# **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 nonclinical, 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)

Email: **GettingHelpLine@earlybreak.co.uk** **www.earlybreak.co.uk/gettinghelpline**