavirus)



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL

**ONESTOCKPORT**

**NHS**  
Stockport  
Clinical Commissioning Group

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