



# Children & Young People

## Suicide/Crisis

**Greater Manchester Mental Health:** 24/7 free helpline aimed at avoiding A&E admission, this helpline is not confidential and will pass information onto other services you are open to.  
**Free helpline: 0800 953 0285**

**Samaritans:** available 24 hours a day for anyone struggling to cope and provide a safe place to talk.  
**FREE Helpline: 116 123.**

**Papyrus:** information and advice for young people who may be at risk for harming themselves.  
**Contact HOPELINEUK: 0800 068 4141.**  
**Text: 07860 039967**

## Bullying

**National Bullying Helpline:** help and advice for children and adults dealing with bullying at school or work

**Helpline: 0845 225 5787.**  
Open Mon-Fri; 9am-5pm

**Kooth:** free, anonymous online counselling and emotional wellbeing support for 11 – 18 year olds.

**42<sup>nd</sup> Street:** offer a range of individual, group, and art based support for those aged 13 – 25 years old.

**Young Minds:** if you are experiencing a mental health crisis.

**Young Person Crisis messenger: text YM to 85258.**

Service available 24/7 for parents worried about their child

**Parents Free Helpline: 0808 802 5544**  
**Open Mon-Fri; 9:30am-4pm)**

**ChildLine:** confidential helpline for children and young people to support you and help you find ways to cope.

**FREE Helpline: 0800 1111.**  
Open Mon-Sun; 9am to 3:30am

**Shout:** 24/7 free text service, for anyone in crisis, if you're struggling to cope and need immediate help.

**Text: GMTrafford to 85258**



## Bereavement

**Once Upon a Smile:** support bereaved children 1:1 or in groups. **Tel No: 0161 7110339**

**Hope Again:** support for children & young people affected by the death of someone close. **Free Helpline: 0808 808 1677**  
Open Mon-Fri; 9:30am - 5:00pm.

**Winston's Wish:** support for bereaved children, their families and professionals. **FREE Helpline: 0808 8020 021**  
Open Mon-Fri; 9am-5pm

**Child Bereavement UK:** support for families or when a child is facing bereavement. **FREE helpline: 0800 028 8840**  
Open Mon-Fri; 9am-5pm (exc. Bank Holidays)

**GM Bereavement Service:** offers support to people who have been affected by death. **Telephone: 0161 983 0902**  
Open Mon-Fri; 9am-5pm

## Substance / Alcohol Misuse

**Early Break:** For Trafford young people who are struggling with substance misuse. **Telephone: 0161 723 3880**

**NACOA:** if you are affected by someone else's drinking, NACOA can help.

**FREE Helpline: 0800 358 3456**

**FRANK:** information and advice to anybody concerned about drugs/substance misuse.

**Helpline: 0300 123 6600** Open 24/7  
Text: 82111

## Anxiety

**No Panic:** advice and information for people suffering from panic attacks & anxiety disorders. **Youth Helpline: 0330 606 1174 (for 13-20 yrs)** Open Mon, Tue, Wed, Fri: 3pm to 6pm; Thurs 3pm to 8pm; Sat 6pm to 8pm

**Anxiety UK:** user-led organisation, with resources, text service and info line. **Info line: 0344 477 5774**  
Text: 07537 416 905  
Open Mon-Fri; 9:30am- 5:30pm (exc. Bank Holidays)

## Eating Disorders



**Beat:** information on anorexia, bulimia & other kinds of eating disorders.

**Studentline: 0808 801 0811**

**Youthline: 0808 801 0711**

Open Mon-Fri, 12pm-8pm; Sat-Sun 4pm-8pm

**Anorexia & Bulimia Care:** providing on-going care, emotional support & guidance for anyone affected by eating disorders. **Helpline: 03000 11 12 13**  
Open Tues-Fri; 9.30am-5.30pm