

HERE TO HELP

Services in Greater
Manchester that can
support you with your
mental wellbeing.

HERE TO HELP

Here are contact details
for services that can
help you feel better



Living Life To The Full



Living Life To The Full helps to improve low mood, overcome stress and build confidence.

If you are looking to improve your confidence and boost your mood, choose Living Life To The Full.

RECLAIM YOUR LIFE



Reclaim Your Life (RYL) is designed for people with long term conditions. Your life is bigger than your illness and this course helps you discover a new relationship between yourself and your illness.

Modules include making healthy changes and finding ways to feel happier.

ENJOY YOUR BABY



Enjoy Your Baby (EYB) is designed for new parents who would like to boost their confidence as a new parent to a baby.

Modules include building close bonds with your child and maintaining links to important people and activities in your life.

This self-help support is available online and can be accessed at any time. It is free of charge if you live or work in Greater Manchester. The resources are available in 18 languages.

Find out more and get free support today. www.gmlifeskills.com.

SHINING A LIGHT ON SUICIDE

If you are struggling with suicidal thoughts, concerned for another or have been bereaved by suicide.

Visit: **[www.shiningalighton
suicide.org.uk](http://www.shiningalighton
suicide.org.uk)**



**GREATER
MANCHESTER
BEREAVEMENT
SERVICE**

If you have been bereaved or affected by a death and live or work in Greater Manchester support is available. You do not need to feel alone as you deal with your grief.

Visit: **[greater-manchester-
bereavement-service.org.uk](http://greater-manchester-
bereavement-service.org.uk)**

Call: 0161 983 0902
Monday - Friday 9am to 5pm



Free 24/7 digital

Mental wellbeing
support

For people aged 0-25

Visit: www.kooth.com



Free 24/7 digital

Mental wellbeing support

For people aged 26
and over

Visit: www.qwell.io



Free online wellbeing
programme

Instant access to
self-help support

For people aged 16
and over

Visit: [GM.silvercloud
health.com/signup](http://GM.silvercloudhealth.com/signup)



If you are having thoughts of
suicide or are concerned for a
young person who might be
you can contact HOPELINEUK
for free, confidential support
and practical advice.

HOPELINEUK

Call: 0800 068 4141 9am-12pm
Email: pat@papyrus-uk.org
Text: 07860 039 967



Every Mind Matters is an
NHS website that provides
expert advice and practical
tips to help you look after
your wellbeing.

Visit: [www.nhs.uk/
every-mind-matters](http://www.nhs.uk/every-mind-matters)



samaritans.org A registered charity

When life is difficult,
Samaritans are here – day or
night, 365 days a year.

Call: 116 123
Email: jo@samaritans.org
Visit: www.samaritans.org

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