



Getting Help Line

We provide a confidential service for all residents in Bury who are experiencing difficulties with their mental wellbeing

What is it?

Our experienced call handlers offer support by giving advice, guidance and signposting to appropriate local services.

Who can we help?

Helping residents of all ages in Bury. We offer non-clinical, non-urgent support for anyone experiencing difficulties with their mental wellbeing. We can help with accessing the right local services.

Reach out and get in touch...

Call: 0161 464 3679

Monday to Saturday (8am to 8pm)

E: GettingHelpLine@earlybreak.co.uk