

GMCVO

Supporting voluntary action in
Greater Manchester since 1975

Support Agency Directory

The Support Agency Directory contains information about welfare support; housing support; financial support; mental health and wellbeing; carers and employment support organisations across the ten boroughs of Greater Manchester.

Greater Manchester Centre for Voluntary Organisation

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www.gmcvo.org.uk

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 Gmcvo@gmcvo.org.uk
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Introduction

The Support Agency Directory contains details of organisations that offer support around welfare; finance; housing; wellbeing and mental health; caring; and employment across Greater Manchester.

This directory was created as part of the [Caring, Working, Living](#) project. Caring, Working, Living was a yearlong Greater Manchester wide project led by GMCVO in partnership with Greater Manchester Chambers of Commerce from May 2019 to May 2020. The project supported parents and carers to return to work after they had a career break due to their caring responsibilities (Returners). One of the ways we supported Returners was by sharing information about local organisations that offered the support they were interested in receiving. This document is based on this research.

The Support Agency Directory has been published to enable Returners in Greater Manchester to have an easy way to find local organisations that offer the support they want.

This is not a live document, and will not be updated after publication.

Contents

<u>Bolton</u>	8
<u>Welfare Support</u>	8
<u>Housing Support</u>	9
<u>Financial Support</u>	11
<u>Carers Organisation</u>	13
<u>Mental Health and Wellbeing Support</u>	19
<u>Employment Support Organisations</u>	25
<u>Bury</u>	28
<u>Welfare Support</u>	28
<u>Housing Support</u>	29
<u>Financial Support</u>	31
<u>Carers Organisation</u>	33
<u>Mental Health and Wellbeing Support</u>	37
<u>Employment Support Organisations</u>	43
<u>Manchester</u>	48

Welfare Support	48
Housing Support	51
Financial Support	54
Carers Organisation	57
Mental Health and Wellbeing Support	66
Employment Support Organisations	72
Oldham	79
Welfare Support	79
Housing Support	81
Financial Support	83
Carers Organisation	85
Mental Health and Wellbeing Support	90
Employment Support Organisations	96
Rochdale	100
Welfare Support	100
Housing Support	102
Financial Support	105

<u>Carers Organisation</u>	107
<u>Mental Health and Wellbeing Support</u>	111
<u>Employment Support Organisations</u>	117
<u>Salford</u>	121
<u>Welfare Support</u>	121
<u>Housing Support</u>	124
<u>Financial Support</u>	126
<u>Carers Organisation</u>	129
<u>Mental Health and Wellbeing Support</u>	133
<u>Employment Support Organisations</u>	139
<u>Stockport</u>	142
<u>Welfare Support</u>	142
<u>Housing Support</u>	144
<u>Financial Support</u>	146
<u>Carers Organisation</u>	148
<u>Mental Health and Wellbeing Support</u>	153
<u>Employment Support Organisations</u>	159

<u>Tameside</u>	162
<u>Welfare Support</u>	162
<u>Housing Support</u>	164
<u>Financial Support</u>	166
<u>Carers Organisation</u>	168
<u>Mental Health and Wellbeing Support</u>	172
<u>Employment Support Organisations</u>	178
<u>Trafford</u>	181
<u>Welfare Support</u>	181
<u>Housing Support</u>	182
<u>Financial Support</u>	184
<u>Carers Organisation</u>	185
<u>Mental Health and Wellbeing Support</u>	190
<u>Employment Support Organisations</u>	196
<u>Wigan</u>	199
<u>Welfare Support</u>	199
<u>Housing Support</u>	202

<u>Financial Support</u>	204
<u>Carers Organisation</u>	206
<u>Mental Health and Wellbeing Support</u>	210
<u>Employment Support Organisations</u>	215
<u>Council Directories</u>	218

Bolton

Welfare Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	Provides advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Welfare Rights Service (Bolton Council)	Provide support with problems such as your benefit claim has been stopped or sanctioned, your benefit claim has been refused, you have been asked to pay money back or you have been found fit for work. They can help by finding you other sources of help; asking the benefits offices to explain their decision; explaining the law; preparing your case; and representing you at an appeal tribunal.	Address: Welfare Rights Service, Town Hall, Victoria Square, Bolton, BL1 1RU Call: 01204 333820 Email: welfare.rights@bolton.gov.uk	www.bolton.gov.uk/benefits/welfare-rights-service

Housing Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Shelter	They help people with bad housing or homelessness through our advice, support and legal services.	Address: Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX Call: 0344 515 1640	www.england.shelter.org.uk/get_help/local_services/manchester
Citizens Advice Bolton	They have advice and practical help with benefits and tax credits at their drop-in sessions Tuesday, Wednesday and Friday from 10:00am to 3:15pm or call their AdviceLine Monday to Friday 10:00am to 4:00pm.	Address: 26-28 Mawdsley Street, Bolton, BL1 1LF Advice line: 0300 330 9071	www.boltoncab.co.uk/Contact-us/Main-Bureau/Main-Bureau/
Housing Options and Advice (Bolton Council)	Their website holds information about housing options and will		www.bolton.gov.uk/housing-options-advice

	link you to the correct advice or contact information.		
Without a Roof	This is a handy guide to services, information and advice about housing in Bolton.		www.boltoncommunityhomes.co.uk/documents/Without%20a%20Roof%20Document%20v1%200%20(25-03-15).pdf

Financial Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
The Money Advice Service	They are a free and impartial money service, set up the government, that provides UK wide help and information online.		www.moneyadvice.service.org.uk/en
Bolton Money Skills Service (Bolton Council)	They offer free, confidential and impartial services to people who live, work or study in the Bolton area including: money and debt advice, energy guidance, budgeting, financial wellbeing and Furniture4U.	Address: Money and Debt Advice, Ground Floor, Bolton Town Hall, Victoria Square, Bolton, BL1 1RU Call: 01204 332916 Email: moneyadvice@bolton.gov.uk	www.bolton.gov.uk/debt-money-advice-services/bolton-money-skills-service-including-furniture4u?documentId=317&categoryId=20045
Citizens Advice Bolton	For advice and practical help with benefits and tax credits you can visit their drop-in sessions	Address: 26-28 Mawdsley Street, Bolton, BL1 1LF	www.boltoncab.co.uk/Contact-us/Main-Bureau/Main-Bureau/

	Tuesday, Wednesday and Friday from 10:00am to 3:15pm or call their AdviceLine Monday to Friday 10:00am to 4:00pm.	Advice line: 0300 330 9071	
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Carers Organisation

Organisation	About	Contact Information	Website
Autistic Society Greater Manchester Area (ASGMA)	They provide support for parents and carers through our Autism information and Family Support Project and direct support for people with autistic spectrum conditions.	Address: 1114 Chester Road, Stretford, M32 0HL Call: 0161 866 8483 Email: admin@asgma.org.uk	www.asgma.org.uk/
BASIC	They support parents and carers to find the best quality rehabilitation programmes.	Call: 0161 707 6441	www.basiccharity.org.uk/
Carers Direct	This is a website ran by the NHS containing information about services and support for people who need help with day-to-day life due to illness or disability.		www.nhs.uk/conditions/social-care-and-support-guide/

