
Manchester

<u>Name of Service</u>	<u>Description of services provided</u>	<u>Contact</u>
Crisis Support House	Provides staff and volunteers with personal experience of mental health issues to offer a range of support including managing panic attacks, offering a space to talk and assistance with coping after the initial crisis. It runs from 11pm-9am, support is offered either via the telephone or arranging a time for the client to visit in person.	http://www.selfhelpservices.org.uk/shs_service/the-sanctuary-manchester/
Advice & Support for the homeless	Provides a day centre for homeless people, providing food, advice, activities, training and work placements.	http://www.boothcentre.org.uk/
Destitute Asylum Seekers	Provides accommodation, food and other essentials to those who are unable to access support from anywhere else.	http://boaztrust.org.uk/

Bolton

<u>Name of Service</u>	<u>Description of services provided</u>	<u>Contact</u>
MHIST	Independent Mental Health Charity in Bolton, providing self-help groups, advocacy and support.	http://www.mhist.co.uk/
Bolton Steps	Independent Mental Health Charity local to Bolton which offers training in catering, IT skills and repairs etc.	http://www.boltonsteps.org/
Move Forward Bolton	Mental Health Day Services Partnership	http://www.moveforwardbolton.org.uk/
Bolton Council	Health and Wellbeing pages.	http://www.localdirectory.bolton.gov.uk/providersearch.aspx?fid=Health and wellbeing

Salford

<u>Name of Service</u>	<u>Description of services provided</u>	<u>Contact</u>
Salford Age UK	Service provides community based guidance and support to individuals with a diagnosis of Dementia and to their carers and families	http://www.ageuk.org.uk/salford/our-services/dementia-support-service/
Narrowgate Night Shelter	This project provides emergency overnight accommodation through referral agencies for the homeless in Salford.	http://www.manchestercitymission.org.uk/projects/narrowgate/
Salford City Council	Information on various topics around adult health.	http://www.salford.gov.uk/health.htm

Trafford

<u>Name of Service</u>	<u>Description of services provided</u>	<u>Contact</u>
Trafford South Asian Mental Health Service	Trafford based resource for South Asian individuals (whose heritage is from Pakistan, India or Bangladesh) experiencing mental health conditions. The team can converse in Urdu, Punjabi, Hindi and English.	http://www.pakistani-resource.org.uk/mental_health_service.asp
Trafford Women's Aid	Trafford Domestic Abuse Service is a charity offering support to individuals and families affected by domestic abuse.	http://www.tdas.org.uk/
Day Support, Age UK	Provide day support services for individuals living with Dementia across Trafford.	http://www.ageuk.org.uk/trafford/our-services/day-support/
Trafford Council	Health and Social care pages.	http://legacy.trafford.gov.uk/healthandsocialcare/
