Bury covid-19 Mental Health & Wellbeing Support last updated 19.05.20

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| **Online /Phone Support** | |
| Every Mind Matters | <https://www.nhs.uk/oneyou/every-mind-matters/> | |
| Greater Manchester Hub NEW | <https://hub.gmhsc.org.uk/mental-health/covid-19-mental-health-and-wellbeing-resources/> | |
| Mental Health Foundation | [mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak](https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak) | |
| Living Life to The Full | <https://www.gmhealthhub.org/feeling/living-life-to-the-full>  Free online courses for Greater Manchester residents covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. | |
| Shining a Light on Suicide | <http://www.shiningalightonsuicide.org.uk/>  Resources and support for those feeling suicidal or helping someone who is effected by suicide. | |
| Silver Cloud: digital support NEW | <https://GM.silvercloudhealth.com/signup>.  It offers programmes on Stress, Resilience, Sleep and Mindfulness for everyone. | |
| PCFT 24/7 Helpline | Patients and carers of those using Pennine Care services can call 0333 200 4339 for support. <https://www.penninecare.nhs.uk/help> | |
| Bury Voluntary Sector Single Point of Access | Accepting referrals from health and social care professionals for people who require non-clinical mental health support. | |
| BAME covid-19 helpline | Greater Manchester service provided by Nestac; covid-19 Support line for BAME communities, call 07862 279289 / 07894 126157  <http://www.nestac.org.uk/> | |
| [GM Bereavement Service](https://greater-manchester-bereavement-service.org.uk/) NEW | Support is available to anyone within Greater Manchester, bereaved or affected by a death. Call 0161 983 0902 for support. Monday to Friday, 9am to 5pm (except bank holidays) and Wednesday, 9am to 8pm. | |
| SHOUT  NEW | A confidential 24/7 text service operated by trained crisis volunteers who will chat using text responses. Text GMBury to 85258. | |
| Samaritans | Tel 116 123 free phone 24/7 | |
| HOPEline UK (Papyrus) | Tel 0800 68 4141 / Text 07786 209 697  Listening service for those under 35 years old | |
| SANEline | Tel 0300 304 7000 open 4.30pm – 10.30pm  Emotional support | |
| Silver Line | Tel 0800 4 70 80 90 open 24/7  Information, friendship and advice for older people | |
| CALM Helpline | Tel 0800 58 58 58 open 5pm to midnight  Support line for men | |

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| **Pennine Care Services – revised services** | |
| **Healthy Young Minds**  [www.healthyyoungmindspennine.nhs.uk](http://www.healthyyoungmindspennine.nhs.uk) 0161 716 1100 / 0161 716 1103 | There are currently no face to face appointments available, phone and email support is being offered.  Referrals via the website |
| **Healthy Minds**  0161 253 5258  <https://www.penninecare.nhs.uk/your-services/service-directory/bury/mental-health/adults/bury-healthy-minds/> | The Healthy Minds service is for people over the age of 16 years, who are registered with a GP in Bury.  There are currently no face to face appointments available, phone and email support is being offered. Referrals as normal via the website. |

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| **Community Groups with revised services during the outbreak** | |
| **Asian Development Association of Bury**  <http://www.adab.org.uk/mental-health/> | The ADAB centre is currently closed, phone and email support is available, 0161 764 6749. | |
| **Bury Involvement Group**  [mentalhealth@buryinvolvementgroup.org](mailto:mentalhealth@buryinvolvementgroup.org) | Support groups cancelled but offering Peer Support Line; Mon - Fri 9am – 5pm 07921 392 801.  Supporting existing members and new members where possible. Some peer groups have also been established via a virtual internet link. | |
| **Creative Living Centre**  [admin@creativelivingcentre.org.uk](mailto:admin@creativelivingcentre.org.uk) | All face to face sessions currently suspended, the centre is offering a phone line for emotional support and signposting advice Mon – Fri 9am – 5pm 0161 696 7501. | |
| **Early Break**  <http://www.earlybreak.co.uk/> | Early Break will be offering a virtual service for children and their families, staff will have an online/telephone presence in the usual working hours 0161 723 3880  [info@earlybreak.co.uk](mailto:info@earlybreak.co.uk) | |
| **Federation of Jewish Services**  Known as The Fed  <https://www.thefed.org.uk/> | Our social workers, advice workers and volunteer coordinators reassured, calmed and made arrangements to alleviate people’s distress and intense isolation. The Fed is here - Caring For Our Community, if you need us we are only a call or message away 0161 772 4800 [advice@thefed.org.uk](mailto:advice@thefed.org.uk) | |
| **Greater Manchester Neshomo** <https://www.neshomo.co.uk/> | Jewish befriending service, no face to face contact, support available by phone and video services  Men: Daniel 07741 625 345 [maleoutreach@neshomo.co.uk](mailto:maleoutreach@neshomo.co.uk)  Women: Tamar 07512 578 587 [femaleoutreach@neshomo.co.uk](mailto:femaleoutreach@neshomo.co.uk)  Please note that this is not for any urgent support as e-mails may not be checked that same day. | |
| **Bury Phoenix Project:** Support After Suicide  Rebecca Jackson | No face to face groups currently running, support is available via a closed a Facebook Group ‘Bereaved By Suicide in Bury’, it is facilitated by Rebecca Jackson.  It is a safe space for those bereaved by suicide in the area to talk about anything they like and support each other. | |
| **Rammymen**  <https://rammysos.org/> | No groups currently running, phone support available 03303 552 468.  Rammymen is supporting the Bury North Community Hub to distribute food and medication. | |