

## Other advice and support

- If you are directly affected and need help or support, call the Victim Support Helpline on 08 08 16 89 111
- Adults can refer themselves directly to NHS psychological therapies services across England. Type 'NHS choices IAPT' into your search engine
- Children and young people can access mental health services through their GP
- If you are struggling to keep yourself safe please seek advice either from your GP or in an emergency from A&E at your local hospital
- A website with lots of information about support after the Manchester Arena attack is now available at [www.manchesterattacksupport.org.uk](http://www.manchesterattacksupport.org.uk)

## Get in touch

You can contact the Hub via:

- Phone: 03330 095 071
- Email: [GM.help@nhs.net](mailto:GM.help@nhs.net)
- Website: [www.penninecare.nhs.uk/mcrhub](http://www.penninecare.nhs.uk/mcrhub)

Opening times are **Monday to Friday, 9am to 5pm.**

If we are unable to answer your call immediately, you will have the option of leaving a message and we will call you back as soon as possible. You can also leave a message outside of our opening hours on this number.

## Get involved



For regular updates, follow us on Twitter @PennineCareNHS, or like the Pennine Care NHS Foundation Trust page on Facebook

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[www.penninecare.nhs.uk](http://www.penninecare.nhs.uk)

**Manchester  
Resilience Hub**

# Mental Health

Support following the  
Manchester Arena attack

The NHS Manchester Resilience Hub has been established in response to the Manchester Arena attack.

It has been set up to coordinate the care and support for children, young people and adults whose mental health and/or emotional wellbeing has been affected. The Hub is based in Greater Manchester but is for everyone, wherever they may live.

The Manchester Arena attack was a traumatic event which we know can cause severe emotional shock. The Hub can offer phone-based advice, support and information and make calls on your behalf if you are struggling to get the help you need.

### The Hub is for:

- Everyone who has been directly affected by the incident
- Family members who have been affected
- Professionals who have been affected
- Professionals seeking clinical advice about their service users

### About The Hub

The service is hosted by Pennine Care NHS Foundation Trust, working with other NHS and voluntary sector agencies.

The Manchester Resilience Hub is staffed by NHS professionals. They will be able to talk with you about how you are doing and whether you may benefit from more help.

### Emotional wellbeing screening

Because people react to traumatic events in different ways, we are also inviting everyone who was present or affected by the attack to take part in an online wellbeing screening programme. This will help us to identify people who need further help and assist us with future planning.

To take part visit:  
[www.penninecare.nhs.uk/wellbeingscreen](http://www.penninecare.nhs.uk/wellbeingscreen)

