

24/7 Helpline

Although things are changing very quickly, here at Greater Manchester Mental Health NHS Foundation Trust, we are still here to respond to your needs.

We know you still need us, so we have extended our helpline to 24/7 which you can call any time, day or night, if you feel your mental health is beginning to suffer.

The 24/7 Helpline number

Our helpline is now free to use - 0800 953 0285

We are here to help you during this tough time – please reach out to us when you need us. We may have a lot of calls to get through, so please bear with us, but you are important to us and we will help you as much as we can.

For the latest updates and information

www.gmmh.nhs.uk/coronavirus-updates

In an emergency

If you are concerned about an immediate risk of harm - either to yourself or someone else - phone 999. If it is not an emergency but you require urgent advice, call 101 for non-emergency access to the police or NHS 111.

Please only attend your local Accident & Emergency department after speaking to 111, or in a physical or mental health emergency.

