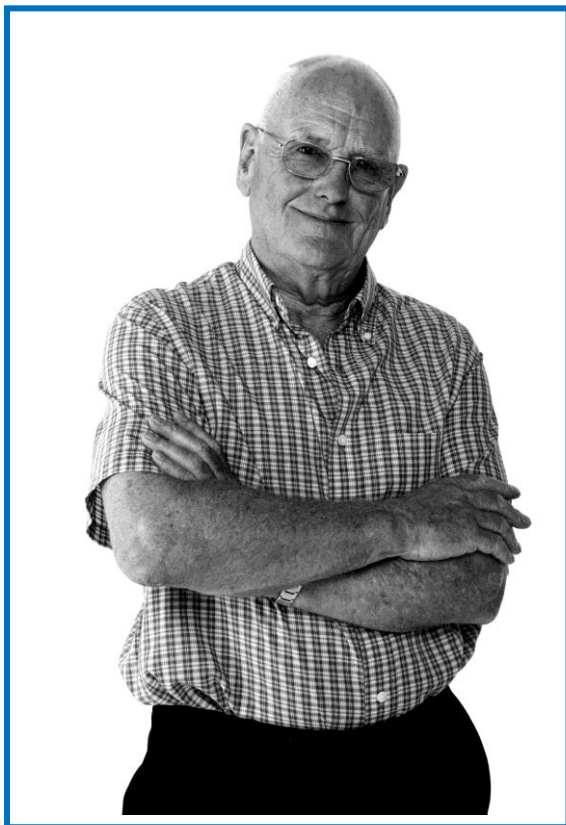


Mental Health and Wellbeing in Bury



Getting started
and getting help
quickly

What you can do to
look after yourself

Where you can get
advice, help and
support

Welcome!

Looking for something fast?

1. What are mental health issues?

Spot the signs.

2. I think I need help. What can I do?

There is a lot of help out there. Keep reading for more information.

3. Talking things over

A brief explanation of various talking treatments and how they can help.

4. How can I help myself?

Some practical advice on self-care.

5. I am desperate. What should I do?

There are people who can help you. You are only one phone call away from help!

6. Nobody's listening! What can I do?

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7. Advice for family and friends

Some practical advice and information.

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1. What are mental health issues?

We all have mental health, like we all have physical health. Both change throughout our lives.

Just like our bodies, our minds can become unwell. At times we can all struggle and our mental health is not as good as it could be.



Some of the problems that you or those around you may notice are:

- Feeling low
- Worrying a lot
- Trouble sleeping or staying awake
- Frequently angry or irritated
- Feeling twitchy
- Eating too much or too little
- Can't concentrate or think clearly
- Avoiding people or situations
- Confused
- Intrusive or upsetting thoughts
- Can't be bothered
- Forgetful
- Can't stop
- Hallucinating or hearing voices
- Taking unprescribed drugs, alcohol, gambling

Are any of these long lasting, showing no sign of improvement or severe?

There are things that you can do to improve your health and wellbeing and you will find information in this booklet about this.

If you or someone you know is experiencing one or several of the above and this has been going on for some time and not improving or these feelings, thoughts or behaviours are interfering with the everyday life, it could be that you or they may need some help to feel better.

Don't panic, there is help out there. This guide covers where you can go and what help and support is out there in the Bury area.

2. I think I need help. What can I do?

One in four of us will have a mental health problem of some kind during our lives. The first few steps can be very hard, but you don't have to do it on your own.

Realise you are not alone and you can be helped!

The first step is to seek for help. There are a whole range of people and organisations that can help you.

Talk to someone you trust — it really can help!

This could be your partner, a family member or a good friend. If this is not possible for you there are other people who can give you support and advice.

National organisations are listed along with local places where you will find a sympathetic ear. Turn to the contents page for a quick answer.

Should I go and see my GP?

Our mental health is constantly changing in response to everything around us, our ability to respond to stressful situations, our physical health and the support networks we have to help us stay well and balanced.

Some of the time we are able to manage episodes of poor mental health ourselves without help from a doctor but we all need extra help sometimes and a GP can be a good starting point

GPs and medical practices in Bury offer general support to people experiencing mental ill-health.

This can include things like:

- Cognitive behavioural therapy (CBT)
- Counselling
- Local support groups
- Referral to Talking Therapy (Healthy Minds)
- Information leaflets and advice
- A member of staff in the GP practice who works specifically with mental health issues
- Referral to specialist help
- Medication



Talking to your GP about mental health

Why go to see a GP over a problem that you think will eventually pass?

- A minor problem could develop into something more serious if ignored.
- Recurrent problems (like feeling anxious) can impact on your quality of life and lead to other problems.
- Seeing a GP regularly can help you to learn more about the support available to you, and helps your GP to better understand your needs.

How can I prepare

Appointments with a GP or practice nurse are often very short, so being prepared can help you get the most out of it.

- Write down what you want to say in advance, and take your notes in with you.
- Give yourself enough time to get to your appointment, so that you don't feel rushed.
- Think about taking someone with you to support you, like a close friend or family member.
- Highlight or print out any information you've found that helps you explain how you're feeling.
- If you have a few things to talk about, you can ask for a longer appointment (you'll need to do this when you're booking it in).¹

You can book 20 minutes rather than the usual 10 if you think you need longer to talk to your doctor.

Will I have to be seen by a psychiatrist or go into hospital?

Most people can get the help they need through their GP, talking therapy or local support group but if your GP feels you need extra help they might refer you to the specialist.

The specialist will be able to assess you and help you think about the best course of action. Sometimes this will be a psychiatrist, sometimes a psychologist, counsellor or other trained professional. In NHS language this is known as 'Secondary Care'.

I'm worried about who sees my information

Confidentiality & Information Sharing

Healthcare professionals are bound by data protection regulations. The basic principles are that any personal information should be shared on the basis that it is:

- necessary for the purpose for which it is being shared
- shared only with those who have a need for it
- accurate and up to date
- shared securely and in a timely fashion
- not kept for longer than necessary for the original purpose.



¹ Mind

What if I don't want the help my doctor suggests. Can I refuse?

For the vast majority of people treatment is optional and like any clinical intervention you have the right to refuse treatment if you do not believe it is in your best interests.

When will I begin to feel better?

Everyone is unique, with different problems, personalities, and life experience. Feeling better will vary by individual, depending on circumstances, support and type of help received. Although it doesn't always feel like it, remember you can be helped and things can get better.

If you are receiving help or treatment from your GP or another professional, talk to them about how long these feelings may last.

What do I do if I don't feel better or I feel worse?

If you haven't seen your GP yet go and see them and tell them how you are feeling. If you are seeing your GP already or another professional tell them your concerns.

If the feelings are severe, intense or even suicidal, speak to someone **now!** Contact the Samaritans, your GP or go to A and E. It is important to seek help!

For adults your GP will discuss with you if they think services provided by **Bury Access and Crisis Team Bury** will help you. They then make a referral. The team is based at the Fairfield General Hospital.

There are several levels of services that can be provided. You may be referred into the Crisis and Access Service which includes Crisis Assessment, which helps define if an admission to hospital needs to be considered, or you may be supported on Home Based Treatment, which is seen as an alternative to admission.

You may be seen by a Community Psychiatric Nurse, Support Worker, Occupational Therapist, Social Worker, Psychologist or a Psychotherapist. In certain cases you may need to be seen by a specialist team which provide specific help and treatment for problems such as Eating Disorders.

For children and young people there is a separate service just for you. This is called Healthy Young Minds (previously named CAMHS). Referral for this service is directly from your GP.



3. Talking things over

Are you ready to talk to somebody?

Talking therapies can help all sorts of people in many different situations. You may be able to get talking therapy on the NHS but there is usually a waiting time. Talking therapy is widely available privately and through some local support groups (e.g. Creative Living Centre, Streetwise 2000).

Why talking therapy may help

Sometimes it's easier to talk to a stranger than to relatives or friends. During talking therapy, a trained therapist listens to you and helps you find your own answers to problems, without judging you.

The therapist will give you time to talk, cry, shout or just think. It's an opportunity to look at your problems in a different way with someone who will respect and encourage your opinions and the decisions you make. Usually, you'll talk one-to-one with the therapist. Sometimes, talking treatments are held in groups or in couples, such as relationship counselling.

Talking therapies can help if you have: depression, anxiety, an eating disorder, a phobia, an addiction. They're often used if you've been diagnosed with a serious mental health condition, such as schizophrenia or bipolar disorder.

<https://www.nhs.uk/conditions/stress-anxiety-depression/benefits-of-talking-therapy/>

“A trained therapist listens to you and helps you find your own answers to problems, without judging you.”

The types of therapy

Talking therapy is a broad term. It covers all the psychological therapies that involve a person talking to a therapist about their problems.

Although there are many different types of talking therapy, they all have a similar aim to make you feel better. Some people say that talking therapies don't make their problems go away, but they find it easier to cope with them and feel happier.

For some problems and conditions, one type of talking treatment may be better than another. Different talking treatments can also suit you at different times and stages of your life.

To help you decide which one would be most suitable for you, talk to your GP about the types of talking therapy on offer (let them know if you prefer a particular one).

An explanation of various talking treatments and how they can help:

Counselling

Probably the best-known talking therapy and the one most readily available at your GP surgery. On the NHS it usually consists of 6 to 12 sessions, each an hour long. You talk in confidence to a counsellor about how you feel about yourself and your situation.

Counselling can help you to cope with issues, such as: anger, relationship issues, bereavement, redundancy, infertility, the onset of a serious illness.

Cognitive Behavioural Therapy

CBT helps you to identify negative thoughts and replace them with more positive way of looking at things.

Available on the NHS, you set goals with your therapist and carry out tasks between sessions. A course typically involves around six sessions, which last about an hour each. There are also self-help books and computer courses which use the concepts of CBT to help you overcome common problems like depression.

