

Further help and support

Please find below a list of numbers that will help to keep you safe. If you find that your distress is out of control and you need immediate help, you can contact any of the numbers listed below:

Your GP – either by telephone or in person.

The Sanctuary - 0300 003 7029. Overnight mental health crisis line, from 8pm - 6am (for clients over 18 years old only).

The Samaritans – Freephone 116 123. 24 hours each day, every day. Talk to them any time you like, in your own way, and off the record about whatever's getting to you.

CALM (for males) – 0800 58 58 58 call or use the web-chat at: www.thecalmzone.net (5pm – midnight).

PAPYRUS – call 0800 068 41 41 or text 07786 209 697.
For children, teenagers or young people up to age 35: (Mon-Fri: 10am-10pm, Weekend: 2pm-10pm, bank holidays: 2pm-5pm).

Silverline - 0800 470 8090. This is for people over 55 years.

A&E – Open 24 hours each day, every day.

You can go to either:

Bury Accident and Emergency
Fairfield General Hospital, Rochdale Old Road, Bury, BL9 7TD.

Oldham Accident and Emergency
Royal Oldham Hospital, Rochdale Road, Oldham, OL1 2JH.