



# Mental Health Crisis Support

in Manchester for adults (18+)

If you are experiencing  
a mental health crisis  
and struggling to cope  
**support is available**

**SelfHelp**  
Improving mental health



Manchester Mental Health **NHS**  
and Social Care Trust

# Crisis feels different for

In fact, you might not think that you're really 'in crisis' but you're struggling to cope, feeling overwhelmed or thinking you can't go on.

The services here can help you, whatever level of support you think you need.

## Keeping Well

We all know how important it is to look after our health in order to stay fit and well. It may not always occur to us that it is just as important to do the same for our mental health. In fact, there are things that we can all do to look after our mental health and wellbeing.

The Mental Health in Manchester website guides you through some of the things that you could try, as well as providing helpful advice and information about things you can do for yourself if you have concerns about your mental health, such as reducing stress and improving sleep.

## The Sanctuary

The Sanctuary provides 24-hour mental health support to adults who are experiencing anxiety, panic attacks, depression, suicidal thoughts or are in crisis.

The Sanctuary provides non-clinical support in a non-stigmatising manner, including:

- a crisis support line during the day (6am – 8pm)
- a place of 'safety and support' through the night (8pm – 6am)

The Sanctuary offers a space to talk and assistance with coping after the initial crisis.

Overnight, The Sanctuary does not have beds so is not a place to sleep over. On the night of a visit, you can stay as long as you wish between 8pm and 6am. Some people choose to leave The Sanctuary once their initial crisis has passed and they have been able to calm down; others may need to stay longer. The length of your stay will vary according to your needs.

[www.mhim.org.uk](http://www.mhim.org.uk)

0300 003 7029

# everyone

## Crisis Point

Crisis Point is a mental health crisis service, open to all Manchester residents aged 18 and over.

There are two service options where people can stay either stay at Crisis Point for up to 10 nights or come to the project for 1-to-1 meetings without staying here. This usually means six 1-to-1 meetings over a period of two weeks.

We focus on helping people using the service to resolve their crisis and to develop effective ways to successfully manage possible crisis situations in the future.

We take referrals over the phone from any source and we aim to assess each individual within 4hrs of a referral being taken. Referrals can be made between 9am and 11pm. If a call is taken when we have no vacancies we will take details and call back when a space is available.

## Mental Health Home Treatment Teams

Mental Health Home Treatment Teams provide an alternative to inpatient care by offering intensive community support.

They are committed to working with service users and carers to find solutions and prevent relapses, and all individuals are treated with respect, dignity and honesty.

The aim of the service is to assertively engage with service users in crisis while minimizing the degree of disruption to their lives and offering clear information to promote service user choice.

## Emergency and Acute Services

If you are concerned about an immediate risk of harm – either to yourself or someone else – then phone 111 or 999 and ask for the police or ambulance service. Or go to your nearest A&E department.

0161 225 9500

0161 882 2400

111 or 999

to call). Open 24 hours a day. They offer confidential emotional support.

# Other useful contacts for mental health support in Manchester

## NHS mental health services

- **Manchester Mental Health and Social Care Trust:** [www.mhsc.nhs.uk](http://www.mhsc.nhs.uk)
- **The Gateway Service:** 0161 882 2400 (9am-5pm, Mon-Fri)

## Services for children and young people

GPs, school nurses, health visitors and social workers can make referrals to specialist mental health services for children and young people under 18. Young people can refer themselves to these services:

- **42nd Street:** 0161 228 7321 [www.42ndstreet.org.uk](http://www.42ndstreet.org.uk)
- **Emerge 16/17 Community Mental Health Team:** 0161 226 7457 [www.cmft.nhs.uk](http://www.cmft.nhs.uk)
- **YASP (Young Adults Services & Projects part of Manchester Mind):** 0161 221 3054. [www.manchestermind.org/YASP](http://www.manchestermind.org/YASP)

## Specialist services in the voluntary and community sector

- **African & Caribbean Mental Health Service:** 0161 226 9562
- **Age UK Manchester Counselling Service:** 0800 0275787 or 0161 833 3944 [www.ageuk.org.uk/manchester](http://www.ageuk.org.uk/manchester)
- **Alzheimer's Society:** 0161 962 4769 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- **Hearing Voices Network:** 0114 271 8210
- **Irish Community Care:** 0161 205 9105 [www.irishcommunitycare.com](http://www.irishcommunitycare.com)
- **Manchester Mind:** 0161 226 9907 [www.manchestermind.org](http://www.manchestermind.org)
- **Mood Swings:** 0161 832 3736 [www.moodswings.org.uk](http://www.moodswings.org.uk)
- **Neesa Well Women Project:** 0161 740 2995
- **Self Help:** 0161 226 3871 [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)
- **LGBT Foundation:** 0345 3303030
- **The Roby:** 0161 257 2653 [www.theroby.org.uk](http://www.theroby.org.uk)
- **The Silver Line:** 0800 4 70 80 90 (24 hours a day, every day) [www.thesilverline.org.uk](http://www.thesilverline.org.uk)
- **The Wai Yin-Kwan Wai:** 0161 833 0377 [www.waiyin.org.uk](http://www.waiyin.org.uk)