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.** Mental health crisis line, available from 8pm to 6am, for anyone over 18 years old. Talk to them if you are experiencing anxiety, panic attacks, depression, suicidal thoughts or are in crisis.

**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.

**Emergency Social Services – 0161 718 2118.** 5pm-9am, 7 days a week. Call in the event of an unexpected major problem within children or family.

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

**PAPYRUS – call 0800 068 41 41 or text 07786 209697.** 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.

**Stockport Stepping Hill Emergency Department** – ask for the Mental Health Team.