

List of Local Wellbeing Services

Mental Health - Anxiety UK - 03444 775774

9:30am - 10pm

www.anxietyuk.org.uk

Mental Health - Young People - Early Break - 0161 723 3880

Early Break is a service designed to meet the needs of young people under the age of twenty-one and their families with regard to drug and alcohol use in Bury, Rochdale and East Lancashire. The Service aims to provide treatment interventions together with education, prevention and early intervention underpinned by unbiased, clear and concise information.

Mental Health - BIG in Mental Health - 0161 222 4005 / 07758 737616

A charity, run by people with their own experience of mental health problems, providing a range of free and open support groups for people experiencing mental health conditions within the community. Online group support and telephone support. You may need to leave a message.

Mental Health - Healthy Minds - 0161 253 5258

Self-referrals, the self-referral form is: <https://www.penninecare.nhs.uk/healthymindsbury> or you can call. The helpline is currently an answer machine due to lockdown.

Mental Health - Samaritans - 116 123

Mental Health - Age UK Bury Information and Advice - 0161 763 9030

They call people regularly for a chat. More befriending services as lockdown eases.

Domestic Abuse - National Domestic Abuse Helpline - 0808 2000 247

24hr

Substance Misuse - Achieve Bury - 0161 271 0020

Housing - Central Access Point - 0161 253 5537

The Central Access Point is a single point of contact for all people to access Housing Related Support Services, including homelessness.

Health - Doctors on Call (Bardoc) - 111

General - Citizens Advice Bureau Bury District - 0300 330 9071