Like counselling, CBT deals with current situations more than events in your past or childhood. In particular, CBT can help: depression, anxiety, panic attacks, phobias, obsessive compulsive disorder (OCD), post-traumatic stress disorder, some eating disorders especially bulimia.

Psychotherapy

Unlike counselling and CBT, psychotherapy involves talking more about your past to help you overcome problems you're having in the present. It tends to last longer than CBT and counselling.

There are different types of psychotherapy, but they all aim to help you understand more about yourself, improve your relationships and get more out of life. It can be especially useful in helping people with long-term or recurring problems to find the cause of their difficulties.

Family therapy

This may be offered when the whole family is in difficulty. A therapist (or pair of therapists) meets the whole family and explores the family's views and relationships to understand the problems they are having.

It helps family members communicate better with each other.

Family therapy is useful for any family in which a child, young person or adult (a parent or a grandparent) has a serious problem that's affecting the rest of the family. Family therapy can help with different issues such as: child and adolescent behavioral problems; mental health conditions, illness and disability in the family; separation, divorce and step-family life; domestic violence; drug or alcohol addiction.

Couples therapy

Can help when a relationship is in crisis (after an affair, for example). Both partners talk in confidence to a counsellor to explore what has gone wrong in the relationship and how to change things for the better. It can help couples learn more about each other's needs and communicate better. Ideally, both partners should attend the weekly hour-long sessions, but they can still help if just one person attends.

Group therapy

In group therapy, a number of people meet, together with a therapist. It's a useful way for people who share a common problem to get support and advice from each other. It can help you realise you're not alone in your experiences, which is itself beneficial. Some people prefer to be part of a group or find that it suits them better than individual therapy.

Who can I talk to in Bury?

If you want to try a talking therapy, ask your GP, contact your local mental health support group (please see the details on the page 38) or self-refer to the Healthy Minds service (please see the details on the page10).

Lots of GP surgeries provide counselling or therapy services on the NHS. If counselling or therapy isn't available at the surgery, your GP may refer you to a local psychological therapies service.

Healthy Minds Bury

<https://www.penninecare.nhs.uk/your-services/mental-health-services/healthy-minds/>

The [Healthy Minds](#) service is for people over the age of 16 years, who are registered with a GP in Bury or live in Bury area.

They offer support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of low self-worth or panic attacks. It can also help those dealing with the effects of a long-term health problem or chronic pain, Post Natal Depression, Obsessive Compulsive Disorder, phobias, or eating difficulties. With help and support, these feelings and symptoms can be managed, guiding you to deal with them more effectively.

The service is delivered by a range of professionals including therapists and counsellors, who will find a level of treatment that is right for you. This could be a class workshop, an online or telephone based course of self-help treatment, or an individual therapy session.

They also provide specialist groups for those experiencing Post-Natal Depression and for those with long term health conditions.

You can access the Healthy Minds service by completing the [online form](#).

Alternatively, you can speak to your GP or other health or care professional.

If you have any questions about the service, please contact your local Healthy Minds team on the contact details below.

Humphrey House, Angouleme Way, Bury.
BL9 0EQ. 0161 253 5258

For children and young people there is a separate service just for you. This is called **Healthy Young Minds** (previously named CAMHS). Referral for this service is directly from your GP.

Charities and voluntary organisations

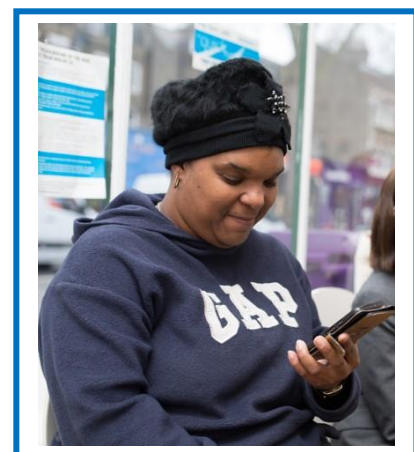
Some local groups and voluntary organisations also offer counselling. These organisations usually specialise in a particular area, such as couples counselling, bereavement or family guidance.

You don't need a referral from your GP for an appointment for these services, but you may have to pay a fee to cover the cost of your sessions.

Local groups that may offer counselling include:

- [Creative Living Centre](#) - the centre uses a creative and a whole person approach to enable people to better understand and manage their mental health
- [Cruse Bereavement Care](#) – for bereavement advice and support
- [Rape Crisis England and Wales](#) – for women and girls who've been raped or sexually abused
- [Relate](#) – for relationship advice and counselling
- [Samaritans](#) – for people to talk about whatever's troubling them at any time
- [The Relationship Hub](#) - for relationship advice and counselling
- [Victim Support](#) – for victims and witnesses of crime

Who should I choose?



Discuss with your GP if you want to see a private provider.

The website below provides very useful advice.

www.bacp.co.uk/ Tel: 01455 883300

4. How can I help myself?

Mind recommends the following:

Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse. Here are some tips for looking after yourself that you might find helpful:

- [stay aware of your mental health](#)
- [nourish your social life](#)
- [talk to people with similar experiences](#)
- [make time for therapeutic activities](#)
- [look after your physical health](#)
- [contact a specialist organisation](#)

If these work well for you then you may find you don't need any formal [treatment](#). However, it's important to remember that there is unlikely to be an instant solution. [Recovering from a mental health problem](#) is likely to take time, energy and work.

Stay aware of your mental health

• Tell people what helps.

If certain treatments have helped in the past, tell your doctor. Let your friends and family know how they can support you, whether it's listening to you when you're having a bad day, helping you keep on top of your

commitments, or being aware of your triggers (things that set off your difficult feelings or behaviours, or make them worse).

• Spot your early warning signs.

If you can, try to be aware of how you're feeling, and watch out for any signs you might be becoming unwell. These will be individual to you, but it can be useful to reflect on what these may be so you can get support as soon as possible.

• Keep a mood diary.

Tracking your moods can help you to work out what makes you feel better or worse. You can then take steps to avoid, change or prepare for difficult situations. You can create your own mood diary or find one online – there are many freely available on the internet and as apps for your phone.

• Build your self-esteem.

Taking steps to increase your self-esteem can help you to feel more confident and able to cope (see our pages on [how to increase your self-esteem](#) for more information).

NHS Self-help Guides

<https://web.nth.nhs.uk/selfhelp/>

Mental Health and Money Advice

<https://www.mentalhealthandmoneyadvice.org/>

Help with health costs (Citizens advice)

<https://www.citizensadvice.org.uk/health/help-with-health-costs/help-with-health-costs/>

How do I keep well?

- Keep active
- Keep in contact – avoid isolation
- Keep a record – write down what has helped
- Keep up with self help
- Know when to seek help – discuss with family/friends/professionals
- Work unpaid and paid
- Reflecting on what may have caused episode.

Mind recommends

- Develop a support network – people, friends you can contact when you need support
- Use support/peer support/self-help groups meet and share with others who have had similar experiences
- A healthy lifestyle can help to keep you well.
- Diet and exercise are particularly important.
- Relaxation, yoga, meditation and mindfulness can all help to maintain well-being.

Websites that have very useful information on well-being:

Bury Directory – Mental Health and Wellbeing page

<https://www.theburydirectory.co.uk/kb5/bury/directory/advice.page?id=SATNtRqPWhA>

NHS choices – Moodzone <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

YoungMinds - <https://youngminds.org.uk/>

42nd Street (support young people under stress) - <http://42ndstreet.org.uk/>

Mind – Children & Young People <https://www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/#.WoL3tkx2tZV>

Ten Top Tips for Good Mental Health

1. Don't be perfect
2. You can't be all things to all people
3. It is OK to leave some things undone
4. Don't spread yourself too thinly
5. Learn to say 'no'
6. Make time for yourself and your support network
7. Regularly switch off and do nothing
8. Everyone is boring, inelegant and unattractive sometimes
9. Don't feel guilty and beat yourself up
10. Treat yourself as you would a best friend, don't be your own worst enemy

5. I am desperate! What should I do?

Do something not nothing!

If you have these feelings it is better to do something now and stop things getting worse!

If you are considering suicide speak to someone and get help now!

It is important to speak to someone!

- Can you speak to someone you trust such as someone in your family, friend, carer, key worker?
- If you have felt like this before has there been anything that helps?
- If you receive services what does your care plan say you should do when you feel like this?

A **mental health crisis** often means that you no longer feel able to cope or be in control of your situation. You may feel great emotional distress or anxiety, can't cope with day-to-day life or work, think about suicide or self-harm, or experience hallucinations and hearing voices.

In mental health terms, a crisis refers not necessarily to a traumatic situation or event, but to a person's reaction to an event. One person might be deeply affected by an event while another individual suffers little or no ill effects.

There are people who can help you. You are only one phone call away from help! The Samaritans and Papyrus have 24 hour telephone helplines. Alternatively you can always contact your GP or (call) NHS 111.

Samaritans

0161 764 0055 (local call charges apply)
116 123 (this number is free to call)
jo@samaritans.org
Samaritans Bury, 13 Knowsley Street,
Bury BL9 0SJ

If something's troubling you, get in touch

Confidential and non-judgemental emotional support whenever you need someone to talk. Please phone for details for the hours we are open to receive callers at the door.

Papyrus

HOPELineUK: 0800 068 4141
(24 hour helpline)
07786 209697 pat@papyrusuk.org
www.papyrus-uk.org

Confidential Young Suicide Prevention Advice. The PAPHYRUS helpline HOPELineUK is there to help you. They know that some people find it difficult to pick up the phone.

Please call — you have nothing to lose and everything to gain. Don't expect to feel OK all at once. Just knowing that life is slowly getting better means there is light at the end of the tunnel.