Carers UK	They are here to listen, to give expert information and advice and champion the rights of carers. Visit the website for support including details for employers in Greater Manchester about Employers for Carers membership. .	Call: 0808 808 7777 Email: advice@carersuk.org	www.carersuk.org/
Greater Manchester Autism Consortium	They have useful links in a variety of areas for people with Autism.	Address: Empress Business Centre, 380 Chester Road, Old Trafford, Manchester, M16 9EA Call: 0161 998 4667	www.autismgm.org.uk/
Greater Manchester Neurological Alliance	They unite charities to improve the life for people in Greater Manchester with a neurological condition, and/or their carers. They run two Neuro Support Groups for service users and carers, Bury Rochdale & Oldham Neuro Support and the other is Neuro Support 4 Salford Manchester & Trafford.	Call: 0786 482 3803 Email: debtroops@icloud.com	www.gmna.co.uk/

Headway (Salford, Trafford, South Manchester, Stockport, Wigan)	They provide help and support for people affected by brain injury.	Call: 0115 924 0800 Email: enquiries@headway.org.uk	www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/north-west/
Motor Neurone Disease Association (MND)	They provide support to local people with MND, their families and carers.	Call: 07895 443876 Email: branchcontact@mndamanchester.org.uk	www.mndassociation.org/support-and-information/local-support/branches/manchester-and-district-branch/
MS Society	Whether you have MS, or care about someone who does, their community is here for you through the highs, lows and everything in between.	Call: 020 8438 0700	www.mssociety.org.uk/
N-compass Northwest	They offer a range of diverse and complementary services	Call: 03450 138 208 Email: admin@ncompassnorthwest.co.uk	www.n-compass.org.uk/

NHS Choices: Carers Direct	They provide information from the NHS on support available to carers.	Call: 0300 123 1053	www.nhs.uk/carersdirect
Parkinson's UK	They work to improve life for everyone affected by Parkinson's.	Call: 020 7931 8080 Helpline: 0808 800 0303	www.parkinsons.org.uk/
Spinal Injury Association (SIA)	They offer a pathway of support for a newly injured person from the time of injury and for the rest of their life. Their support is given by spinal cord injured people, all of whom can offer their lived experiences of spinal cord injury.	Call: 0800 980 0501 Email: sia@spinal.co.uk	www.spinal.co.uk/
Asian Elders Resource Centre	They exist to employ Asian Elders and meet their social, cultural, emotional and spiritual needs through the provision of appropriate services.	Address: 61 Northfield Street, Bolton, BL3 5JH Call: 01204 65 1123 Email: email@aercbolton.co.uk	www.aercbolton.co.uk/cont acts/

Bolton Adult Autism Support (BAAS)	They are a family social and support group for parents/carers of children (18 plus) who have or think they may have an Autism Spectrum Condition.	<p>Address: Thicketford Centre, Thicketford Road, Bolton, BL2 2LW</p> <p>Call: 01204 337537 or 07772547158</p> <p>Email: enquiries@boltonadultaautismsupport.org.uk</p>	www.boltonadultaautismsupport.org.uk
Bolton Carers Support	They are a carers service which ensures carers feel valued and receive the information, care and support they deserve.	<p>Address: Bolton Carers Support, Thicketford Centre, Thicketford Road, Bolton, BL2 2LW</p> <p>Call: 01204 363 056</p> <p>Email: info@boltoncarers.org.uk</p>	www.boltoncarers.org.uk/
Bolton Dementia Support	They are a local charity that has a range of activities, events and resources available to support people living with dementia and the people who care for them.	<p>Address: Carers Resource, Thicketford Centre, Thicketford Road, Bolton, BL2 2LW</p> <p>Call: 01204 386696</p> <p>Email: boltondsg@gmail.com</p>	www.boltondementiasupport.btck.co.uk/

Bolton Information and Advisory Service	They provide impartial support to families and young people who have special educational needs and/or disabilities in Bolton from birth to 25.	Address: COG Nursery, Lowndes Street, Bolton, BL1 4QB Call: 01204 848722	www.iasbolton.com/home
Bolton Parent Carers	They are a voluntary organisation that offers opportunities to parents and carers in Bolton who have a child or young person aged 0-25 years with send educational needs and/or disabilities.	Address: The Bolton Hub, Bold Street, Bolton, BL1 1LS Call: 07715 201798 Email: info@boltonparents.org.uk	www.boltonparents.org.uk/ www.facebook.com/groups/655081761272561/?ref=bookmarks
Daytrippers	They are a parent and carer led charity that offers mutual support and companionship via days and other activities for families that have children with disabilities.	Call: 07742693157 Email: daytrippers.bolton@hotmail.co.uk	www.daytrippersbolton.org.uk/

Mental Health and Wellbeing Support

Organisation	About	Contact Information	Website
Anxiety UK	Mental Health Helpline	Call: 03444 775 774	www.anxietyuk.org.uk
Bipolar UK	Mental Health Helpline	Call: 0333 323 3880	www.biopolaruk.org.uk
CALM (Men aged 15 to 35)	Mental Health Helpline	Call: 0800 58 58 58	www.thecalmzone.net/
No Panic	Mental Health Helpline	Call: 0844 967 4848	www.nopanic.org.uk/
OCD UK	Mental Health Helpline	Call: 0845 120 3778	www.ocduk.org/
Anorexia and Bulimia Care (ABC)	Mental Health Helpline	Call: 03000 11 12 13	www.anorexiabulimacare.org.uk
BEAT	Mental Health Helpline	Call: 0808 801 0677	www.beateatingdisorders.org.uk
Sleep Matters Insomnia Helpline	Mental Health Helpline	Call: 020 8994 9874	www.medicaladvisoryservice.org.uk
Able Futures	They provide mental health support for people in employment.	Call: 0800 321 3137	www.able-futures.co.uk
	They are the leading UK drug and alcohol charity operating	Address: 135 – 141 Oldham Street, Manchester, M4 1LN	www.adsolutions.org.uk/

Addiction Dependency Solutions	throughout the North and the Midlands, they take a proactive stance on client support and place importance on a whole-care approach.	Call: 0161 831 2400 Email: headoffice@adsolutions.org.uk	
Anxiety Care	They help people to recover from anxiety disorders.	Call: 07552877219 Email: admin@anxietycare.org.uk	www.anxietycare.org.uk
Depression Alliance	They have information, support and self-help groups.	Call: 0845 123 2320 Email: ask@depressionalliance.org	www.depressionalliance.org
Emergence	They support people affected by personality disorders.		www.emergenceplus.org.uk
Ethnic Health Forum	They are working towards developing a social enterprise around health, social care, learning and education.	Call: 07367578640	www.ethnichealth.org.uk/
Harmless	They provide support for people who self-harm, and their friends and family.	Email: info@harmless.org.uk	www.harmless.org.uk

Hearing Voices Network	They support people who hear voices, and their friends and family.	Call: 0114 271 8210 Email: info@hearing-voices.org	www.hearing-voices.org
LGBT foundation	They provide a range of support services to lesbian, gay, bisexual and trans people.	Call: 0345 3 30 30 30 Email: info@lgbt.foundation	www.lgbt.foundation/how-we-can-help-you
Maytree	They are a respite for anyone who is feeling suicidal.	Call: 020 7263 7070 Email: maytree@maytree.org.uk	www.maytree.org.uk
Men Get Eating Disorders Too	They provide information and support for men with eating problems.		www.mengetedstoo.co.uk
Mindfulness Based Cognitive Therapy	They provide information about therapy, classes in mindfulness and training.		www.mbct.co.uk
NAPAC (National Association for People Abused in Childhood)	They provide support for survivors of childhood abuse.	Call: 0808 801 0331	www.napac.org.uk

