

Feeling **anxious, stressed** or **low**?

There's support in Stockport to help you

If you want to talk

Open Door

0800 138 7276 – 24 hours 7 days
Mental health helpline and safe haven
(18 years and over)

Emotional Wellbeing Hub

0161 217 6028

For anyone up to 25 years, parents and carers
weekdays till 4.30pm

Greater Manchester Bereavement Service

0161 983 0902 weekdays till 5pm

Childline

0800 1111 9am-10:30pm

For Urgent Help

Samaritans

Phone **116 123** – 24 hours 7 days

Hopeline

0800 068 4141

Suicide prevention service for young people
weekdays 9am to 10pm, weekends 2pm to 10pm.

Shout

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

999

In a life-threatening emergency ring **999**

Advice or help with financial difficulties, loneliness and getting food

Council Coronavirus Helpline

0161 217 6046 or by text phone on
07860 022 876 weekdays till 4.30pm

The Prevention Alliance

0161 474 1042 weekdays till 4:30pm

Help about drugs, alcohol, gambling

START team

0161 474 3141 (weekdays)
Free advice and support

National Gambling Helpline

0808 8020 133 – 24 hours 7 days

Go online

For more help and advice, self-help resources and details about other local services visit
www.stockport.gov.uk/wellbeingcoronavirus



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

ONESTOCKPORT

NHS
Stockport
Clinical Commissioning Group