The plan to help keep yourself safe

It may help to make a safety plan sometimes called a crisis plan. The aim of a safety plan is to think about what support you need when you are heading into crisis. Carry it in your wallet/pocket or bag in case you become unwell. There are no set rules to how a plan should look or what to include and it may be helpful to get someone to do it with you. This template provides an example of what a crisis plan may include:

<p>Who can help me and how?</p> <p>Friend</p> <p>Professional</p> <p>Helpline</p>	<p>What do I suffer from?</p>	<p>What medication I am taking?</p> <p>What allergies do I have?</p>
<p>What arrangements I may need for childcare</p>	<p>Where would I like to go if I need hospital treatment?</p>	<p>What would I say to someone else in my situation?</p>
<p>What helps me feel safe?</p>	<p>What have I done before that's worked?</p>	<p>If the feelings won't go away what should I do?</p> <ul style="list-style-type: none"> • Go back to your GP • Or call NHS 111
<p>What can I do to distract myself?</p>	<p>What things make me feel worse that I should avoid?</p>	<p>Any other helpful thoughts, ideas?</p>

If you need help to complete a plan local support groups such as Creative Living can help develop one with you.

Worried about what might happen

A lot of people worry they might get sectioned or sent into the hospital. This is very rare and for the most of the people this isn't the case.

Occasionally you can be forced to undertake treatment if you are assessed by a qualified professional as being so unwell that you are a danger to yourself or other people.

Most people find the help they need but in a situation like this you will be 'sectioned' under the Mental Health Act and a named doctor will be able to make decisions about your medication and where you should be cared for. Everybody who is detained under the Mental Health Act has the right to appeal against the decision using the free advocacy service.

Being sectioned only happens in extreme cases so don't be afraid of seeking help

Independent Mental Health Advocates (IMHA)

Access to an IMHA is a statutory right for people detained under most sections of the Mental Health Act. An IMHA is a specialist advocate who is specially trained to work to meet the needs of patients within the framework of the Mental Health Act 1983.

The role of an IMHA is to help you to get information about and understand the following things:

- any medical treatment you're receiving or might be given, the reasons for that treatment and the legal authority for providing the treatment
- your rights under the Mental Health Act 1983
- the rights which other people have in relation to you, for example, your nearest relative
- any conditions or restrictions that you must keep to.

You can ask for the support of an IMHA at any time. You can also end any support you're getting at any time.

To get hold of an IMHA, ask any member of ward staff, or look out for posters and leaflets on the ward and contact them yourself, or ask someone else to contact them for you.

The Bury Advocacy Hub based in Rochdale provides this service for anyone living in Bury. They can be contacted on 0161 933 2623 or email info@buryadvocacyhub.org.uk



6. Nobody's listening! What can I do?

I am unhappy with my GP. What can I do?

Some people may not feel able to talk to their doctor about mental health problems or they may not have been happy with their doctor's response. There are things you can do:

- If you are registered with a practice which has more than one GP you can make an appointment with another one. Some practices have one or more doctors that have an interest or had further training in mental health. You can ask the reception team if this is the case in your surgery and make an appointment with them instead.
- You have the right to change to another GP practice in your area (as long as it is accepting new patients) and you do not have to give a reason as to why. Once you are registered with another practice your medical records will be transferred to them
- Contact the local mental health support group. Support is based on sharing experiences. How you choose to meet up or connect with people is very flexible and depends on your personal preferences. Peer support can improve your emotional health, wellbeing and sense of belonging. Please see the page 23 for more information about the local groups.
- Contact the [Healthy Minds](#) service. It is for people over the age of 16 years, who are registered with a GP in Bury or live in Bury area. **You can access the Healthy Minds service**

by completing the [online form](#). If you have any questions about the service, please contact your local Healthy Minds team on the contact details below.

Humphrey House, Angouleme Way, Bury.
BL9 0EQ. 0161 253 5258

Find out more about finding the right GP for you at:

<https://www.nhs.uk/NHSEngland/AboutNHSServices/doctors/Pages/NHSGPs.aspx>

Making a complaint

If you're unhappy about your treatment for a mental health problem, you may be able to make a complaint. This applies whether you've given consent to be treated or whether you've been admitted to hospital for treatment without your consent under the Mental Health Act (that is, you're a detained, or sectioned patient).

Depending on what happened and what you want to achieve, you may have different options about how to raise your concerns. For example, you could:

- Use the NHS complaints procedure in the normal way, even if you're a detained patient – see below. But remember this can't be used to challenge your compulsory detention in hospital
- Take legal action, for example, for clinical negligence
- Report the problem to the Care Quality Commission, once you've made a complaint to the hospital – see below
- Report concerns about a professional to their regulatory body. For example, if you think a nurse is behaving unprofessionally, you could report them to the Nursing and Midwifery Council.

If you would like support with a complaint about the NHS and you live in Bury contact us: 0161 253 6300

info@healthwatchbury.co.uk

Our office is open between 9.30am -4pm Monday – Friday.

Outside of these times an answerphone service is available.

<http://healthwatchbury.co.uk/advocacy/>

Organisations that can help you by providing information and support if you have a complaint:

Healthwatch Bury
St Johns House
155-163 The Rock
Bury
BL9 0ND

0161 253 6300

Email: info@healthwatchbury.co.uk
Website: www.healthwatchbury.co.uk
Twitter: www.twitter.com/healthwatchbury
Facebook: www.facebook.com/Healthwatchbury

Rochdale & District Mind

Bury Advocacy Hub
c/o Rochdale and District Mind
The Mind Wellbeing Centre
3-11 Drake Street
Rochdale
OL16 1RE

0161 933 2623
info@buryadvocacyhub.org.uk
www.buryadvocacyhub.org.uk

Patient Advice and Liaison Service (PALS)

0161 604 5897
pals@pat.nhs.uk

PALS is a confidential and free service to guide you through the different services available at Bury NHS Foundation Trust.

Need help making a complaint about an NHS service?



Healthwatch Bury NHS Complaint Advocacy Service

The Healthwatch Bury Advocacy Service is there to provide you with practical support and information if you want to make a complaint about an NHS service you or someone you know has received. The service is free, confidential and independent and is available to everyone who needs support.

Healthwatch Bury can support and guide you through the process of making a complaint about the NHS service.

We have produced a Self-Help Information Pack designed to help you make a complaint about the NHS if you feel something has gone wrong with the care, service or treatment you have received from the NHS. This can be found on our web site.

7. Advice for family and friends

Many carers struggle to get the right information at the right time and not all professionals they come in contact with know how to help them find support.

They also find that information is not always up to date and available from one source. Many carers need information and a conversation to help them start to access the support they need.

The Carers Trust is a national charity for, with and about carers.

Crossroads Care Bury

Unit 2-4, Bury Business Centre,
Kay Street.
Bury BL9 6BU
0161 763 4163

Bury Carers Centre

9 Silver Street Victoria Buildings
Bury
BL9 0EU
0161 763 4867

The Children's Society - Supporting young carers and their families

<https://www.childrenssociety.org.uk/youngcarer/home>

What if someone I know with mental health problems doesn't want any help?

If you have concerns that somebody is unwell and not getting the help they need there are agencies who can offer advice and practical help.

NHS 111 (Non-emergency advice)

We all manage our mental health in different ways and we need to be wary of judging others by our own standards when looking at the way they choose to stay well.

Some people experiencing mental ill-health may not be aware of how poorly they are becoming and need somebody to help them see the difficulties they are facing. This might be a difficult conversation but often hearing the concerns of a trusted friend or family member might be all that is needed to encourage somebody to ask for the help they need to start getting better.

If you feel somebody is at serious risk of harm you should call 999 and report your concerns.

GPs and emergency services have access to 24 hour psychiatric support enabling them to arrange speedy assessments for individuals who are at immediate risk of harm.

Emergency Planning

What do you do when your loved one is in crisis?

This example of an emergency planning template can help you to think through and plan for what to do in such circumstances.

What could happen	What to do	Who to contact
	Call mental health nurse Day no: Night no:	Mrs X Tel no:
X show signs of self-harm	Call crisis team Day no: Night No:	Mr S Tel No:
X tries to over dose	Call 999	
X appears angry at me	Apply calming techniques	Brother/relative Tel no:
Signs of relapse <ul style="list-style-type: none"> • Too much or too little sleep. • Stopping medication or not taking it regularly. • Feeling tense, nervous, or hostile. • Social withdrawal or isolation. • Decline in personal hygiene. • Increase in paranoia, hallucinations, or hearing voices. • Confusing or nonsensical speech 		
What to do when there are signs of relapse: <ul style="list-style-type: none"> • Ask X if they need help and who to contact • Contact doctor • Ring crisis team 		
Crisis signs <ul style="list-style-type: none"> • Feeling too overwhelmed to make decisions or to take the normal actions required to keep life moving smoothly • Fears and irrational paranoia preventing them from not seeking support and assistance from others • Changes in sleeping and eating patterns becoming withdrawn and indecisive. 		
Details of current medication and any allergies to give to healthcare professionals/other key staff		
Previous treatments:		
Contact information to give healthcare professionals:		

Who can help and where are they?

If you have specific questions or you can identify areas with which you need help or advice turn to the page number as shown on the inside cover for further details.

In each section we have listed local sources first followed by national organisations.

Abuse

8

WHAG

0161 7615266

www.whag.info/

whag@whag.info

The service is open to both MEN and WOMEN aged 16 & over living in the borough of Bury who are experiencing domestic abuse and want to leave the relationship/have experienced domestic abuse and want housing related support.