National Self-harm Network (NHSN)	They are a survivor-led organisation supporting those who self-harm.	Call: 0800 622 6000	www.nshn.co.uk
OCD Action	They provide information and support for people with experience of OCD.	Call: 0845 390 6232 Email: support@ocdaction.org.uk	www.ocdaction.org.uk
Rethink Mental Illness	They provide information and support for people affected by severe mental illness.	Call: 0121 522 7007	www.rethink.org
SAD	They provide information on seasonal affective disorder and light therapy.	Email: sadlighting@gmail.com	www.sad.org.uk
Sane	They provide advice for those in a crisis, as well as practical information.	Call: 0300 304 7000	www.sane.org.uk
Self Help	They are a user-led mental health charity based in the North of England, they offer a range of support, services and opportunities for people living with mental health difficulties.	Address: Self Help, 1 ST Floor East, Oakland House, Talbot Road, Manchester, M16 0PQ Call: 0161 226 3871 Email: pws.manchester@selfhelpservices.org.uk	www.selfhelpservices.org.uk

The Counselling Directory	They have a list of registered counsellors.	Call: 0333 325 2500	www.counselling-directory.org.uk
Turning Point	They provide health and wellbeing services across England.		www.turning-point.co.uk/
BAND (Building A New Direction)	They provide services for people with lived experience of a mental health condition, they support people to take steps towards an inclusive and meaningful life.	Address: BAND, Bolton YMCA, 125 Deansgate, Bolton, BL1 1HA Call: 01204 380643 Email: band@family-action.org.uk	www.band.org.uk/
Bolton Samaritans	Provide a telephone helpline or face-to-face emotional support.	Address: 16 Bark Sreet East, Bolton, BL1 2BQ Call: 0330 094 5717	www.samaritans.org/branches/bolton/
Headspace	They offer an exciting and creative outlet for people with Mental Health issues through creative activities including stand-up comedy and musical theatre workshops.	Email: headspacebolton@hotmail.co.uk	www.octagonbolton.co.uk/get-involved/adults/headspace/

Mhist (The Mental Health Independent Support Team)	They provide a friendly, safe and confidential service to support and voice the interests of mental health service and their carers.	<p>Address: Hanover House, Hanover Street, Bolton, BL1 4TG</p> <p>Call: 01204 527 200</p> <p>Text: 07800 000 396</p> <p>Email: help@mhlist.co.uk</p>	<p>www.mhist.co.uk/index.php/contact-us</p>
Wonder Woman Group	They bring together women living in Bolton to develop skills through fun and learning. They develop skills around socialising, confidence building, arts and crafts, and women's health. They meet every Tuesday from 1:00pm to 3:00pm.	<p>Address: Greenway Community Centre, Hall I 'th' Wood, Bolton</p> <p>Call: 01204 329556</p> <p>Email: christine.fitton@boltonathome.org.uk</p>	<p>www.boltonathome.org.uk/volunteering-training-employment/wonder-woman-2982/</p> <p>www.facebook.com/Wonderwomengroup/</p>

Employment Support Organisations

Organisation	About	Contact Information	Website
National Careers Service	They have a website that provides information, advice and guidance to help you make decisions on learning, training and work. They also offer a one to one session.	Call: 0800 100 900	www.nationalcareersservice.direct.gov.uk/
Skills for Employment	They provide free one to one support for people across Greater Manchester who have a barrier to employment or simply want support in improving their employability. They will support you with personalised skills training; support with CV and interview techniques; motivational and confidence building; work experience and finding sustainable employment.	Address: Lee House, 90 Great Bridgewater Street, Manchester, M1 5JW Call: 0161 2281111 Email: info@growth.co.uk	www.growthco.uk/about-us/skills-for-employment/
Smart Works	They help any women who is seeking to get into work, has a job interview and needs some support. In a two-hour appointment they will help you	Address: Smart Works Greater Manchester, 65-81 Petersgate, Stockport, SK1 1DS Call: 0161 974 0669	www.smartworks.org.uk/

	<p>chose an outfit you can keep with a stylist and provide one-to-one interview coaching.</p> <p>If the interview is successful, you can return and find more work clothing and accessories for your initial work wardrobe.</p> <p>They are based in Stockport, very close to train and bus stations and will cover travel costs for anyone using public transport.</p>	<p>Email: greatermanchester@smartworks.org.uk</p>	
Volition	<p>They have a ten-week programme on employability skills. On the programme you volunteer, attend job clubs, attend training courses and have mentoring. Once ready to move in to work they will recommend you to their employer partners who are offering jobs.</p>	<p>Call: 0161 833 2220</p> <p>Email: beapartofit@volitioncommunity.org</p>	<p>www.volitioncommunity.org/</p>
Working Families Helpline	<p>They offer free legal advice about rights and benefits for working parents and carers. They are open on Monday 3:00pm to 5:00pm, Tuesday 12:00pm to 2:00pm, and Thursday 12:00pm to 2:00pm.</p>	<p>Call: 0300 012 0312</p> <p>Email: advice@workingfamilies.org.uk</p>	<p>www.workingfamilies.org.uk/advice-information/free-parents-carers-helpline/</p>

Bolton at Home	<p>They have work clubs that offer a range of employment support, free training programmes that are run in different areas of Bolton, volunteering opportunities, education and training through their Customer E-learning zone, in work support, working wardrobe and offer training grants.</p>	<p>Address: Bolton at Home, 98 Waters Meeting Road, Bolton, BL1 8SW</p> <p>UCLAN Centres: https://www.boltonathome.org.uk/work-clubs</p> <p>Call: 01204 328000</p>	<p>www.boltonathome.org.uk/getting-into-work/</p>
Christian Against Poverty	<p>Their job clubs have drop-ins where members can use computers for support with CV's, basic digital skills, application forms and access to our employment network opportunities. They also run a Steps to Employment course.</p>	<p>Bolton Job Club:</p> <p>Address: The Bridge Church and Conference Centre, 109 Bradford Street, Bolton, BL2 1JX</p> <p>Email: rhondamcphail@capjobclubs.org</p> <p>Number: 07795 664152</p> <p>Bolton South Job Club</p> <p>Address: St George the Martyr, Church Avenue, Daubhill, Bolton, BL3 4AR</p> <p>Email: maureengowland@capjobclubs.org</p>	<p>www.capuk.org/i-want-help</p>

Bury

Welfare Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	Provides advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Citizens Advice Bury District	They offer free, confidential, impartial and independent advice on debt, welfare, benefits, housing, employment and other problems. Their telephone advice service is open Monday to Friday 10:00am to 3:00pm.	Address: Citizens Advice Bury District, St Johns House, 155-163 The Rock, Manchester, BL9 0ND Call: 0300 330 1153	www.burycab.org.uk/

Housing Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Shelter	They help people with bad housing or homelessness through our advice, support and legal services.	Address: Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX Call: 0344 515 1640	www.england.shelter.org.uk/get_help/local_services/manchester
Ask B	They are a one stop shop website for housing information and advice.		www.askb.org.uk/
Bury Law Centre	They offer specialist advice on housing on Thursday from 2:00pm to 4:00pm.	Address: St John's House, 1 st Floor, The Rock, Bury, BL9 0ND Call: 0161 272 0666	www.buryfocus.co.uk/sites/bury-law-centre

