



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.

42nd 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