Clients who require the service must have support needs relating to their own or joint tenancy arrangements, this includes private/council/HA and owner occupier

A self-referral or agency referral can be made by downloading DA Floating Support form [Download Form](#)

Agencies making the referral should return completed forms by emailing Central Access Point centralaccess@bury.gov.uk or directly to WHAG at buryreferrals@whag.info

STRIVE

0161 856 8113

sarah.lucas@gmp.police.uk

Team of skilled Police Staff based at Bury Police Station working with the victims and perpetrators of Domestic Abuse incidents.

Staff can meet victims and their families at home or an alternative location to offer early support. Working in collaboration with partner agencies to ensure that individuals and families are to be offered the range of support they require in a timely manner.

Multi-agency working is about providing a seamless response to individuals and families with multiple and complex needs. This could be as part of a multidisciplinary team or on an ad hoc basis.

STRIVE work alongside all Local Authority partner agencies public sector and voluntary agencies, creating a personal support package. Providing Early Help and a positive step for the individual and the families' future.

Bury Children's Services

0161 253 5678

Bury Adult Services

0161 253 5151

Six Town Housing

0161 686 8000

Greater Manchester Domestic abuse helpline

0161 636 7525

Monday – Friday 10 – 4 pm
excl. bank holidays

01706 632118 4pm to 9am
excl. bank holidays

Urdu and Punjabi
Monday – Thursday 10 – 1pm
Friday 12- 2pm

Hosla Outreach Service (part of Saheli Women's Refuge)

Support for South Asian women, around
issues of domestic abuse with a focus on
forced marriage

Urdu and Punjabi
**0161 877 1321 or
0161 945 4181**

Monday –Friday 9 -5pm

Manchester Women's Aid (MWA)

Ring referral line between 9.30am and 4.30pm
Monday – Friday on 0161 660 7999 to speak to
a specialist domestic violence and abuse (DVA)
worker

referrals@manchesterwomensaid.org

www.manchesterwomensaid.org

Manchester Women's Aid is a trading name of
The Pankhurst Trust (Incorporating Manchester
Women's Aid) and the largest provider of
specialist DVA services, including practical and
emotional support and temporary refuge, in
Manchester. It has been awarded accreditation
from the leading national bodies for domestic
abuse services in England – Women's Aid
Federation of England and Safe Lives –
evidencing the high quality, specialist nature of
the services provided which include: Refuge,
outreach services, group work programmes for
women, health services and counselling

Rights of Women

They a women's charity working in a number of
ways to help women through the law.

They provide legal advice and information so
women can understand and use the law and
their legal rights.

0207521 6577

Women's legal helpline

Tuesday – Thursday 2- 4pm
7 – 9pm
Friday 12-2pm

Activity Social Groups & Support

9

Mosses Community Centre

0161 761 2079

info@mossescentre.co.uk

www.mossescentre.co.uk

Cecil St, Bury BL9 0SB

The Mosses Centre is a large Community Centre situated in the middle of Bury, near the famous Bury Market.

It provides a meeting place for over thirty clubs and groups including Tai Chi and Qigong, Martial Arts, Bury Ceramic Artists, Line Dancing, Creative Writing, an Over 60's Red Rose Club, a Hearing Support Group, Radio, Cine, Jazz, Art Club and Farsi Lessons. They also host a weekly Veterans Breakfast.

There is a pre-school for children aged 2 - 4 and a weekly Youth Club.

Bury Gateway, a group for adults with learning disabilities is also based at the Mosses.

Bury Carers Centre

burycarers@gaddum.co.uk

Victoria Buildings,
9-13 Silver St,
Bury BL9 0EU

For carers who provide unpaid care or assistance for a relative, friend or neighbour who is frail, has a disability or a long term illness.

Bury Carers Centre is a charity based organisation that works in partnership with the Local Authority, Primary Care Trust, and other voluntary organisations to provide information, advice and support to Carers.

Creative Living Centre

0161 696 7501

admin@creativelivingcentre.org.uk

www.creativelivingcentre.org.uk

1A Rectory Lane
Prestwich
M25 1BP

Aims to help people recover from mental illness in a holistic way. Provides a range of services including art activities, complementary therapies & gardening, as well as support & social groups. Open to all adults, including people with mild to moderate learning disabilities (as long as they have a support worker with them or come in a group). They offer a range of timetabled activities on different days, including a walking group, arts and crafts group, drama, music, Tai Chi, yoga, a computer class, and a relaxation class. There is no charge for the activities.

BIG in Mental Health (Bury Involvement Group)

0161 222 4005

mentalhealth@buryinvolvementgroup.org

<https://buryinvolvementgroup.org/>

BIG in Mental Health is a voluntary organisation providing good mental health recovery through providing support and hope, empowering adults to improve their quality of life. Any adult who consider themselves to have a mental health condition are welcome to attend our groups (Social, Anxiety and Depression group, Dual Recovery group).

All groups are free to attend and do not require a referral.

BIG also signpost people to other services and hold events to raise awareness and reduce stigma about mental health.

Adult Learning 10

Attic Project

0161 654 9282

atticproject86@gmail.com

2 Russell Street, Bury BL9 5AX

The "Attic Project", located in the heart of Bury, is a charitable foundation dedicated to helping those in need.

Courses include: CV Workshop, Cover Letter/Application Form Workshop, Job search Workshop, Interview Techniques Workshop, and Feeling Good About Yourself

Women of Worth

07999 533963

dawn.giamas@gmail.com

The Centre offers a safe and supportive environment run by women for women, without exclusion. The organisation strive to help women become emotionally resilient, stronger and more independent.

The centre provides a rolling programme of workshops that are relevant to woman. These learning programmes provide the stepping stones to increase self-belief and improved levels of confidence enabling women to address their issues and build a better life for themselves and their families.



Bury College

0161 280 8280

www.burycollege.ac.uk

Woodbury Centre
Market Street
Bury
BL9 0BG

Bury College offers a variety of adult courses whether you are looking to brush up on existing skills, enhance your career prospects, change career direction or get back into work.

Study can be full or part-time and depending on your circumstances you might be eligible for an 'Advanced Learner Loan'.

Short employability courses are available to give you the skills and confidence to get a foot onto the career ladder or to venture back into the world of work.

Bury Adult Learning Service

0161 253 7501

<https://moodle.bury.gov.uk/>

18 Haymarket Street
Bury
BL9 0AQ

Offer daytime and evening courses and offer a wide range of courses available for you to choose from including, employability skills, English, maths and ESOL, IT, arts and crafts, photography, creative writing, cookery, languages, food safety, first aid and more.

Bury Adult Learning Service can offer a free course for people (19+) who are experiencing mild to moderate mental health conditions such as stress, anxiety and low mood. Courses are aimed at improving mental wellbeing and are offered in a relaxed and supportive atmosphere.

Health and Wellbeing College Pennine
Care NHS Foundation Trust
225 Old Street
Ashton-under-Lyne
OL6 7SR

The college aims to provide something very different for local people by delivering an innovative educational programme to improve wellbeing. The-focused courses can support people to recognise their potential and make the most of their talents and resources, through self-management. In turn, this can help people to deal with any health challenges they may experience and achieve the things they want in life.

The college is open for anyone aged 18 or over who live in Bury.

Alcohol & Drugs 11

One Recovery Bury

0161 253 6488
www.onerecovery.org.uk/bury
Humphrey House
4 Angouleme Way
Bury
BL9 0EQ

One Recovery Bury is a drug & Alcohol recovery service aimed at all adults over the age of 18 years residing within the Bury area. Offering both one to ones and group support we will help design a care plan personally tailored to you, enabling you to take charge of your recovery.

Further support is available following on from treatment in our Recovery hub 'The ORB'. The ORB is separate from the main service, and encourages individuals to take the next steps in their recovery, harnessing skills and securing new opportunities.

BIG - Dual Recovery Group

01612224005
mentalhealth@buryinvolvementgroup.org
www.buryinvolvementgroup.org

The Old Court House
Tenterden Street
Bury
BL9 0AL

If you have a mental health condition and you are also in recovery from alcohol / drug problems you may attend.

Wednesday 6.30 - 8.30pm

Early Break - Young Peoples drug and alcohol service

0161 723 3880
www.earlybreak.co.uk
Annara House
7-11 Bury Road
Radcliffe
Manchester
M26 2UG

Early Break is a service designed to meet the needs of young people under the age of twenty-one and their families with regard to drug and alcohol use in Bury, Rochdale and East Lancashire.

Turning Point




0161 773 1523

07976 202354

www.turning-point.co.uk/

The Exchange
4 Glebelands Road
Prestwich
Manchester
M25 1NE

Turning Point was created to help people find a new direction in life. They can help you tackle substance misuse, mental health issues, a learning disability, or employment difficulties.

-  Supported Accommodation with visiting support
-  Short Term up to 2 years for people with Substance Misuse Problems (to support them to remain abstinent)
-  An accommodation based service providing 25.7 hours per week visiting support from staff to support three residents to maintain their accommodation and promote independent living.

Referral comes via the [Central Access Point](#).

AI – Anon Friend and Family Support Group

020 7403 0888

National Helpline 10am to 10pm daily

<http://www.al-anonuk.org.uk/>

Bury United Reformed Church
Parsons Lane
Bury
BL9 0LY
Wednesday 7.45pm

Al-Anon Family Groups is an organisation for the relatives and friends of alcoholics, who share their experience, strength and hope with each other in order to solve their common problems.

Manchester Integrated Drug and Alcohol Service (MIDAS)

0161 226 5526

www.changegrowlive.org/what-we-do/our-services/drug-and-alcohol-services

Zion Community Resource Centre
339 Stretford Road
Manchester
M15 4ZY

Manchester Integrated Drug and Alcohol Service (MIDAS) are friendly and supportive team based at the Zion Centre. They are dedicated to supporting anyone worried about their own relationship with drugs or alcohol and who needs support. Their dedicated team will work with you to create a personalised plan to support you to tackle your problems.

