






BURY MENTAL HEALTH SUPPORT

| Information Sources | | | Website |
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|  | Children and Young people | Resources and support for children and young people living in Bury who need help with their emotional health and wellbeing. The Bury Directory has links to the interactive 'information padlets', with versions for parents & carers, professionals and educational settings. | theburydirectory.co.uk/thriving-in-bury |
| | Adults | Resources and support for adults, summarised in several helpful leaflets that can be downloaded. There is a wide range of support available, including online, helplines, community groups, bereavement, substance misuse, gambling and talking therapy support. | theburydirectory.co.uk/support-for-adults |
| Digital Services | Who it's for | What they offer | Website |
|  | Young people aged up to 25 years | Is a free, safe and anonymous online support and counselling service for young people up to the age of 25, to support mental wellbeing. | kooth.com |
|  | Adults aged 16+ years | Evidence-based, digital mental health and wellbeing courses. There are also programmes for parents and carers of young people, aged 5 to 11 and 12 to 18 years. | gm.silvercloudhealth.com/signup/ |
|  | Adults aged 26+ years | Qwell, provided by Kooth Digital Health, is available to all adults aged 26+ in Greater Manchester. Qwell is a safe and anonymous digital mental health and wellbeing service which can be accessed for free, with no waiting lists, no referrals and no thresholds. | qwell.io |
| Helplines | | | |
|  | All ages | If you, or someone you know, is experiencing a mental health crisis, you can call 111 and select option 2 for mental health support. It is available 24/7, you will speak to a mental health advisor who will listen and help you find the right support. It is for all ages, including children and young people. | 111.nhs.uk |
| Helplines | <ul style="list-style-type: none"> • Samaritans 116 123 • HOPEline UK 0800 068 4141 • SANEline (4-10pm) 0300 304 7000 • Silver Line (24/7) – for older people 0800 4 70 80 90 • CALM (5pm to midnight) 0800 58 58 58 • National Suicide Helpline UK (6pm to midnight) 0800 689 5652 • Combat Stress – military mental health helpline (24/7) 0800 138 1619 • Shining a light on suicide - shiningalightonsuicide.org.uk/feeling-suicidal • Resilience Hub - support for NHS and care staff 03330 095 071 • The Helpline – for the Jewish community 0330 127 3333 | | |