Citizens Advice Bury District	<p>They offer free, confidential, impartial and independent advice on debt, welfare, benefits, housing, employment and other problems. Their telephone advice service is open Monday to Friday 10:00am to 3:00pm.</p>	<p>Address: Citizens Advice Bury District, St Johns House, 155-163 The Rock, Manchester, BL9 0ND</p> <p>Call: 0300 330 1153</p>	<p>www.burycab.org.uk/</p>
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Financial Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
The Money Advice Service	They are a free and impartial money service, set up the government, that provides UK wide help and information online.		www.moneyadvice.service.org.uk/en
Citizens Advice Bury District	They offer free, confidential, impartial and independent advice on debt, welfare, benefits, housing, employment and other problems. Their telephone advice service is open Monday to Friday 10:00am to 3:00pm.	Address: Citizens Advice Bury District, St Johns House, 155-163 The Rock, Manchester, BL9 0ND Call: 0300 330 1153	www.burycab.org.uk/
Six Town Housing	Six Town Housing in partnership with Citizens Advice Bury District offer drop-in sessions for	Address: Six Town Housing, 6 Knowsley Place, Angouleme Way, Bury, BL9 Call: 0161 686 8000	www.sixtownhousing.org/money-matters/debt-advice/

	debt and money advice on Tuesday and Friday 9:30am to 1.30pm or you can make an appointment on Monday and Thursday.		
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Carers Organisations

Organisation	About	Contact Information	Website
Autistic Society Greater Manchester Area (ASGMA)	They provide support for parents and carers through our Autism information and Family Support Project and direct support for people with autistic spectrum conditions.	Address: 1114 Chester Road, Stretford, M32 0HL Call: 0161 866 8483 Email: admin@asgma.org.uk	www.asgma.org.uk/
BASIC	They support parents and carers to find the best quality rehabilitation programmes.	Call: 0161 707 6441	www.basiccharity.org.uk/
Carers Direct	This is a website ran by the NHS containing information about services and support for people who need help with day-to-day life due to illness or disability.		www.nhs.uk/conditions/social-care-and-support-guide/
Carers UK	They are here to listen, to give expert information and advice and champion the rights of carers. Visit the website for support including details for employers in Greater	Call: 0808 808 7777 Email: advice@carersuk.org	www.carersuk.org/

	Manchester about Employers for Carers membership. .		
Greater Manchester Autism Consortium	They have useful links in a variety of areas for people with Autism.	Address: Empress Business Centre, 380 Chester Road, Old Trafford, Manchester, M16 9EA Call: 0161 998 4667	www.autismgm.org.uk/
Greater Manchester Neurological Alliance	They unite charities to improve the life for people in Greater Manchester with a neurological condition, and/or their carers. They run two Neuro Support Groups for service users and carers, Bury Rochdale & Oldham Neuro Support and the other is Neuro Support 4 Salford Manchester & Trafford.	Call: 0786 482 3803 Email: debtroops@icloud.com	www.gmna.co.uk/
Headway (Salford, Trafford, South Manchester, Stockport, Wigan)	They provide help and support for people affected by brain injury.	Call: 0115 924 0800 Email: enquiries@headway.org.uk	www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/north-west/

Motor Neurone Disease Association (MND)	They provide support to local people with MND, their families and carers.	Call: 07895 443876 Email: branchcontact@mndamanchester.org.uk	www.mndassociation.org/support-and-information/local-support/branches/manchester-and-district-branch/
MS Society	Whether you have MS, or care about someone who does, their community is here for you through the highs, lows and everything in between.	Call: 020 8438 0700	www.mssociety.org.uk/
N-compass Northwest	They offer a range of diverse and complementary services	Call: 03450 138 208 Email: admin@ncompassnorthwest.co.uk	www.n-compass.org.uk/
NHS Choices: Carers Direct	They provide information from the NHS on support available to carers.	Call: 0300 123 1053	www.nhs.uk/carersdirect
Parkinson's UK	They work to improve life for everyone affected by Parkinson's.	Call: 020 7931 8080 Helpline: 0808 800 0303	www.parkinsons.org.uk/
Spinal Injury Association (SIA)	They offer a pathway of support for a newly injured person from the time of injury and for the rest of their life. Their support is given by spinal cord injured people, all of whom can offer	Call: 0800 980 0501 Email: sia@spinal.co.uk	www.spinal.co.uk/

	their lived experiences of spinal cord injury.		
Bury Carers Centre (Gaddum)	They are a carers service, to help support carers to improve their lives.	Address: The Mosses Community Centre, Cecil Street, Bury, BL9 0SB Call: 0161 763 4867 Email: burycarers@gaddum.co.uk	www.gaddumcentre.co.uk/bury-carers-service/
Bury SENDiass	They provide free impartial information, advice and support to disabled children and young people, and those with SEN through their parents and carers.	Address: Blue Pit Mill, Queensway, Castleton, Rochdale, OL11 2YW Call: 01706 769634 Email: bury.sendiass@barnardos.org.uk	www.barnardos.org.uk/burysendiass
Carers Trust 4all Bury	They provide services that respond to the needs of carers and the people they support.	Address: Overton House, Congleton, Bury, CW12 1JY Call: 0333 323 1990 Email: headoffice@carerstrust4all.org.uk	www.carerstrust4all.org.uk/bury.html

Mental Health and Wellbeing Support

Organisation	About	Contact Information	Website
Anxiety UK	Mental Health Helpline	Call: 03444 775 774	www.anxietyuk.org.uk
Bipolar UK	Mental Health Helpline	Call: 0333 323 3880	www.biopolaruk.org.uk
CALM (Men aged 15 to 35)	Mental Health Helpline	Call: 0800 58 58 58	www.thecalmzone.net/
No Panic	Mental Health Helpline	Call: 0844 967 4848	www.nopanic.org.uk/
OCD UK	Mental Health Helpline	Call: 0845 120 3778	www.ocduk.org/
Anorexia and Bulimia Care (ABC)	Mental Health Helpline	Call: 03000 11 12 13	www.anorexiabulimacare.org.uk
BEAT	Mental Health Helpline	Call: 0808 801 0677	www.beateatingdisorders.org.uk
Sleep Matters Insomnia Helpline	Mental Health Helpline	Call: 020 8994 9874	www.medicaladvisoryservice.org.uk
Able Futures	They provide mental health support for people in employment.	Call: 0800 321 3137	www.able-futures.co.uk

Addiction Dependency Solutions	They are the leading UK drug and alcohol charity operating throughout the North and the Midlands, they take a proactive stance on client support and place importance on a whole-care approach.	Address: 135 – 141 Oldham Street, Manchester, M4 1LN Call: 0161 831 2400 Email: headoffice@adsolutions.org.uk	www.adsolutions.org.uk/
Anxiety Care	They help people to recover from anxiety disorders.	Call: 07552877219 Email: admin@anxietycare.org.uk	www.anxietycare.org.uk
Depression Alliance	They have information, support and self-help groups.	Call: 0845 123 2320 Email: ask@depressionalliance.org	www.depressionalliance.org
Emergence	They support people affected by personality disorders.		www.emergenceplus.org.uk
Ethnic Health Forum	They are working towards developing a social enterprise around health, social care, learning and education.	Call: 07367578640	www.ethnichealth.org.uk/
Harmless	They provide support for people who self-harm, and their friends and family.	Email: info@harmless.org.uk	www.harmless.org.uk