Eclipse

0161 839 2054

www.changegrowlive.org/young-people/eclipse-manchester

41 Thomas Street
Greater Manchester
Manchester M4 1LW

Eclipse is a free and confidential drug and alcohol service for young people under 19 and families in Manchester. Providing access to treatment for drugs and/or alcohol (including smoking cessation) and offering holistic support to children, young people and families.

The treatment team works with young people under 19 years who are using or at risk of using

drugs and alcohol. The family team works with children affected by parental substance misuse and their parents to promote resilience and family unity. They offer group work programmes, peer mentoring training and can deliver bespoke professional training.

Concerned Others Group:

01706 676 500

www.thebiglifegroup.com

Rochdale - 01706 676 500:
Every Wednesday between 5.30pm and 7pm

Heywood - 01706 622 722:
First Monday of the month 5.45pm and
7.15pm

Littleborough - 01706 370 122:
Second Monday of the month 5.30pm and
7pm

Middleton - 0161 643 5775:
Third Monday of the month
Catchment area
Heywood, Littleborough, Middleton and
Rochdale

Self referral or via other agency

14 St Chads Court
Church Lane
Greater Manchester
Rochdale OL16 1QU

The Concerned Others Group is for people who are affected by a family member, partner or friend's drug or alcohol use. The group meetings are facilitated by those who are in a similar position and also by people who are in recovery from addiction.

It is a chance for people to get support from others with common experiences and to get advice to help manage difficult situations. Meetings are very informal and the group respect the confidentiality of all those who attend.

Additional sites for Drug and Alcohol Support		
Adfam	020 7553 7460 www.adfam.org.uk	Supporting families affected by drugs and alcohol. Provides publications for families (free for family members and friends) and details of local family support groups. Adfam works with family members affected by someone else's drug or alcohol use.
Al-Anon Family Groups UK and Eire	020 7403 0888 www.al-anonuk.org.uk	Helpline and groups providing support for families and friends of problem drinkers, whether the person is still drinking or not
Drugfam	0300 888 3853 www.drugfam.co.uk	A range of support for families affected by addiction including a helpline and specialist bereavement support.
Families Anonymous	0845 120 0660 www.al-anonuk.org.uk	Telephone and other support services for families and friends of drug users. 50 groups throughout the UK offering help and support to members based on the 12 step programme.
Frank	0300 123 6600 www.talktofrank.com	Helpline for anyone concerned about drug or solvent misuse. Advice and information for drug misusers, their families, friends, carers. (Formerly known as the National Drugs Helpline).
National Association for Children of Alcoholics	0800 358 3456 www.nacoa.org.uk	Helpline offering information, advice and support to children of alcoholics and people concerned about their welfare.

Additional sites for Drug and Alcohol Support		
NHS Choices	https://www.nhs.uk/Livewell/drugs/Pages/caring-for-a-drug-user.aspx	Advice for families of drug users
Release	020 7324 2989 www.release.org.uk	Helpline and support for drug users, families, friends. Advice on drug related subjects including health, welfare and legal issues. Referrals to lawyers and local drug services.
Re-Solv Enquiries	01785 810762 www.re-solv.org	Helpline providing information and support for people concerned about solvent or volatile substance abuse problems.
Support Line Telephone Helpline	01708 765200 info@supportline.org.uk	Provides emotional support and keeps details of local agencies providing help and support for all issues relating to drugs and alcohol.
SMART	https://www.smartcjs.org.uk/tools-information/family/get-support/	Helpline and support for drug users, families, friends. Advice on drug related subjects.
The BEAD Project	www.beadproject.org.uk info@beadproject.org.uk	Provides information and support for anyone bereaved through drug or alcohol use.

Benefits Advice

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Turn2us

www.turn2us.org.uk

Explore the Turn2us website to use a number of easy-to-use tools and visit our **information pages**. They're designed so you can quickly work out where you might get help.

- Use the **Benefits Calculator** to find out what welfare benefits, tax credits and other support you may be entitled to based on your situation
- Use the **Grant Search** to find out if you may be eligible for financial help or support from a charitable fund. There are around 2,800 of these funds listed on the database and the tool will make it easy to find the right one for you
- Make it personal to you by **registering for a 'My Turn2us' account** which allows you to make confidential enquiries and applications directly to grant-giving charities.

● Bury Citizens Advice Bureau

0300 330 1153 Advice Line (Weekdays 10am - 3pm)

www.burycab.org.uk

St Johns House
155-163 The Rock
Bury
BL9 0ND

Citizens Advice Bury District offers free, confidential, impartial and independent advice to the residents and communities within the area of Bury Council.

They can help with issues regarding debt, welfare, benefits, housing, employment and other problems



● Bury Job Centre Plus

0845 604 3719

0161 253 8000

www.gov.uk/contact-jobcentre-plus

Silver Street
Bury
BL9 0DP

Provides advice on employment, training and benefits. Jobcentre Plus is part of the Department for Work and Pensions.

Staff are trained to help you find the right kind of employment - full time or part time, temporary or permanent. Their aim is to help more people into paid work and help employers fill their vacancies. They also offer people of working age the help and support they are entitled to if they cannot work and will advise on what benefits might be available

Bereavement

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CRUSE Bereavement Care

0808 808 1677

Cruse Bereavement Care Manchester,
Ground Floor, Oakland House
Talbot Road
Old Trafford
Manchester M16 0PQ

Cruse Bereavement Care provides support to people after the death of someone close. They also offer information, publications, and support for children. The Bury branch can provide one-to-one counselling, a counselling service for children and adolescents. They also have the Cruse Onward Support Group, which is for clients who have recently received counselling.

Care Concern Loss and Bereavement Counselling Service

0161 796 0807

care.concern@hotmail.co.uk

Nicky Alliance Day Centre
85 Middleton Rd
Manchester, M8 4JY

Grief, loss & supportive bereavement counselling service. Counselling provided on a one to one basis in a safe and confidential environment. Volunteers are highly trained in loss and bereavement counselling and support.

Survivors of Bereavement by Suicide

Bolton Group

Janet/Noel 01942 201 744 or Maria 07976 813 131

janet_taylor7@sky.com

The national charity providing dedicated support to adults who have been bereaved by suicide.

You can also find a list of organisations that can help and support you following bereavement on the Bury Council Website:

<https://www.bury.gov.uk/index.aspx?articleid=13895>



Additional sites for Bereavement Support

British Organ Donor Society (BODY)	01223 893636	A self-help and support group for families of organ donors and for those who have received organs.
The Compassionate Friends	084 5123 2304 The Compassionate Friends	Gives support to parents whose children have died
MacMillan Cancer Support	080 8808 0000 Macmillan Cancer Support	Offers support, helping with all the things that people affected by cancer want and need.
Cruse Bereavement Care	034 5123 2304 Cruse Bereavement Care	Provides a nationwide service of bereavement counselling, advice, information and social contact through its headquarters and more than 196 local branches, to anyone bereaved by death irrespective of age, race, religion, gender or sexual preference
Lullaby Trust	080 8802 6868 (24 hours) Lullaby Trust.	For parents of a baby who has died suddenly and unexpectedly. There are leaflets and information for bereaved parents and health professionals.
Additional sites for Bereavement Support		

Road Peace	084 5450 0355 RoadPeace.	The UK's national charity for road crash victims, provides support to those bereaved or injured in a road crash.
SSAFA Forces Help	084 5241 7141 SSAFA - The armed forces charity	The national charity helping serving and ex-service men, women and their families in need.
The Terrence Higgins Trust	080 8802 1221 Terrence Higgins Trust	A charity providing practical support, help, counselling and advice for anyone with or concerned about AIDS or HIV infection.
The Still-birth and Neonatal Death Society (SANDS)	020 7436 5881 Sands - Stillbirth and neonatal death society	Offers support to parents bereaved through pregnancy loss, still-birth or neonatal death.
The War Widows Association of Great Britain	084 5241 2189 War Widows' Association.	Gives advice, help and support to all war widows and dependants.
The Miscarriage Association	019 2420 0799 Miscarriage Association	Offers support and information on all aspects of pregnancy loss (miscarriage up to 24 weeks and ectopic pregnancy).

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Caring & Support 14

Bury Carers Centre

burycarers@gaddum.co.uk1
services.volunteer@stnicksfields.org.uk
Victoria Buildings,
9-13 Silver St,
Bury
BL9 0EU

Providing information, advice and support to carers who provide unpaid care or assistance for a relative, friend or neighbour who is frail, has a disability or a long term illness.



Bury Crossroads

0161 763 4163
joanne@burycrossroads.org.uk
<http://www.crossroadscarebury.org.uk/>
Units 2 - 4
Bury Business Centre
Kay Street
Bury
Greater Manchester
North West
BL9 6BU

Provides practical and emotional support to carers of adults and children including short breaks in the home or community

Manchester Carers Centre

0161 27 27 27 0
admin@manchestercarers.org.uk
Bridge 5 Mill
22a Beswick Street
Manchester
M4 7HR

Offers a range of practical and emotional support services to help make a positive difference to Carers' lives in Manchester. Whether you as a Carer are in crisis or just need a listening ear, Manchester Carers Centre work to assist you and your families with all of your needs to help you regain control over your lives, and improve your health, wellbeing and overall quality of life.

Carers UK

www.carersuk.org

Debt & Finance 15

Bury Citizens Advice Bureau

0300 330 1153 Advice Line
Weekdays 10am - 3pm
www.burycab.org.uk
St Johns House,
155-163 The Rock
Bury
BL9 0ND

Christians Against Poverty (CAP) debt help

0800 328 0006 (Free)
www.capuk.org

Free debt counselling. A debt coach from a local CAP Debt Centre will visit you in your own home and work out a realistic budget that prioritises your essential bills. Negotiate affordable payments with each creditor and attempt to stop unfair interest and charges where possible.

