

Local and National Crisis Contact Sheet

Organisation	Contact
Anxiety UK	https://www.anxietyuk.org.uk/ Text Service: 07537 416 905 Infoline: 03444 775 774 Mon-Fri 9:30am - 5.30pm
Beacon and GamCare – gambling addiction service	www.beaconcounsellingtrust.co.uk www.gamcare.org.uk Tel: 0151 321 1099 GamCare: 0808 8020 133 gamcare@beaconcounsellingtrust.co.uk
CALM (helpline for men) 'Campaign Against Living Miserably' (5pm- 12 midnight)	https://www.thecalmzone.net/ Tel: 0800 58 58 58
Childline (Under 18s)	https://www.childline.org.uk/ Tel:0800 1111
CGL - My Recovery Tameside- addiction services	www.changegrowlive.org Tel: 0161 672 9420 111-113 Old Street, Ashton-under-lyne, Greater Manchester, OL6 7RL
Crossroads Derbyshire- Domestic Violence (24 hours) Glossop & High Peak	http://www.crossroadsderbyshire.org/ National helpline: 0808 200 0247 Derbyshire Number: 01457 856675 (Mon to Thurs 9am – 5pm, Fri 9am – 4.30pm)
Dementia UK	https://www.dementiauk.org/ Tel: 0800 888 6678
Healthy Minds- Tameside & Glossop	https://www.penninecare.nhs.uk/healthyminds
Healthy Young Minds- Tameside and Glossop	https://healthyyoungmindspennine.nhs.uk/ Springleigh Waterloo Road Stalybridge SK15 2AU Tel: 0161 716 3600

Hub of Hope - local support in your area	https://hubofhope.co.uk/
Mind (Tameside, Oldham & Glossop)	https://www.togmind.org/ 216-218 Katherine Street, Ashton-u-Lyne OL6 7AS Tel: 0161 330 9223 office@togmind.org Oldham Office-Positive Steps Medtia Place, 80 Union Street, Oldham OL1 1DJ Tel: 0161 330 9223 office@togmind.org https://www.togmind.org/online-services/online-resources
NHS 111 24/7	Tel: 111 for advice and support about mental health crises.
NSPCC (Over 18s)	https://www.nspcc.org.uk/ Tel: 0808 800 5000
Samaritans 24/7- Stockport and Manchester	https://www.samaritans.org/ Tel: 116 123 jo@samaritans.org
SANEline (4.30pm- 10.30pm)	http://www.sane.org.uk/ Tel: 0300 304 7000
Silver Line (older adults)	https://www.thesilverline.org.uk/ Tel: 0800 4 70 80 90
Shining a light on suicide	http://www.shiningalightonsuicide.org.uk/
Tameside and Glossop Access Team - Addiction support	www.penninecare.nhs.uk Tel: 0161 716 4247 Wharfingers House, Manchester Road, Hyde, Greater Manchester, SK14 2BJ