Hearing Voices Network	They support people who hear voices, and their friends and family.	Call: 0114 271 8210 Email: info@hearing-voices.org	www.hearing-voices.org
LGBT foundation	They provide a range of support services to lesbian, gay, bisexual and trans people.	Call: 0345 3 30 30 30 Email: info@lgbt.foundation	www.lgbt.foundation/how-we-can-help-you
Maytree	They are a respite for anyone who is feeling suicidal.	Call: 020 7263 7070 Email: maytree@maytree.org.uk	www.maytree.org.uk
Men Get Eating Disorders Too	They provide information and support for men with eating problems.		www.mengetedstoo.co.uk
Mindfulness Based Cognitive Therapy	They provide information about therapy, classes in mindfulness and training.		www.mbct.co.uk
NAPAC (National Association for People Abused in Childhood)	They provide support for survivors of childhood abuse.	Call: 0808 801 0331	www.napac.org.uk

National Self-harm Network (NHSN)	They are a survivor-led organisation supporting those who self-harm.	Call: 0800 622 6000	www.nshn.co.uk
OCD Action	They provide information and support for people with experience of OCD.	Call: 0845 390 6232 Email: support@ocdaction.org.uk	www.ocdaction.org.uk
Rethink Mental Illness	They provide information and support for people affected by severe mental illness.	Call: 0121 522 7007	www.rethink.org
SAD	They provide information on seasonal affective disorder and light therapy.	Email: sadlighting@gmail.com	www.sad.org.uk
Sane	They provide advice for those in a crisis, as well as practical information.	Call: 0300 304 7000	www.sane.org.uk
Self Help	They are a user-led mental health charity based in the North of England, they offer a range of support, services and opportunities for people living with mental health difficulties.	Address: Self Help, 1 ST Floor East, Oakland House, Talbot Road, Manchester, M16 0PQ Call: 0161 226 3871 Email: pws.manchester@selfhelpservices.org.uk	www.selfhelpservices.org.uk

The Counselling Directory	They have a list of registered counsellors.	Call: 0333 325 2500	www.counselling-directory.org.uk
Turning Point	They provide health and wellbeing services across England.		www.turning-point.co.uk/
BIG in Mental Health	They are a voluntary organisation who provide support. They host a drop-in every Friday from 1:00pm to 3:00pm.	Address: Bury United Reform Church, Parsons Lane, Bury, BL9 0LY Call: 0161 222 4005 Email: mentalhealth@buryinvolvementgroup.org	www.buryinvolvementgroup.org/
Creative Living Centre	They offer a wide range of courses, groups and one-to-one support to enable each person to be actively involved in improving their own wellbeing.	Address: 14 Rectory Lane, Prestwich, Manchester, M25 1BP Call: 0161 696 7501 Email: admin@creativelivingcentre.org.uk	www.creativelivingcentre.org.uk/whatwedo.html
Health and Wellbeing College	They provide innovative educational programme to improve wellbeing. Their recovery-focused courses can	Address: Bury Campus, Creative Living Centre, 1A Rectory Lane, Prestwich, M25 1BP	www.hwcollege.penninecare.nhs.uk/

	support people to recognise their potential and make the most of their talents and resources through self-management. The college is open for anyone aged 18 and over living in Heywood, Middleton or Rochdale; Bury; Oldham; Stockport; Tameside or Glossop.	Call: 0161 716 2666	
Helping Yourself to Wellbeing Course	They offer a seven-week course designed to provide people with the knowledge, skills and tools to improve their health and wellbeing. It aims to provide them with the confidence and motivation to set realistic goals for making changes to their lifestyle.	Call: 0161 253 7922 Email: HY2W@bury.gov.uk	www.theburydirectory.co.uk/kb5/bury/directory/service.page?id=x2ZI7XN8feA
Samaritans of Bury	They provide a telephone helpline or face-to-face emotional support	Address: Bridge House, 13 Knowsley Street, Bury, BL9 0ST Call: 116 123	www.samaritans.org/branches/bolton/

Employment Support Organisations

Organisation	About	Contact Information	Website
National Careers Service	They have a website that provides information, advice and guidance to help you make decisions on learning, training and work. They also offer a one to one session.	Call: 0800 100 900	www.nationalcareersservice.direct.gov.uk/
Skills for Employment	They provide free one to one support for people across Greater Manchester who have a barrier to employment or simply want support in improving their employability. They will support you with personalised skills training; support with CV and interview techniques; motivational and confidence building; work experience and finding sustainable employment.	Address: Lee House, 90 Great Bridgewater Street, Manchester, M1 5JW Call: 0161 2281111 Email: info@growth.co.uk	www.growthco.uk/about-us/skills-for-employment/
Smart Works	They help any women who is seeking to get into work, has a job interview and needs some support. In a two-hour appointment they will help you	Address: Smart Works Greater Manchester, 65-81 Petersgate, Stockport, SK1 1DS Call: 0161 974 0669	www.smartworks.org.uk/

	<p>chose an outfit you can keep with a stylist and provide one-to-one interview coaching.</p> <p>If the interview is successful, you can return and find more work clothing and accessories for your initial work wardrobe.</p> <p>They are based in Stockport, very close to train and bus stations and will cover travel costs for anyone using public transport.</p>	<p>Email: greatermanchester@smartworks.org.uk</p>	
Volition	<p>They have a ten-week programme on employability skills. On the programme you volunteer, attend job clubs, attend training courses and have mentoring. Once ready to move in to work they will recommend you to their employer partners who are offering jobs.</p>	<p>Call: 0161 833 2220</p> <p>Email: beapartofit@volitioncommunity.org</p>	<p>www.volitioncommunity.org/</p>
Working Families Helpline	<p>They offer free legal advice about rights and benefits for working parents and carers. They are open on Monday 3:00pm to 5:00pm, Tuesday 12:00pm to 2:00pm, and Thursday 12:00pm to 2:00pm.</p>	<p>Call: 0300 012 0312</p> <p>Email: advice@workingfamilies.org.uk</p>	<p>www.workingfamilies.org.uk/advice-information/free-parents-carers-helpline/</p>

