

I just wanted to give some details to you of people you can contact if you are in distress or having thoughts about harming yourself:

**Manchester Royal Infirmary (MRI) Emergency Mental Health Team**

Tel: +44 (0)161 701 0313 Web: <http://www.cmft.nhs.uk/royal-infirmary/plan-your-visit>

**Accident & Emergency – Manchester Royal Infirmary (MRI)**

Tel: +44 (0)161 276 4147 Web: <http://www.cmft.nhs.uk/royal-infirmary/plan-your-visit>

**National Health Service Direct**

Tel: +44 (0)845 4647 Web: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**Nightline**

Student run listening service, term only - Students can find the telephone number of Nightline on the back of their library cards

Web: [www.umsu.manchester.ac.uk/nightline](http://www.umsu.manchester.ac.uk/nightline)

**Samaritans**

Samaritans is a confidential emotional support service available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Tel: 116 123 Web: [www.samaritans.org/](http://www.samaritans.org/)

**Saneline**

SANEline is a national out-of-hours telephone helpline offering emotional support and information for people affected by mental health problems.

Tel: 0300 304 7000 Web: [www.sane.org.uk](http://www.sane.org.uk)

**Crisis Point**

Crisis point is a mental health crisis support centre. They can offer accommodation 'respite beds' for up to 10 consecutive days. They can also offer non-residential one to one sessions for up to 6 weeks. People can refer themselves or be referred by a professional. Referrals can be made over the telephone (8am to midday). When they are full they will run a waiting list.

Tel: 0161 225 9500 Web: <http://www.turning-point.co.uk/crisis-point.aspx>

**The Sanctuary**

The Sanctuary provide 24-hour support to adults who are experiencing anxiety, panic attacks, depression, suicidal thoughts or are in crisis. The Sanctuary offers a space to talk and assistance with coping after the initial crisis. This service is available to residents (ages 18+) living in Manchester, Trafford, Salford, Stockport, Tameside, Glossop, Bolton, Wigan and Leigh.

Tel: 0300 003 7029 Web: <https://www.selfhelpservices.org.uk/the-sanctuary/>

**Moodswings**

Moodswings operate a telephone help line 10 am to 4pm Monday to Friday that provides advice, information and support for people whose lives are affected by a severe mood disorder.

Tel: 0161 832 3736 Web: <http://www.moodswings.org.uk/>