



CONTACTS

SMOKEFREE

TEL: 0800 169 0169

WEB: www.nhs.uk/smokefree

MIND IN MANCHESTER

TEL: 0161 272 8204

FAX: 0161 272 8199

EMAIL: info@mind-in-manchester.org.uk

WEB: www.mind-in-manchester

PHYSICAL ACTIVITY AND MOOD (Self help guide)

WEB: www.gettingmanchestermoving.org

ANXIETY AND SELF HELP

WEB: www.livinglifetothefull.com

<http://moodgym.anu.edu.au/>

SAMARITANS

TEL: 0845 790 9090 (24 hours every day)

SANELINE

TEL: 0845 7678000 (6pm to 11pm, every day)

MIND INFORMATION LINE

TEL: 0161 272 8205 (Mon – Fri 10.30am to 2pm)

CRISISPOINT

For help in Manchester with a mental health crisis

TEL: 0161 225 9500 (8am to 12 midnight, everyday)

42nd STREET

Helpline for young people 0161 832 0170 (Mon, Thurs and Fri, 12.30pm to 4.30pm)

TEL: 0161 832 0170

SELF HELP SERVICES

A range of local self help groups and services

TEL: 0844 477 9971

ANXIETY UK

Information and advice about anxiety, panic and phobia problems

TEL: 0844 477 5774

NHS DIRECT

TEL: 0845 4647 (24 hrs a day)

TALKING HEALTH

TEL: 0808 2611 501

WEB: www.talkinghealth.net

Some Useful Websites;

www.mentalhealthinmanchester.org.uk

www.manchesterpublichealthdevelopment.org

www.selfhelpservices.org.uk

www.havingavoice.org

www.kidshealth.org

www.ruclear.co.uk

www.brook.org.uk

www.fresh4manchester.com

www.birdsbeesandteens.nhs.uk

www.there4me.com

www.edauk.com (**Eating Disorders Association UK**)

www.diabetes.org.uk

www.bhf.org.uk (**British Heart Foundation**)

www.eatwell.gov.uk

www.foodandmood.org.uk

www.5aday.nhs.uk

www.bda.uk.com

Brook Manchester 237 3001 – Open Every Day including Sunday

Manchester Centre for Sexual Health 276 5203 (Young persons clinics Wed 5.30pm to 8.30pm)