ADAB	They provide employment support for BAME residents. They offer an assessment your needs; support your journey through Outcomes Star evaluation; one-to-one support, guidance and information; help with job searches and setting up email accounts; workshops on employability skills; IT courses; work experience placements and volunteering opportunities; and bi-lingual assistance.	Address: 7 Southcross Street, Bury, BL9 0RS Call: 0161 764 6749	www.adab.org.uk/employment/
Bury Adult Learning Service	They offer a range of courses around getting back to work, and have an IT drop in where they support you with job searching, CVs and application forms.	Address: Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ Email: p.fulton@bury.gov.uk Number: 07837345847	www.bury.gov.uk/adultlearning
Christians Against Poverty	Their job clubs have drop-ins where members can use computers for support with CV's, basic digital skills, application forms and access to our employment network	Address: ROC Community Centre, Westminster Avenue, Radcliffe, Manchester, M26 3WD Email: juliemacauley@capjobclubs.org	www.capuk.org/i-want-help

	opportunities. They also run a Steps to Employment course.		
Health and Wellbeing College	They provide an innovative educational programmes including a Get Ready for Work course. Get Ready for Work consists of six two-hour sessions that covers job application forms, preparing for interviews, sourcing local jobs vacancies and apprenticeships. The college is open for anyone aged 18 and over living in Heywood, Middleton or Rochdale; Bury; Oldham; Stockport; Tameside or Glossop	Address: Bury Campus, Creative Living Centre, 1A Rectory Lane, Prestwich, M25 1BP Call: 0161 716 2666	www.hwcollege.penninecare.nhs.uk/
The Attic Project and Supportive Stem	They offer support for people who want to get back into work. They have regular sessions on confidence building and employment skills, as well as a work club. They have no closed groups.	Address: Attic Project, 3 Russell Street Bury United Kingdom BL9 5AX Email: info@atticprojectbury.com	www.atticprojectbury.com/
Working Age Carers Group	If you are caring for someone around your work commitments or of working age and looking to start work, they can offer you support. They run working age	Address: Bury Carers Service, Cecil Street, Bury, BL9 0SB Call: 0161 763 4867	www.gaddum.org.uk

	carers group the last Tuesday of every month from 5:30pm to 8:00pm.	Email: burycarers@gaddum.co.uk	
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Manchester

Welfare Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	Provides advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Cheetham Hill Advice Centre	They are an independent neighbourhood advice centre that provides confidential help, advice and support to local residents in Cheetham, Crumpsal and across Manchester about: welfare benefits, money and debt, housing/homelessness, consumer and employment problems, getting into work, access to adult learning, training and volunteering, immigration and nationality issues, access to	Address: 1 Morrowfield Avenue, Cheetham Hill, Manchester, M8 9AR Call: 03444 111 222	www.cheethamadvice.org.uk/

	education, health and other statutory services, and information about other local services and opportunities.		
Citizens Advice Bureau Manchester	They offer free confidential advice on a range of subjects.	<p>Address: Have venues where they give advice across the city, visit their website and click face to face to see more https://www.citizensadvicemanchester.org.uk/face-to-face</p> <p>Call: 03444 111 222</p>	www.citizensadvicemanchester.org.uk/
Lalley Centre	Every Thursday from 1:00pm to 4:00pm they have welfare and benefits advice for residents of North Manchester.	<p>Address: St Malachy's Primary School Basement, Egginton Street, Collyhurst, Manchester, M40 7RG</p> <p>Call: 0161 205 2754</p> <p>Email: lalleycentre@caritassalford.org.uk</p>	www.caritassalford.org.uk/service-view/services-5/
Mind Manchester	They provide free and impartial advice on welfare benefits, debt and housing to people with mental health needs living in Manchester.	<p>Address: Zion Centre, 339 Stretford Road, Manchester, M15 4ZY</p> <p>Call: 0161 769 5732</p> <p>Email: advice@manchestermind.org</p>	www.manchestermind.org/
Northmoor Community Centre	They have drop-ins on Monday, Tuesday, Thursday and Friday from 9:30am to 12:30pm where you get free support on housing, internet and printing, welfare	<p>Address: Northmoor Community Centre, 95-97 Northmoor Road, Longsight, M12 5RT</p> <p>Call: 0161 248 6823</p>	www.northmoorcommunity.co.uk

	benefits, housing, universal credit and jobs and CVs. For housing advice and CV support you need to book an appointment. They also have online courses on employability, health and safety and job skills courses.	Email: info@northmoorcommunity.org	
The Inspire Centre	They hold advice sessions on Tuesdays and Wednesdays 9:30am to 12:30pm for advice about housing, benefits, debt and form filling. Call to book an appointment.	Address: The Inspire Centre, 747 Stockport Road, Manchester, M19 3AR Call: 07593444128	www.lev-inspire.org.uk/events/advice-session-2/
Welfare Reform Drop-in	If you have any concerns or questions about the welfare reforms the Zion Centre provide a drop in every Tuesday from 10am to 1pm.	Address: Zion Centre, 339 Stretford Road, Manchester, M15 4ZY Call: 0161 226 5412	

Housing Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Shelter	They help people with bad housing or homelessness through our advice, support and legal services.	Address: Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX Call: 0344 515 1640	www.england.shelter.org.uk/get_help/local_services/manchester
Cheetham Hill Advice Centre	They are an independent neighbourhood advice centre that provides confidential help, advice and support to local residents in Cheetham, Crumpsal and across Manchester about: welfare benefits, money and debt, housing/homelessness, consumer and employment problems, getting into work,	Address: 1 Morrowfield Avenue, Cheetham Hill, Manchester, M8 9AR Call: 03444 111 222	www.cheethamadvice.org.uk/

	access to adult learning, training and volunteering, immigration and nationality issues, access to education, health and other statutory services, and information about other local services and opportunities.		
Citizens Advice Bureau Manchester	They offer free confidential advice on a range of subjects.	<p>Address: Have venues where they give advice across the city, visit their website and click face to face to see more https://www.citizensadvicemanchester.org.uk/face-to-face</p> <p>Call: 03444 111 222</p>	www.citizensadvicemanchester.org.uk/
Lalley Centre	They have a housing support every Wednesday 9:00am to 12:00pm for residents of North Manchester.	<p>Address: St Malachy's Primary School Basement, Egginton Street, Collyhurst, Manchester, M40 7RG</p> <p>Call: 0161 205 2754</p> <p>Email: lalleycentre@caritassalford.org.uk</p>	www.caritassalford.org.uk/service-view/services-5/
Mind Manchester	They provide free and impartial advice on welfare benefits, debt and housing to people with mental health needs living in Manchester.	<p>Address: Zion Centre, 339 Stretford Road, Manchester, M15 4ZY</p> <p>Call: 0161 769 5732</p> <p>Email: advice@manchestermind.org</p>	www.manchestermind.org/

Northmoor Community Centre	They have drop-ins on Monday, Tuesday, Thursday and Friday from 9:30am to 12:30pm where you get free support on housing, internet and printing, welfare benefits, housing, universal credit and jobs and CVs. For housing advice and CV support you need to book an appointment. They also have online courses on employability, health and safety and job skills courses.	Address: Northmoor Community Centre, 95-97 Northmoor Road, Longsight, M12 5RT Call: 0161 248 6823 Email: info@northmoorcommunity.org	www.northmoorcommunity.co.uk
The Inspire Centre	They have advice sessions on Tuesdays and Wednesdays 9:30am to 12:30pm for advice about housing, benefits, debt and form filling. Call to book an appointment.	Address: The Inspire Centre, 747 Stockport Road, Manchester, M19 3AR Call: 07593444128	www.lev-inspire.org.uk/events/advice-session-2/

