



PAPYRUS
PREVENTION OF YOUNG SUICIDE

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for free, confidential support and practical advice.

HOPELINEUK

Call: **0800 068 4141 9am-midnight**
Email: **pat@papyrus-uk.org**
Text: **07860 039 967**

**SHINING A LIGHT ON
SUICIDE**

If you are struggling with suicidal thoughts, concerned for another or have been bereaved by suicide.

Visit: **www.shiningalightonsuicide.org.uk**

SAMARITANS

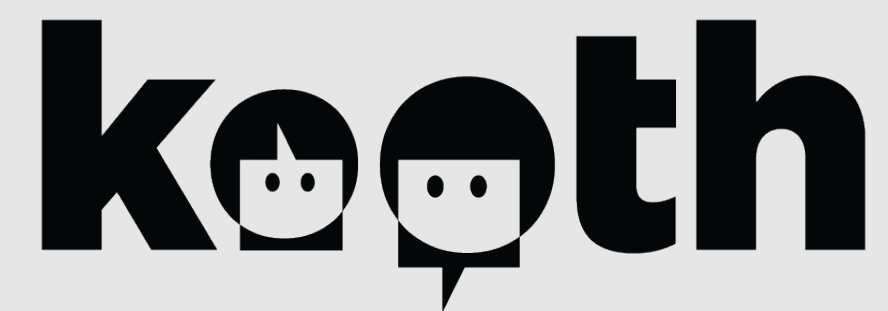
Call free day or night on
116 123
Email
jo@samaritans.org

samaritans.org

A registered charity

When life is difficult, Samaritans are here – day or night, 365 days a year.

Call: **116 123**
Email: **jo@samaritans.org**,
Visit: **www.samaritans.org**



**Free 24/7 digital
Mental wellbeing support
For people aged 0-25**

Visit: www.kooth.com



**Free 24/7 digital
Mental wellbeing support
For people aged 26
and over**

Visit: www.qwell.io



**Free online wellbeing
programme
Instant access to
self-help support
For people aged 16 and over**

Visit: [GM.silvercloud
health.com/signup](http://GM.silvercloudhealth.com/signup)

**Better
Health** **every mind
matters**

Every Mind Matters is an NHS website that provides expert advice and practical tips to help you look after your wellbeing.

Visit: [www.nhs.uk/
every-mind-matters](http://www.nhs.uk/every-mind-matters)



**GREATER
MANCHESTER
BEREAVEMENT
SERVICE**

If you have been bereaved or affected by a death and live or work in Greater Manchester support is available. You do not need to feel alone as you deal with your grief.

Visit: greater-manchester-bereavement-service.org.uk

Call: **0161 983 0902** **Monday - Friday 9am to 5pm**

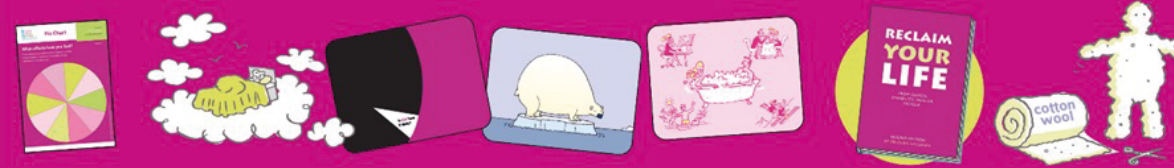
Living Life To The Full



Living Life To The Full helps to improve low mood, overcome stress and build confidence.

If you are looking to improve your confidence and boost your mood, choose Living Life To The Full.

RECLAIM YOUR LIFE



Reclaim Your Life is designed for people with long term conditions. Your life is bigger than your illness and this course helps you discover a new relationship between yourself and your illness.

Modules include making healthy changes and finding ways to feel happier.

ENJOY YOUR BABY



Enjoy Your Baby is designed for new parents who would like to boost their confidence.

Modules include building close bonds with your child and maintaining links to important people and activities in your life.

This self-help support is available online and can be accessed at any time. It is free of charge if you live or work in Greater Manchester. The resources are available in 18 languages.

Find out more and get free support today. www.gmlifeskills.com