

Worried, stressed or feeling low?

There's support in Stockport to help you

If you want to talk

Open Door

0800 138 7276 An 18+ confidential mental health helpline available 24 hours, 7 days a week.

Drop-in Safe Haven in Stockport, open Monday-Friday 10am-8pm, Saturday and Sunday 12pm-8pm at 72-74 Prince's Street, SK1 1RJ

Domestic Abuse

0808 2000 247 The National Domestic Abuse Helpline, available 24 hours, 7 days a week.

NHS Mental Health Helpline

0800 014 9995 Pennine Care NHS Foundation Trust line for all ages, available 24 hours, 7 days a week.

Greater Manchester Bereavement Service

0161 983 0902 Available weekdays until 5pm.

Childline

0800 1111 Available 24 hours, 7 days a week.

Support with financial difficulties, loneliness, caring and getting food

Stockport Citizens Advice

0808 278 7803

www.casort.org

Free information about money worries, benefits, employment, your relationships and your rights.

Available weekdays 8:30am to 5:30pm.

Stockport Support Hub

0161 474 1042

stockportsupport.com

Help with your wellbeing, connecting with your community, support at home, access to transport, finances, or support with caring responsibilities.

Available weekdays 9am to 4:30pm.

For urgent help

Samaritans

116 123 Available 24 hours, 7 days a week.

Hopeline

0800 068 4141

Suicide prevention service for anyone up to 35. Available 9am to midnight every day of the year.

999

In a life-threatening emergency, ring **999**. Open 24 hours, 7 days a week.

Help around drugs, alcohol, smoking or gambling

START team

0161 474 3141 Free advice and support about making healthy changes. Available weekdays 8:30am to 4:30pm.

National Gambling Helpline

0808 8020 133 Available 24 hours, 7 days a week.

Go online

For more help and advice, please visit <https://www.healthystockport.co.uk>



STOCKPORT
METROPOLITAN BOROUGH COUNCIL



Stockport
Clinical Commissioning Group

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