Financial Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
The Money Advice Service	They are a free and impartial money service, set up the government, that provides UK wide help and information online.		www.moneyadviceservice.org.uk/en
Cheetham Hill Advice Centre	They are an independent neighbourhood advice centre that provides confidential help, advice and support to local residents in Cheetham, Crumpsal and across Manchester about: welfare benefits, money and debt, housing/homelessness, consumer and employment problems, getting into work, access to adult learning, training	Address: 1 Morrowfield Avenue, Cheetham Hill, Manchester, M8 9AR Call: 03444 111 222	www.cheethamadvice.org.uk/

	and volunteering, immigration and nationality issues, access to education, health and other statutory services, and information about other local services and opportunities.		
Citizens Advice Bureau Manchester	They offer free confidential advice on a range of subjects.	<p>Address: Have venues where they give advice across the city, visit their website and click face to face to see more https://www.citizensadvicemanchester.org.uk/face-to-face</p> <p>Call: 03444 111 222</p>	www.citizensadvicemanchester.org.uk/
Mind Manchester	They provide free and impartial advice on welfare benefits, debt and housing to people with mental health needs living in Manchester.	<p>Address: Zion Centre, 339 Stretford Road, Manchester, M15 4ZY</p> <p>Call: 0161 769 5732</p> <p>Email: advice@manchestermind.org</p>	www.manchestermind.org/
The Inspire Centre	They hold advice sessions on Tuesdays and Wednesdays 9:30am to 12:30pm for advice about housing, benefits, debt	<p>Address: The Inspire Centre, 747 Stockport Road, Manchester, M19 3AR</p> <p>Call: 07593444128</p>	www.lev-inspire.org.uk/events/advice-session-2/

	and form filling. Call to book an appointment.		
Yes Manchester	They provide help and support with finances. They have a Citizens Advice drop in every Monday from 1:00pm to 3:30pm.	Address: Yes, 115 Briscoe Lane, Newton Heath, Manchester, M40 2TP Call: 03444 111 222	www.yesmanchester.co.uk/financial-services/

Carers Organisation

Organisation	About	Contact Information	Website
Autistic Society Greater Manchester Area (ASGMA)	They provide support for parents and carers through our Autism information and Family Support Project and direct support for people with autistic spectrum conditions.	Address: 1114 Chester Road, Stretford, M32 0HL Call: 0161 866 8483 Email: admin@asgma.org.uk	www.asgma.org.uk/
BASIC	They support parents and carers to find the best quality rehabilitation programmes.	Call: 0161 707 6441	www.basiccharity.org.uk/
Carers Direct	This is a website ran by the NHS containing information about services and support for people who need help with day-to-day life due to illness or disability.		www.nhs.uk/conditions/social-care-and-support-guide/
Carers UK	They are here to listen, to give expert information and advice and champion the rights of carers. Visit the website for support including details for employers in Greater	Call: 0808 808 7777 Email: advice@carersuk.org	www.carersuk.org/

	Manchester about Employers for Carers membership. .		
Greater Manchester Autism Consortium	They have useful links in a variety of areas for people with Autism.	Address: Empress Business Centre, 380 Chester Road, Old Trafford, Manchester, M16 9EA Call: 0161 998 4667	www.autismgm.org.uk/
Greater Manchester Neurological Alliance	They unite charities to improve the life for people in Greater Manchester with a neurological condition, and/or their carers. They run two Neuro Support Groups for service users and carers, Bury Rochdale & Oldham Neuro Support and the other is Neuro Support 4 Salford Manchester & Trafford.	Call: 0786 482 3803 Email: debtroops@icloud.com	www.gmna.co.uk/
Headway (Salford, Trafford, South Manchester, Stockport, Wigan)	They provide help and support for people affected by brain injury.	Call: 0115 924 0800 Email: enquiries@headway.org.uk	www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/north-west/

Motor Neurone Disease Association (MNDA)	They provide support to local people with MND, their families and carers.	Call: 07895 443876 Email: branchcontact@mndamanchester.org.uk	www.mndassociation.org/support-and-information/local-support/branches/manchester-and-district-branch/
MS Society	Whether you have MS, or care about someone who does, their community is here for you through the highs, lows and everything in between.	Call: 020 8438 0700	www.mssociety.org.uk/
N-compass Northwest	They offer a range of diverse and complementary services	Call: 03450 138 208 Email: admin@ncompassnorthwest.co.uk	www.n-compass.org.uk/
NHS Choices: Carers Direct	They provide information from the NHS on support available to carers.	Call: 0300 123 1053	www.nhs.uk/carersdirect
Parkinson's UK	They work to improve life for everyone affected by Parkinson's.	Call: 020 7931 8080 Helpline: 0808 800 0303	www.parkinsons.org.uk/
Spinal Injury Association (SIA)	They offer a pathway of support for a newly injured person from the time of injury and for the rest of their life. Their support is given by spinal cord injured people, all of whom can offer	Call: 0800 980 0501 Email: sia@spinal.co.uk	www.spinal.co.uk/

	their lived experiences of spinal cord injury.		
African and Caribbean Care Group (ACCG)	They provide services for people of African Caribbean descent. Respite available to support carers to continue their caring role and maintain employment.	<p>Address: Claremont Resource Centre, 2 Jarvis Road, Moss Side, Manchester, M16 7WD</p> <p>Call: 0161 226 6334 or 0161 848 8281</p> <p>Email: admin@accg.org.uk</p>	www.accg.org.uk
African and Caribbean Mental Health Services (ACMHS)	They provide support to older carers of African and African Caribbean people with mental health problems.	<p>Address: Windrush Millennium Centre, 70 Alexandra Road, Moss Side, Manchester, M16 7WD</p> <p>Call: 0161 226 9562</p> <p>Email: carers@acmhs-blackmentalhealth.org.uk</p>	www.acmh-service.co.uk
Alzheimer's Society	They support people in Manchester who are caring or have cared for someone living with dementia.	<p>Address: Dunham House, 85-89 Cross Street, Sale, M33 7HH</p> <p>Call: 0161 962 4769</p> <p>Email: manchester@alzheimers.org.uk</p>	www.alzheimers.org.uk

Connect Support	They provide a range of services for carers/families of individuals with severe mental health problems.	Address: Benchill Community Centre, Benchill Road, Wythenshawe, Manchester, M22 8EJ Call: 0161 945 5044 Email: info@connectsupport.org.uk	www.connectsupport.org.uk
Himmat	They are a support centre for carers of people with learning disabilities and physical disabilities from a south Asian background.	Address: Midway Business Centre, 703 Stockport Road, Longsight, Manchester, M12 4QN Call: 0161 2247250 Email: himmat2018@outlook.com	www.himmat.org.uk
Indian Senior Citizens Centre	They provide services and support for older people of an Indian origin.	Address: Indian Senior Citizens Centre, 16/18 Whalley Road, Whalley Range, Manchester, M16 8AB Call: 0161 232 0999 or 0161 232 7994 Email: iscc@talk21.com	www.iscc-manchester.org
Lifted	They are a user-led carers' centre that strives to make a positive difference and improve	Address: Alpha House, Rowlandsway, Wythenshawe, M22 5RG	www.liftedcarerscentre.org.uk

	the health and wellbeing of carers in Manchester. They offer one-to-one support, guidance and advocacy, assistance with completing forms, among many other things.	Call: 0161 498 0312 Email: info@liftedcarerscentre.org.uk	
LMCP (Learn, Motivate, Change, Prosper)	They have the Young Adults Carers Project (16-25) and all adult carers over 18 general services.	Address: The Pastoral Centre, 95A Princess Road, Manchester, M14 4TH Call: 0161 226 4632 Email: info@lmcp.co.uk	www.lmcpcareslink.co.uk
Manchester Carers Centre	They deliver a range of free support services including information and advice, emotional support, practical help, community drop-ins, breaks, social activities and access to grants and training.	Address: Bridge 5 Mill, 22a Beswick Street, Manchester, M4 7HR Call: 0161 27 27 27 0 Email: admin@manchestercarers.org.uk	www.manchestercarers.org.uk/contact-us/
Manchester Carers Forum	They provide emotional support, connect carers with other carers and provide information to help carers in their caring role. Support to any carer in Manchester over the age of 18.	Address: 6 Great Jackson Street, Manchester, M15 4AX Call: 0161 819 2226 Email: info@manchestercarersforum.co.uk	www.manchestercarersforum.org.uk

