

Appendix 14a: Sources of Help, Support and Information – for service users

Culturally-adapted Family Intervention (CaFi) for African and Caribbean people diagnosed with psychosis and their families

As participants will be drawing on their experiences, they will be in control of what and how much they wish to share. However, we appreciate that revisiting some aspects of these experiences may be emotional and potentially distressing. Some participants might also want further information about different aspects of mental health. We have therefore compiled this list of organisations in the Manchester area that can provide help, support and information.

Are you worried about your mental health or that of someone else?

If you, someone in your family or someone you care for have/has received, or are/is currently receiving, treatment for mental health problems, contact the **Care Coordinator** as soon as possible.

If you or the person you are worried about has not received treatment for mental health problems, contact a GP as first port of call.

You may also call the **free** NHS advice line (111), which is available 24 hours every day.

If you believe that you or someone is at risk, call 999 immediately.

The research team would be happy to discuss these with you and provide help to access these services if necessary. In addition to the above, you may find the following services helpful:

Greater Manchester Mental Health NHS Foundation Trust Out-of-Hours Crisis numbers:

Bolton, Salford and Trafford localities: 01204 390302

The city of Manchester: 0161 271 0450

The two helplines provide a service from 5pm to 9am Monday to Friday and 24 hours over Saturday and Sunday.

Local support organisations in Greater Manchester (Greater Manchester Centre for Voluntary Organisation): <https://www.gmcvo.org.uk/local-support-organisations-greater-manchester-0>

African Caribbean Mental Health Services:

<https://www.manchestercommunitycentral.org/news/african-and-caribbean-mental-health-services>

Address: Windrush Millennium Centre 70 Alexandra Road, Moss Side, Manchester, M16 7WD

Phone: 0161 830 4770

Hearing Voices Network: www.hearing-voices.org/groups/manchester/

Address: Harpurhey Day Centre, 93 Church Lane, Harpurhey, Manchester, M9 5BG (temporary venue: Harpurhey Neighbourhood Project, Carisbrook Street, Harpurhey, Manchester, M9 5UX)

Phone: 0759 083 7359

Rethink Mental Illness: <https://www.rethink.org/services-groups/search?r=4751>

Address: Multiple

Phone: 0300 5000 927

Samaritans: <https://www.samaritans.org/branches/manchester-and-salford-samaritans>

Address: 72-74 Oxford Street Manchester M1 5NH

Phone: 0161 236 7730

Sources of Help, Support and Information – for relatives, carers, advocates, Family Support Members

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Information pages for relatives, carers and friends:
<https://www.gmmh.nhs.uk/carers-family-and-friends>

Manchester Carers Centre: www.manchestercarers.org.uk/

Address: Manchester Carers Centre, Bridge 5 Mill, 22a Beswick Street, Manchester, M4 7HR

Phone: 0161 27 27 27 0

Black and Minority Ethnic (BME) Carers Support Group (Trafford Carers Centre): www.traffordcarerscentre.org.uk

Address: First Floor, 19B School Road, Sale, M33 7XX

Phone: 0161 848 2400

Mind (Salford): <https://www.mindinsalford.org.uk/>

Address: The Angel Centre, 1 St. Philips Place, Salford, M3 6FA

Phone: 0161 212 4880

Rethink Mental Illness: <https://www.rethink.org/services-groups/search?r=4751>

Address: Multiple

Phone: 0300 5000 927

Salford Carers Centre: <http://salfordcarerscentre.co.uk/>

Address: The Angel Centre, 1 St. Philips Place, Salford, M3 6FA

Phone: 0161 833 0217

African & Caribbean Mental Health Services:

<https://www.manchestercommunitycentral.org/news/african-and-caribbean-mental-health-services>

Address: Windrush Millennium Centre 70 Alexandra Road, Moss Side, Manchester, M16 7WD

Phone: 0161 830 4770

Bury Carers Centre: <https://www.gaddumcentre.co.uk/bury-carers-centre/>

Address: 6 Great Jackson Street, Manchester, M15 4AX

Phone: 0161 834 6069

YoungMinds Parent Helpline: <https://youngminds.org.uk/contact-us/>

Address: N/A

Phone: 0808 802 5544

Sane: <http://www.sane.org.uk/>

Address: SANE, St. Mark's Studios, 14 Chillingworth Road, Islington, London, N7 8QJ

Phone: 0300 304 7000

Carers UK: <https://www.carersuk.org/>

Address: 20 Great Dover Street, London SE1 4LX

Phone: 020 7378 4999