Eating Habits 16

Healthy Young Minds Bury - Child and Adolescent Mental Health Service

0161 716 1100/1112
www.healthyyoungmindspennine.nhs.uk
Child & Family Service
Fairfield General Hospital
Rochdale Old Road
Bury
BL9 7TD

Healthy Young Minds Bury (formerly CAMHS) offer specialist services to children and young people up to the age of 16 years and provide assessment and intervention and support to their families/carers. Some of the problems that

they can help with include: Anxiety, depression eating disorders, psychosis, Post-Traumatic Stress Disorder (PTSD), self-harm, ADHD, ASD, More complex psychological difficulties.

Beat – Eating Disorders

Help for adults

The Beat Adult Helpline is open to anyone over 18. Parents, teachers or any concerned adults should call the adult helpline.

Helpline: 0808 801 0677
help@beateatingdisorders.org.uk

Help for young people

The Beat Youthline is open to anyone under 18.

Youthline: 0808 801 0711
fyp@beateatingdisorders.org.uk

Support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

NHS choices – Eating Disorders (online information)

<https://www.nhs.uk/conditions/eating-disorders/>

Gambling

17

Gamblers Anonymous

0207 3843040

www.gamblersanonymous.co.uk

Gamblers Anonymous is a program that helps problem gamblers to free themselves from the clutches of gambling. Offering a twelve step program for those who wish to be cured of compulsive gambling.

GamCare

0808 802 0133

www.gamcare.org.uk

Information, advice, support and free counselling for the prevention and treatment of problem gambling. Operating a national telephone and online helplines and provides both face to face and online counselling, free to clients. They encourage use of all their support services by any family members affected, to help address the impact on their lives.

General Wellbeing 18

Bury Lifestyle Service

0161 253 7554

Lifestyleservice@bury.gov.uk

A free personalised service supporting people to improve their health by introducing small changes such as: healthy eating, weight management, weight loss programme, sleep quality improvement, alcohol dependency support, stop smoking, breastfeeding support Expert Patient Programme Course - Improve Health and Wellbeing.

Greater Manchester Fire & Rescue Service

Safe and Well visit

0800 555 815

As well as fire safety advice, firefighters and support staff will also discuss health and crime prevention with residents when

- Identifying and making you aware of the potential fire risks in your home
 - Making sure you know what to do in order to reduce or prevent these risks
 - Helping you put together an escape plan in case a fire breaks out in the future
 - Ensuring you have a working smoke alarm and if you don't, may fit a FREE ten year smoke alarm.
-

Castle Leisure Centre - Bury Leisure

0161 253 7000

castle.leisure@bury.gov.uk

www.bury.gov.uk

Facilities include: swimming pools, diving pit, aerobic studios, large sports hall squash courts, badminton courts, table tennis, trampolining and gym facilities.

BEATS (Bury's Exercise and Therapy Scheme)

0161 253 6668

beats@bury.gov.uk

www.bury.gov.uk

BEATS is an exercise referral scheme for people with a recurring illness or medical condition who would benefit from a personal exercise programme.

It is a 12 month programme with a close supervision period for the first 12 weeks. Patients referred to BEATS get advice and support on how to improve general health and wellbeing through physical activity. This can take place at home, outdoors or at a local leisure facility.

BEATS is a free service which is able to offer discounted rates at Leisure facilities across Bury.

Helping Yourself to Wellbeing Hub

0161 253 7922 (answerphone service)

HY2W@bury.gov.uk

A free personalised service supporting people to improve their health by introducing small changes such as: healthy eating, weight management, weight loss programme, sleep quality improvement, alcohol dependency support, stop smoking, breastfeeding support

Having Your Say and Advocacy **19**

Mind Rochdale & District

0161 933 2623

info@buryadvocacyhub.org.uk

www.buryadvocacyhub.org.uk

The Mind Wellbeing

3-11 Drake Street

Rochdale

OL16 1RE

The Bury Advocacy Hub provides independent advocacy services.

Hearing Voices **20**

Hearing Voices Network

0114 271 8210

nhvn@hotmail.co.uk

www.hearing-voices.org

If you hear voices HVN can help they offer information, support and understanding to people who hear voices and those who support them.

For people who hear voices and those who support them either as carers, friends, family members or professionals.

Mental Health Foundation:

<https://www.mentalhealth.org.uk/a-to-z/h/hearing-voices>

Provide useful information and tools.

Housing **21**

Central Access Point (CAP)

0161 253 5940

CentralAccess@bury.gov.uk

Town Hall

Knowsley Street

Bury

BL9 0AF

The Central Access Point is a single point of contact for all people to access housing related support services, which also includes supported accommodation.

Support scheme providers in Bury are:

Creative Support- Provides a complex needs service. This is for service users who have mental health, offending and substance misuse problems.

- **Praxis** - Specialist Substance Misuse
- **Adullam** - Single Homeless and Young People/Teenage Parents (16-25)
- **Calico Enterprise** - Homeless Families and Gypsies and Travellers
- **WHAG** - Women who have fled or are fleeing domestic violence
- **Turning Point** - Supporting people with mental health issues, learning difficulties and substance users
- **Housing Link** - Provides temporary accommodation, advice and support. Supported accommodation and ancillary services for single homeless people aged 16 upwards.
- **Great Places Housing Group** - Provides self-contained accommodation and support for teenagers who are pregnant or who have young children.
- **Banardos** - Supported, short-term support for homeless 16-21 year olds
- **Irwell Valley** - Supporting people with physical disabilities
- **Making Space** - Supporting people with mental health issues
- **Richmond Fellowship** – Supported housing for people with mental health issues

● Bury Red Door – Caritas

0161 272 0771

reddoor@caritassalford.org.uk

www.caritassalford.org.uk

Bury Red Door supports homeless and vulnerable individuals within the borough of Bury to help them to find both temporary and permanent accommodation, support clients in accessing external services and ensuring all benefits are applied for.

Provide help and support including:

- Help with rehousing
- Laundry and shower facilities
- An Emergency Food store
- A Clothes Store
- A Women's Group
- Signposting to other services

Intercultural Bury 22

● ADAB (Asian Development Association of Bury)

0161 764 6749

admin@adab.org.uk

www.adab.org.uk

7 Southcross Street

Bury

BL9 0RS

ADAB is a community organisation which aims to develop and implement initiatives that will improve and enhance the economic, educational, social, cultural and recreational needs of all the communities. ADAB's services are targeted at all residents particularly those who are disadvantaged. Community cohesion and integration is a central key component of their services.

The Fed - Mental Health Services -Drop In

0161 772 4800

sue.l@thefed.org.uk

www.thefed.org.uk/services/adult-social-care-services/the-drop-in/

The Fed's Drop In offers support to Jewish adults who have mental health or emotional difficulties. This is held in the safe and friendly environment of our Purple Room community centre situated on the ground floor of Eventhall House, Heathlands Village in Prestwich.

Where evening sessions, Sunday bagel brunches and a weekly community cafe offer members a chance to enjoy a chat and a bite to eat together and join in activities such as pool, board-games, table tennis and web-surfing as well as a programme of parties, meals out, theatre and other trips. There are also visitors who give information on well-being and diet, massage and laughter therapy.

LGBT

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LGBT Foundation

0345 3 30 30 30 helpline

info@lgbt.foundation

<http://lgbt.foundation/>

helpline@lgbt.foundation email help

L G B T Foundation,

5 Richmond Street

Manchester

M1 3HF

Provide a wide range of support and services including a national helpline, sexual health testing and support, free mental health and wellbeing services, the Village Angels volunteers, support groups, and advice for tackling LGBT hate crime and discrimination.

PYLGBT - Online support for LGBT youth

<https://paceyourselfuk.weebly.com/>

ulgbt@hotmail.com

PYLGBT is a website that provides LGBT young people with reliable and free information surrounding LGBT topics. The website has information on a variety of different topics, including: coming out, being bisexual, being trans, bullying, mental health and family.

Local organisations that provide help and treatment **24**

BIG in Mental Health (Bury Involvement Group)

0161 222 4005

www.buryinvolvementgroup.org/

BIG in Mental Health is a voluntary organisation providing good mental health recovery through providing support and hope, empowering adults to improve their quality of life. Any adult who consider themselves to have a mental health condition are welcome to attend our groups. All groups are free to attend and do not require a referral. We also signpost people to other services and hold events to raise awareness and reduce stigma about mental health. BIG is a strong independent voice in mental health.

Creative Support – Bury Service

0161 763 9950

www.creativesupport.co.uk

258 Market Street

Bury

BL9 9JN

Creative Support is a provider of person centred social care services for people with

learning difficulties, mental health and other needs.

They provide a range of services including supported living, supported housing, residential care, community and home support, floating support, extra-care and day services

Veterans

25

0300 323 0707 (Monday – Friday)
mviapt.enquiries.nw@nhs.net
<https://www.penninecare.nhs>.

Provides mental health support to ex-service personnel for conditions including depression, alcohol and substance misuse, anger problems and post-traumatic stress disorder.

Pennine Care also delivers the transition, intervention and liaison (TIL) veterans' mental health service in the North West, providing support for armed forces personnel approaching discharge and thereafter into their civilian life, whether this is months or years later.

Bury Armed Forces & Veterans Breakfast Club

0161 761 2079
info@mossescentre.co.uk
www.mossescentre.co.uk
The Mosses Centre
Cecil St
Bury
BL9 0SB

Group of veterans and serving members of Her Majesties Armed Forces, Offers mutual support.

SSAFA (Soldiers, Sailors, Airmen and Families Association)

0161 233 7171
greater.manchester@ssafa.org.uk
www.ssafa.org.uk/

SSAFA provides lifelong support to anyone currently serving, or has served, in the Royal Navy, British Army or Royal Air Force.

