

# Feeling **anxious, stressed** or **low**?

There's support in Stockport to help you

## If you want to talk

### Open Door

**0800 138 7276** – Mental health helpline - 24 hours 7 days. Safe Haven drop in, open daily, 72-74 Prince's Street, SK1 1RJ

### Emotional Wellbeing Hub

**0161 217 6028**

For anyone up to 25 years, parents and carers weekdays till 4.30pm

### Greater Manchester Bereavement Service

**0161 983 0902** weekdays till 5pm

### Childline

**0800 1111** 7.30am to 3.30am weekdays, 9am to 3.30am Sat and Sun

## For Urgent Help

### Samaritans

Phone **116 123** – 24 hours 7 days

### Hopeline

**0800 068 4141**

Suicide prevention service for young people 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

### 999

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

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

### Council Coronavirus Helpline

**0161 217 6046** or by text phone on **07860 022 876** weekdays till 4.30pm

### The Prevention Alliance

**0161 474 1042** weekdays till 4:30pm

## Help around drugs, alcohol, smoking or gambling

### START team

**0161 474 3141** (weekdays)  
Free advice and support

### National Gambling Helpline

**0808 8020 133** – 24 hours 7 days

## 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

April 2021