

Mental Health Services



IN AN EMERGENCY:

- Go to A&E
- Call **999**
- Arrange an emergency GP appointment
- Text **SHOUT** to **85258** to speak with a trained volunteer about any type of crisis



Crisis Point

0161 238 5149

Daily drop ins for rough sleepers, assessed within 24hrs (via telephone).

Manchester Mental Health and Homeless Team

Monday to Friday, 9am to 5pm

0161 271 0288 / Rawnsley Building, Manchester Royal Infirmary, Oxford Road, M13 9WL

Offer a range of services considering the needs of the individual to receive the care best for them.

Crisis Cafe at No. 93 Harpurhey

Monday to Friday: 8pm to 1am (including Bank Holidays)

07778012838 / 0161 271 0339

A new out of hours friendly and supportive space open to anyone in a crisis in Manchester, Bolton, Salford and Trafford.

Call ahead before coming down!

Manchester Mind

0161 769 5732

Advice Line every day, 10am-2pm.

Also has a 'Self Care Hub' on their website, with a range of information and supportive resources, including links to crisis services