Victim of Crime 26

Victim Support – Bury

0161 200 1950
supportline@victimsupport.org.uk
www.victimsupport.org.uk

08 08 16 89 111 (Free support line). You can dial 141 to hide your number

Provides confidential support & information to victims of any crime & to witnesses attending local courts. Services are free & independent of the police & courts. Provides specialist support on domestic violence. Appointments have to be pre booked.

Work – Paid and Voluntary

27

Bury Jobcentre Plus

0845 604 3719
Silver Street
Bury
BL9 0DP

Provides advice on employment, training and benefits.

Connexions (Bury)

0161 253 7733
Connexions@bury.gov.uk
www.bury.gov.uk/connexions

Provides a free information, advice and personal support service on a range of issues of importance to young people including: education, careers, jobs, training, health, leisure, drug & alcohol issues, relationships, volunteering, housing, teenage pregnancy, . parenting, bullying and money matters.

Provides support programmes with activities for young people 16 - 18 years who are not in education, employment or training (NEET) helping them to move into work, training or education. Also work in schools, colleges and closely with other organisations and partners.

Prince's Trust (North Manchester)

0161 761 9100
northmancentre@princes-trust.org.uk
www.princes-trust.org.uk/fairbridge

70 The Rock
Bury
BL9 0PB






Provides long term personal development programmes focusing on: personal and social

skills; community and recreational skills; learning skills; employability skills and independent living skills. These are achieved through a series of activities and projects promoting teamwork and raising self-esteem.

Volunteering in Bury

Volunteering is an activity or activities that you choose to do on an unpaid basis. It involves spending time doing things that benefit other people or the environment and it is a great way of making a difference.

As a volunteer your contribution is greatly appreciated – many organisations couldn't run without volunteers. And volunteering can also benefit you. It can help you to:

-  Gain confidence
-  Meet people
-  Acquire new skills and experiences
-  Expand what you can put on your CV
-  Get a reference to help you with getting a job.

There are hundreds of different volunteering opportunities in Bury.

Young People

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Are you worried about your mental health and unsure of what to do or who to talk to?

You are not alone and there is help out there. It is important to talk to someone you trust. This could be someone from your family, a friend, someone at school or your GP.

There are also a lot of good easy to read websites which can help with information, advice and support.

Streetwise 2000

01612536476

gemma@streetwise2000.co.uk

www.streetwise2000.co.uk

Streetwise 2000 is a Charity offering one-to-one support, group work and peer-led programmes for young people aged between 14 and 25 who may be experiencing difficulties with their emotional or social health.

These problems can range from difficulties with relationships, exam-stress, bullying, anger issues, experiencing scary thoughts or even feeling lonely; right through to mental illness, such as depression, anxiety, bipolar disorder, personality disorder, self-harm, schizophrenia, post-traumatic stress, psychosis and eating disorders.

Healthy Minds - Bury Area

0161 253 5704

0161 253 5258

Humphrey House

Angouleme Way

Bury

BL9 0EQ

The Healthy Minds service is for people over the age of 16 years, who are registered with a GP in Bury.

They offer support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of hopelessness or panic attacks.

It can also help those dealing with the effects of a long-term health problem or chronic pain, Post Natal Depression, Obsessive Compulsive Disorder, phobias, or eating difficulties.

The service is delivered by a range of professionals including therapists and counsellors, who will find a level of treatment that is right for you. This could be a group workshop, an online or telephone based course of self-help treatment, or an individual therapy session.

They also provide specialist groups for those experiencing Post-Natal Depression.

YoungMinds.org.uk

www.youngminds.org.uk

They provide expert knowledge to professionals, parents and young people through their Parents' Helpline, online resources, training and development, outreach work and publications.

They produce an essential range of Easy-to-Read publications about children and young people's mental health and wellbeing; thousands are sold each year. They also provide a vital source of trustworthy online information for young people and parents, where they can share their experiences and support each other.

YoungMinds E-newsletter provides everything you need to know about children and young people's mental health and wellbeing and the work of YoungMinds with the latest news, features, research, practice, opinions and updates.

YoungMinds - Parent helpline

0808 802 5544

parents@youngminds.org.uk

Information and advice for adults worried about the mental health of a child or young person.

Childline

0800 1111 www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor about anything - no problem is too big or too small. Call free on 0800 1111, have a 1-2-1 chat online or send an email through the website.

Do you want to talk to someone face to face?

Drop in Service for Young People in Bury

Young people in Bury can now benefit from new drop-in health sessions twice a month at Townside Primary Care Centre.

Bury School Nursing Service, run by Pennine Care, is providing the sessions for 16 to 19 year olds to come along without an appointment for support.

The sessions will be held in Room 333 at Townside Primary Care Centre, from 2.30pm to 4.30pm on the second and fourth Monday of each month.

Trained nurses will be available to give confidential advice on long term health conditions, emotional health, sleep support, healthy eating, exercise and weight management, sexual health, drugs and alcohol, stopping smoking and more.

They will also be able to make a referral or signpost to other support services as appropriate.

More information about Bury School Nursing Service is available at:

www.penninecare.nhs.uk/buryschoolnursing

Bury Young Carers

0161 253 5144

buryyoungcarers@bury.gov.uk

New Kershaw Centre

Deal Street

Bury

BL9 7PZ

Offers information, support and advice on issues relating to young carers who are looking after a parent or guardian who is disabled, has a mental health issue or has a problematic use of

drugs or alcohol. Can offer one to one and group support and activities.

The Gaddum Centre





07871907812

burycarers@gaddum.co.uk

Young carers are children and young people under the age of 17 who look after someone in their family who has an illness, a disability, a mental health condition or drug and alcohol problems.

Bury Carers Centre's Young Carers service helps schools identify and support young Carers by effectively improving their attainment and attendance by supporting Young Carers succeed and achieve in education whilst remaining in a caring role.

Bury Carers Centre provides support, which can be accessed through school's or college's. They provide information, advice and support as well as the following services:

-  1:1 Support
-  Emotional support
-  Monthly Support Groups
-  Assessment

National Websites 29

Mental Health Foundation

www.mentalhealth.org.uk

Gives advice and information on:

- What is Mental Health?
- What are Mental Health Problems?
- What is Good Mental Health?
- How Can We Help Ourselves?
- Treatment Options.

Includes an A-Z guide to mental health and problems. Has free audio podcasts to help you relax and increase wellbeing.

Rethink Mental Illness

0300 5000 927

Advice Line (10am - 2pm, Monday - Friday)

Info@rethink.org

www.rethink.org

Expert, advice and information for anyone affected by mental health problems. Everything from treatment and care to benefits and employment rights.

Mood Juice

www.moodjuice.scot.nhs.uk

Anger? Panic? Assertiveness? Anxiety?
Stress? Chronic Pain? Bereavement?
Phobias? Depression? Post-Traumatic Stress?
Obsessions and Compulsions? Sleep
Problems? Shyness? Addiction? Carers
Support? Feel in Crisis?

Emotional problems often indicate that something needs to be changed in our life. Mood Juice helps you think about emotional problems and work towards solving them.

The Campaign Against Living Miserably (CALM)

0800 58 58 58

Helpline open 5pm-midnight every day of the year

www.thecalmzone.net

By men and for men. Exists to prevent male suicide in the UK by offering support to men in the UK, of any age, who are down or in crisis via a helpline and website.

Their website gives men a comfortable space where they can read stories of other men going through similar experiences and discover where to find help. They have articles and information

which are intended inspire, support and entertain.

The site contains information about everything, from OCD and depression to hair loss and work and hosts a database of agencies so that visitors can directly find out about organisations who can help.

NHS choices

Moodzone (Mental Health Helplines)

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Mind- for better mental health

www.mind.org.uk

Mind believes that no one should have to face a mental health problem alone. Whether you're stressed, depressed or in crisis they are there for you on the end of a phone and online.

They have: an A-Z on mental health, tips for everyday living, provide information and support on different problems and diagnosis, guides to support and services (including information and leaflets to download).

Elefriends (Mind)


www.elefriends.org.uk

Elefriends is a supportive online community where you can be yourself. It is a safe place to share and be heard.


Mind phone lines

Mind has two mental health information services, the Mind Infoline and the Legal advice Service.

Their lines are open 9am to 6pm, Monday to Friday (except for bank Holidays):

 **Mind Infoline**
0300 123 3393
Text: 86463
info@mind.org.uk

Confidential information on a range of topics: types of mental health problems; where to get help; medication and alternative treatments; advocacy. Help to find local support in your area.

 **Legal Advice Line**
0300 466 6463
legal@mind.org.uk

Information and advice on all aspects of the law related to mental health.

Relationships and Families 30

Home-Start Bury

0161 763 6335
07903585486
mail@homestartbury.org
www.homestartbury.org

For any family with primary aged children living in Bury.

Local Parent home visiting Volunteers offer regular support, friendship & practical help to young families under stress.

Provides a home visiting family support service, 2-3 hours per week in families own home. This free confidential service is for ANY family living in Bury who feels that they would benefit from some help each week via one of our highly trained volunteers.

Solidarity

0161 761 2079
info@mossescentre.co.uk
www.mossescentre.co.uk
Mosses Centre
Cecil Street
Bury
BL9 0SB

Solidarity is a monthly social event for all the family. It takes place on the 2nd Saturday of each month from 1.00 - 4.00pm. Come along to join in with the fun, make friends and share a meal. There is also a drop in and play session on a Thursday afternoon and various other parents groups.

Monthly social event for Asylum Seeker and Refugee families. All local residents in the area are also welcome

The Relationship Hub

0161 764 4113
reception@therelationshiphub.org
9 Parkhills Road
Bury
BL9 9AU

The relationship Hub offers highly skilled counsellors, with many years of experience of supporting couples, individuals, families, young people.

