**Help Services for Everyone**

Please note that the University cannot specifically recommend any of the below services, but the following is simply a list of some support services available that we hope can be of some use:

* **Samaritans** – free confidential 24-hour listening service for any individuals feeling distress or despair. You can call them for free on: **116 123** or email them on [**jo@samaritans.org**](mailto:jo@samaritans.org). You can also find out more information about the Samaritans’ services at [**www.samaritans.org**](http://www.samaritans.org).
* **MIND** – provide excellent advice on what services are available for people with mental health problems as well as provide links to information and real-life stories from survivors. Visit [**www.mind.org.uk**](http://www.mind.org.uk) or call the helpline on **0300 123 3393** which is open between 9am and 6pm Monday to Friday.
* **Carers UK** – provide a range of advice from financial help to information about local carer support groups. For more information, visit [**www.carersuk.org**](http://www.carersuk.org) or call their advice line for free on **0808 808 7777** between 10am and 4pm on Mondays and Tuesdays.
* **SHOUT** - the UK’s first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. If you’re anxious, worried, or stressed, text **85258** for help.
* **CALM (Campaign Against Living Miserably)** – provides support for men who want to improve their mental health. Please visit [**www.thecalmzone.net**](http://www.thecalmzone.net)or call the free helpline between 5pm and midnight on **0800 58 58 58**.
* **42nd Street** is a reputable charity offering a social work and counselling service for under 25s. For more information, visit [**http://42ndstreet.org.uk/**](http://42ndstreet.org.uk/)**.**
* **Support after suicide** – a helpful website that can give emotional and practical support at [**www.supportaftersuicide.org.uk**](http://www.supportaftersuicide.org.uk).
* **Sanline** – is a national mental health helpline providing information and support to people with mental health problems and those who support them. Call them on **0300 304 7000** between 4:30pm and 10:30pm or visit [**http://www.sane.org.uk**](http://www.sane.org.uk).
* **StepChange** – is a debt charity that can provide useful information and links to resources when you need emergency help with money and food. Visit the website for more information: [**https://www.stepchange.org/debt-info/emergency-funding.aspx**](https://www.stepchange.org/debt-info/emergency-funding.aspx)**.**
* **Citizen’s Advice Service** – a website to provide information and resources on topics such as debt, housing problems, immigration and health concerns. Visit the website for more information: [**https://www.citizensadvice.org.uk/**](https://www.citizensadvice.org.uk/).
* For some Low Cost Independent Therapy Centres:
  + Chorlton: [**http://lowcostpsychotherapy.co.uk/**](http://lowcostpsychotherapy.co.uk/)
  + Didsbury: [**https://www.didsburycounsellingandtherapycentre.co.uk/home.html**](https://www.didsburycounsellingandtherapycentre.co.uk/home.html)

For further mental health support, and for finding local organisations to help you, visit [**https://www.nidirect.gov.uk/articles/mental-health-emergency-if-youre-crisis-or-despair**](https://www.nidirect.gov.uk/articles/mental-health-emergency-if-youre-crisis-or-despair) or [**https://www.mindingyourhead.info/services**](https://www.mindingyourhead.info/services).