

# Children and young people's mental health support in Greater Manchester: If you need support we're here to help

We know things may be difficult at the moment. If you find yourself feeling anxious, stressed or overwhelmed there's support out there for you.

Find mental health support where you live  
[hub.gmhsc.org.uk/mental-health/in-your-area/](http://hub.gmhsc.org.uk/mental-health/in-your-area/)

## Free text and online support

### Shout – all ages

With this 24/7 crisis text messaging service you can send a text message any time of day or night wherever you are – every conversation is with a real person.

### Just text SHOUT to 85258

- ✓ You don't need an app or data and there's no registration process
- ✓ It's silent and won't appear on your phone bill
- ✓ Confidential and anonymous.

**Are you, or is a young person you know, not coping with life?** For confidential suicide prevention advice contact **HOPELINEUK**. They're open 9am–12am (midnight) every day of the year.  
t: 0800 068 4141 e: [pat@papyrus-uk](mailto:pat@papyrus-uk)

### Kooth – children and young people aged 11 to 18 years

You can:

- ✓ Chat to their friendly counsellors
- ✓ Read articles written by young people
- ✓ Get support from the Kooth community [www.kooth.com](http://www.kooth.com)