BURY2GETHER

bury2gether@gmail.com

BURY2GETHER is a Community Support Network, for Parents and Carers of young people (aged 0-25) with SEND (Special Educational Needs & Disabilities), who access services in Bury.

Managed by Parents and Carers, supporting Parents and Carers.

- Get involved online through the Facebook Forum or simply enjoy the posts or join the chats.
- Access information and services through their website.
- Find information on leisure opportunities available to young people with SEND.
- Be signposted to different organisations for support & advice from education to family support.
- Join their members in our Social Groups, Activities and Meetings.
- Keep updated on all the latest events happening around Bury to support you and your family.

Retirement Age Plus 31

● Age UK Bury - The Jubilee Centre

0161 763 9030
 admin@ageukbury.org.uk
www.ageukbury.org.uk

The Jubilee Centre offers an exciting programme of activities for people, aged 50 and over, in Bury.

Range of activities include art, exercise to music, Pilates, short-mat bowling, Tai Chi, Nordic walking, Yoga and Zumba. Dancing is always popular and styles include Line dancing, Latin & Latino in Line. There are classes for beginners and experienced dancers.

● Ambition for Aging – Groundwork

0161 624 1444.
Julie.Bentley@Groundwork.org.uk

Ambition for Ageing is a Greater Manchester level programme aimed at creating more age friendly places and empowering people to live fulfilling lives as they age. It is funded by the Big Lottery Fund's Ageing Better programme, which aims to reduce social isolation of older people.

● Bury Red Rose Club (for over 60's)

0161 761 6856
peterroscoe80@btinternet.com
 The Mosses Community Centre
 Cecil Street
 Bury
 BL9 0SB

A varied programme of singers, speakers, bingo and quizzes.
 Sitting down exercises.

● Jigsaw Link - Befriending Scheme and Social Programme for Over 50s

0161 253 6997
 0161 253 6853
jigsaw@bury.gov.uk
jigsawbury.org.uk

For adults aged 50+ who have a disability or age-related condition, Jigsaw Link runs the following:

- One to one befriending service - Available for those who are socially isolated and live alone. Members are linked up with a volunteer who will usually visit on a weekly basis to provide companionship. Volunteers can also accompany members to visit places of interest, go out for lunch etc.
- Older People's Active Living Programme - This includes visits to other community provisions and local places of interest, as well as sessions on dealing with anxiety, relaxation and exercise. We also run Feel Good workshops, with laughter, yoga and compliment sessions.
- Lunch club
- Social Outings

Alzheimer's Society

0161 763 9907

bury@alzheimers.org.uk

www.alzheimers.org.uk

Ribchester Centre

Address

18 Parsons Lane, Bury, BL9 0JT

The Dementia Adviser service provides information to people with dementia and their families in order to make the right decisions. Bury Alzheimer's Society is a Bury Dementia Action Alliance member and is committed to improving the lives of people living with dementia and their carers.

Independent Age

0207 605 4200

charity@independentage.org

www.independentage.org

Independent Age

6 Avonmore Road,

London

W14 8RL

Provides support for people to remain independent and live life on their own terms - free and impartial advice on the issues such as care and support, money and benefits, health and mobility.

Self-Harm 32

National Self Harm Network

www.nshn.co.uk

Supports individuals who self-harm to reduce emotional distress and improve their quality of life. By empowering and enabling those that self-harm to seek alternatives and to get further help where appropriate.

The online support forum provides crisis support, information and resources, advice, discussions and distractions. They also support and provide information for family and carers of individuals who self-harm

Specific Illnesses and Conditions 33

Anxiety UK

08444 775 774

support@anxietyuk.org.uk

www.anxietyuk.org.uk

Support line open Mon-Fri: 9:30am - 5:30pm.

Information, support and understanding if you've been diagnosed with, or suspect you may have an anxiety condition. With a range of services, including 1:1 therapy they aim to help you start to recover your confidence and forget your fear.

They also cover specific phobias such as fear of spiders, blushing, vomiting, being alone, public speaking, heights – in fact, any fear that's stopped you from getting on with your life.

Bipolar

0207 931 6480

Info @ bipolaruk.org.uk

www.bipolaruk.org.uk

Services include, information and support, support groups, online ecommunity, link

mentoring, youth projects, events and campaigns.

Depression Alliance

info@depressionalliance.org

www.depressionalliance.org

Aims to bring people together to end the loneliness and isolation that comes with depression and for you to learn more about depression, treatment and recovery.

Emergence

www.emergenceplus.org.uk

A service user-led organisation which supports and advises all people affected by personality disorder including service users, carers, family and friends, to make a life changing difference for everyone affected by personality disorders (PD).

The personality disorder area tells you all about the different types of personality disorder along with the causes and how it is diagnosed. The service users' area has advice on how to get help along, with guides to the therapies, treatments and medications that are available to help in coping with a personality disorder diagnosis. The carers' area has advice on caring for someone with a personality disorder diagnosis. You can also read other carers experiences in 'My Story' and find out about their carers support group

The National Autistic Society

0845 070 4004

www.autism.org.uk

Information, advice and advocacy for people with an autism spectrum disorder and their families

Students

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For many students it is their first time living away from home and sometimes this can lead people to struggle.

If you are a student and you feel you are struggling with your mental health, you can go and see your GP. It is helpful to register with a practice in Bury if you have moved into the area from further afield.

Signs that you might need help

You may notice that you just do not feel like yourself. More particular warning signals include:

- Noticing that your thoughts seem negative or gloomy
- Feeling low in energy or listless or start to lose interest in your life
- Feeling guilty or find it hard to stop worrying about things
- Starting to behave in an impulsive way, finding that you deliberately do things that you know will hurt you
- Feeling unable to get any work done
- Becoming irritable or short tempered
- Experiencing a change in your interest in sex
- Experiencing a change in your sleep pattern
- Starting to have suicidal thoughts



All the higher education institutions in the Bury area provide help, advice and support for their students.

Bury College

0161 280 8421

student.services@burycollege.ac.uk

Student Support Services are located on Level 3 of the Millennium Centre.

They are open Monday to Friday 9am to 5pm; between these times there is always someone there to help no matter how big or small your problem.

There may be occasions during your time at College when you experience problems, feel under pressure or just want to talk to someone. Counselling is for anyone who feels they may need it. The service at the College is confidential, free, discreet, relaxed, friendly and honest.

To contact the counsellor
counsellor@burycollege.ac.uk
07770 546 496

(Please text as the phone maybe switched off when the counsellor is working with a student)

Alternatively you can complete a confidential green slip in Student Services.

Holy Cross College

0161 762 4500

studentservices@holycross.ac.uk

Student Services is located in the new Student Centre in the Marie Therese building and is open from 8:00am until 4:30pm during term time.

The College offers a confidential counselling service available to discuss more personal or

health matters as well as learning support and careers advice and guidance.

Bolton University

01204 90 3067

Mhadvisor@Bolton.ac.uk

Manchester University

0161 275 3555

Paulward.duffy@manchester.ac.uk

Salford University

0161 295 0023

Available 9-5 Monday to Friday with a voicemail available 24/7

wellbeing@salford.ac.uk

Contact Wellbeing & Counselling either in person, by email, online referral form or by phone to book a Wellbeing Appointment.

There is an online referral form

Manchester Met

Counselling/MH support - Any enrolled student can book an initial assessment by phoning 0161 247 3493 or emailing counselling@mmu.ac.uk or going to reception at the Business School, Room 1.13.

The Open Door Service provides an opportunity to meet with a counsellor for up to 20 minutes without booking. Open Door is available between 1-2pm Monday-Friday

Greater Manchester Nightline

Greater Manchester Nightline is a confidential listening and information service run for students by students. They offer anonymous, non-judgemental and non-directive support for all callers, regardless of the situation. You can talk about anything you like. As well as the listening service, Nightline can also provide information, such as contact numbers for a wide range of places.

Nightline offer their listening service over the phone, instant messaging and email.

Details can be located on the back of your student card.

Open 8pm-8am during University of Manchester term time.

Don't have their number on your student card/don't have your student card?

If you email from any of the Manchester Universities student email addresses and it will auto-respond with their phone number:

manchester.nightline@gmail.com

Open 24 hours a day, every day of the year -

nightmail@manchester.nightline.ac.uk

Nightline provide this service to students across Greater Manchester including: The University of Manchester, Manchester Metropolitan University, The University of Salford and The Royal Northern College of Music.

Students Against Depression

www.studentsagainstdepression.org

A website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking. Alongside clinically-validated information and resources it presents the experiences, strategies and advice of students themselves.



Healthwatch Bury would like to thank all organisations who submitted information for the guide.

Special thanks to Healthwatch York for sharing their booklet

Healthwatch Bury is committed to updating this booklet. If you know of anything we have missed, please let us know so we can include it in our next edition.

To help us keep up to date if your organisation or group is listed inside and your contact details or the help, support and services you offer change please let us know. We can then alter the information we give as soon as possible.

This guide is available to download from the Healthwatch Bury website:

www.healthwatchbury.co.uk

Paper copies are available from the Healthwatch Bury office

If you would like this guide in any other format please contact the Healthwatch Bury office:

Healthwatch Bury
St Johns House
155-163 The Rock
Bury
BL9 0ND

0161 253 6300

Email: info@healthwatchbury.co.uk

Website: www.healthwatchbury.co.uk

Twitter: www.twitter.com/healthwatchbury

Facebook: www.facebook.com/Healthwatchbury

Disclaimer

This booklet has been compiled to support individuals, carers and health professionals throughout Bury.

Whilst we have taken every care in compiling this booklet, Healthwatch Bury cannot accept responsibility for any inaccuracies or omissions.

All information is up to date as of March 2018.

This booklet not intended as a substitute for thorough medical assessment and clinical intervention. **If you are concerned about your mental health consult your GP**