

# Feeling anxious, stressed or low?

There's support in Stockport to help you

## If you want to talk

### OPEN DOOR

Call the helpline **0800 138 7276**, 24 hours a day, 7 days a week for immediate support Drop in to the Safe Haven – (need opening times and address)  
Aged 18 and over

### SHOUT

Text **SHOUT** to **85258**  
Chat with trained crisis volunteers by text message

### EMOTIONAL WELLBEING HUB

Call **0161 217 6028** Mon to Thurs 8.30am to 5pm, Fri 8.30am to 4.30pm  
For anyone up to the age of 25

### GREATER MANCHESTER BEREAVEMENT SERVICE

Call the helpline **0161 983 0902** Mon to Fri 9am to 5pm (excl bank Holidays) if you've been bereaved or affected by death

For advice or help with income and benefits, housing, getting food, loneliness

### CORONAVIRUS HELPLINE

Call the helpline **0161 217 6046** Mon to Fri 9am to 5pm, Sat 10am to 1pm

### THE PREVENTION ALLIANCE

Call **0161 474 1042** Mon to Fri, 9am to 4.30pm

For help to reduce or stop using drugs, alcohol, gambling

### START

Call the START team on **0161 474 3142** Mon to Wed, 8.30am to 5.30pm, Thurs 8.30am to 6pm, Fri 8.30am to 4.30pm

For free and confidential advice and support

## For Urgent Help

### SAMARITANS

Call the helpline on **116 123**  
24 hours a day, 7 days a week

### HOPELINE UK

Call the helpline on **0800 068 4141** Mon to Fri 9am to 10pm. Weekends and bank holidays from 2pm to 10pm.  
Suicide prevention service for young people up to the age of 35

## Go online

For more help and advice, self-help resources and details about other local services visit  
[www.stockport.gov.uk/wellbeingcoronavirus](http://www.stockport.gov.uk/wellbeingcoronavirus)



# Feeling anxious, stressed or low?

There's support in Stockport to help you

## If you want to talk

### OPEN DOOR

Call the helpline **0800 138 7276**, 24 hours a day, 7 days a week for immediate support Drop in to the Safe Haven – (need opening times and address)  
Aged 18 and over

### SHOUT

Text **SHOUT** to **85258**  
Chat with trained crisis volunteers by text message

### EMOTIONAL WELLBEING HUB

Call **0161 217 6028** Mon to Thurs 8.30am to 5pm, Fri 8.30am to 4.30pm  
For anyone up to the age of 25

### GREATER MANCHESTER BEREAVEMENT SERVICE

Call the helpline **0161 983 0902** Mon to Fri 9am to 5pm (excl bank Holidays) if you've been bereaved or affected by death

For advice or help with income and benefits, housing, getting food, loneliness

### CORONAVIRUS HELPLINE

Call the helpline **0161 217 6046** Mon to Fri 9am to 5pm, Sat 10am to 1pm

### THE PREVENTION ALLIANCE

Call **0161 474 1042** Mon to Fri, 9am to 4.30pm

For help to reduce or stop using drugs, alcohol, gambling

### START

Call the START team on **0161 474 3142** Mon to Wed, 8.30am to 5.30pm, Thurs 8.30am to 6pm, Fri 8.30am to 4.30pm

For free and confidential advice and support

## For Urgent Help

### SAMARITANS

Call the helpline on **116 123** 24 hours a day, 7 days a week

### HOPELINE UK

Call the helpline on **0800 068 4141** Mon to Fri 9am to 10pm. Weekends and bank holidays from 2pm to 10pm.

Suicide prevention service for young people up to the age of 35

## Go online

For more help and advice, self-help resources and details about other local services visit [www.stockport.gov.uk/wellbeingcoronavirus](http://www.stockport.gov.uk/wellbeingcoronavirus)

