



# It's OK not to be OK



## SUPPORT IN BURY FOR ADULTS

The coronavirus outbreak means that life has changed for all of us for a while, and it's natural that this may cause you to feel worried or anxious, lonely or frustrated. It's OK to feel this way, everyone reacts differently. This situation is temporary and, for most of us, these difficult feelings will pass. If you feel you need some extra support, there's a range of options in place for people in Bury, including support online, by text and by phone. We have rounded everything up in this resource, if you need help finding the right support call the [Bury Getting Help Line](#) on 0161 464 3679.

	Written Information	Activities	Telephone Support
What might this involve?	Reading information in books or online that might help you understand more about your difficulties.	Hobbies like sport, art, drama, music, outdoor activities. Pretty much anything that you enjoy doing.	Making a telephone call or having a text conversation and talking with somebody who will listen and may be able to offer you information & advice.
How will this help me feel better?	You might learn tips to help you feel less stressed and anxious. You might also find out new ways to understand your thoughts and feelings.	Doing something you enjoy and learning new things can help you feel better. You might also make new friends and get some ideas to help you overcome challenges.	Talking to somebody you don't know can take the pressure away and allow you to be truly honest about your feelings and situation. This might also help you think more clearly and explore your options.
Who will do this with me?	This could be by yourself or with a friend or family member.	You could go with a friend or family member. You might make new friends through the activity.	It is likely to be a different person on the phone each time.
Will there be any risks or side effects?	Talking, reading or thinking about your difficulties might cause you worry or stress to begin with. Making changes in the way you think about things or do things may also be hard, and you might feel a bit worse before you start to feel better. Please tell somebody if you are having these feelings. If you are finding it too hard to use this support on your own, this might be a sign that you should ask for more help.		

	Support Groups	Specialist support
What might this involve?	Talking or taking part in an activity that aims to help your mental well-being, either 1:1 or in a group	Specialist support around anxiety, depression, psychosis, PTSD + complex psychological difficulties. Support is usually for a set length of time.
How will this help me feel better?	It can help to share your worries and find ways to understand and cope better with any difficulties. Hearing from others with similar experiences can also help.	Sometimes problems affect us in ways that feel beyond our control. Speaking to a specialist can help you to understand and manage any emotions or condition you may be experiencing.
Who will do this with me?	There will usually be a support worker at the group, as well as others who understand what you are going through.	You have appointments with a professionally trained specialist who will help you. Either 1:1 or groups.

## Support is available:

### Written Information

- [Bury Council mental wellbeing page](#)
- [Every Mind Matters resources](#)
- [Silver Cloud online therapy](#)
- [Living Life to the Full](#)

### Activities

- [Local clubs and activities on The Bury Directory website \(many clubs are offering remote support during the covid-19 pandemic\)](#)
- [Bury Adult Learning Centre](#)

### Telephone Support

- [Bury Getting Help Line 0161 464 3679 Mon - Sat 8am-8pm](#)
- [SHOUT 24/7 text support Text GMBury to 85258](#)
- [BAME Covid19 Support Line 07862 279289 / 07894 126157](#)
- [Samaritans 116 123 \(24/7\)](#)
- [Other Helplines](#)

### Support Groups

- [The Creative Living Centre](#)
- [BIG in Mental Health](#)
- [ADAB](#)
- [Rammymen](#)
- [BAME Projects](#)

### Specialist Support

- [Healthy Minds self-referral](#)
- [Greater Manchester Bereavement Service](#)
- [Local Bereavement Support](#)
- [Your GP surgery](#)
- [GM Resilience Hub for Staff](#)