Manchester City Council Information for Carers	They provide advice and support.	Address: Manchester City Council, Manchester M60 2LA Call: 0161 234 5001	www.manchester.gov.uk/info/200015/carers/3649/caring_for_someone
Manchester Jewish Federation	They are a carer services to members and their spouses/partners of the Jewish community of Greater Manchester.	Address: Heathlands Drive, Prestwich, Manchester, M25 9SB Call: 0161 772 4800 Email: duty@thefed.org.uk	www.thefed.org.uk
Moodswings	They provide information and support to those experiencing severe anxiety, psychosis, low/high mood and their friends and family.	Address: 36 New Mount Street, Manchester, M4 4DE Call: 0161 832 3736 Email: info@moodswings.org.uk	www.moodswings.org.uk
North Manchester Black Health Forum	Neesa Well Women Project (NWWP) are now managed by North Manchester Black Health Forum (NMBHF). Contact for more information.	Address: Woodville Resource Centre, Shirley Road, Manchester, M8 0NE Call: 0161 720 9974 Email: nmbhf2010@hotmail.co.uk	

Stroke Association	They aim to help people make the best possible recovery from stroke by offering practical help, support and information to both Stroke Survivors and Carers.	<p>Address: 6th Floor Stroke Association, Salford, M6 5FN</p> <p>Call: 0161 742 7482</p> <p>National Helpline: 0303 3033 100</p> <p>Email: Manchester.Team@stroke.org.uk</p>	www.stroke.org
Talbot House	They are a support service for parent/carers of children and adults who have learning disabilities, who live in the Manchester area.	<p>Address: Talbot House Support Centre, 1 High Peak Street, Newton Heath, Manchester, M40 3AT</p> <p>Call: 0161 203 4095</p> <p>Email: admin@talbot-house.org.uk</p>	www.talbot-house.org.uk
Together Dementia Support CIC	They support people who are affected by dementia – people with a diagnosis and their family carers. We run a range of weekly support and activity groups across Manchester	<p>Address: Kath Locke Centre, 123 Moss Lane East, Manchester, M15 5DD</p> <p>Call: 0161 226 7186</p> <p>Email: admin@togethersedementiasupport.org</p>	www.togethersedementiasupport.org
Wai Yin Society	They provide health and social care to the Chinese and other minority communities.	<p>Address: Sheung Lok Centre, Justin Close, Manchester, M13 9UB</p>	www.waiyin.org.uk

		<p>Call: 0161 833 0377</p> <p>Email: info@waiyin.org.uk</p>	
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Mental Health and Wellbeing Support

Organisation	About	Contact Information	Website
Anxiety UK	Mental Health Helpline	Call: 03444 775 774	www.anxietyuk.org.uk
Bipolar UK	Mental Health Helpline	Call: 0333 323 3880	www.biopolaruk.org.uk
CALM (Men aged 15 to 35)	Mental Health Helpline	Call: 0800 58 58 58	www.thecalmzone.net/
No Panic	Mental Health Helpline	Call: 0844 967 4848	www.nopanic.org.uk/
OCD UK	Mental Health Helpline	Call: 0845 120 3778	www.ocduk.org/
Anorexia and Bulimia Care (ABC)	Mental Health Helpline	Call: 03000 11 12 13	www.anorexiabulimacare.org.uk
BEAT	Mental Health Helpline	Call: 0808 801 0677	www.beateatingdisorders.org.uk
Sleep Matters Insomnia Helpline	Mental Health Helpline	Call: 020 8994 9874	www.medicaladvisoryservice.org.uk
Able Futures	They provide mental health support for people in employment.	Call: 0800 321 3137	www.able-futures.co.uk

Addiction Dependency Solutions	They are the leading UK drug and alcohol charity operating throughout the North and the Midlands, they take a proactive stance on client support and place importance on a whole-care approach.	Address: 135 – 141 Oldham Street, Manchester, M4 1LN Call: 0161 831 2400 Email: headoffice@adsolutions.org.uk	www.adsolutions.org.uk/
Anxiety Care	They help people to recover from anxiety disorders.	Call: 07552877219 Email: admin@anxietycare.org.uk	www.anxietycare.org.uk
Depression Alliance	They have information, support and self-help groups.	Call: 0845 123 2320 Email: ask@depressionalliance.org	www.depressionalliance.org
Emergence	They support people affected by personality disorders.		www.emergenceplus.org.uk
Ethnic Health Forum	They are working towards developing a social enterprise around health, social care, learning and education.	Call: 07367578640	www.ethnichealth.org.uk/
Harmless	They provide support for people who self-harm, and their friends and family.	Email: info@harmless.org.uk	www.harmless.org.uk

Hearing Voices Network	They support people who hear voices, and their friends and family.	Call: 0114 271 8210 Email: info@hearing-voices.org	www.hearing-voices.org
LGBT foundation	They provide a range of support services to lesbian, gay, bisexual and trans people.	Call: 0345 3 30 30 30 Email: info@lgbt.foundation	www.lgbt.foundation/how-we-can-help-you
Maytree	They are a respite for anyone who is feeling suicidal.	Call: 020 7263 7070 Email: maytree@maytree.org.uk	www.maytree.org.uk
Men Get Eating Disorders Too	They provide information and support for men with eating problems.		www.mengetedstoo.co.uk
Mindfulness Based Cognitive Therapy	They provide information about therapy, classes in mindfulness and training.		www.mbct.co.uk
NAPAC (National Association for People Abused in Childhood)	They provide support for survivors of childhood abuse.	Call: 0808 801 0331	www.napac.org.uk

National Self-harm Network (NHSN)	They are a survivor-led organisation supporting those who self-harm.	Call: 0800 622 6000	www.nshn.co.uk
OCD Action	They provide information and support for people with experience of OCD.	Call: 0845 390 6232 Email: support@ocdaction.org.uk	www.ocdaction.org.uk
Rethink Mental Illness	They provide information and support for people affected by severe mental illness.	Call: 0121 522 7007	www.rethink.org
SAD	They provide information on seasonal affective disorder and light therapy.	Email: sadlighting@gmail.com	www.sad.org.uk
Sane	They provide advice for those in a crisis, as well as practical information.	Call: 0300 304 7000	www.sane.org.uk
Self Help	They are a user-led mental health charity based in the North of England, they offer a range of support, services and opportunities for people living with mental health difficulties.	Address: Self Help, 1 ST Floor East, Oakland House, Talbot Road, Manchester, M16 0PQ Call: 0161 226 3871 Email: pws.manchester@selfhelpservices.org.uk	www.selfhelpservices.org.uk

The Counselling Directory	They have a list of registered counsellors.	Call: 0333 325 2500	www.counselling-directory.org.uk
Turning Point	They provide health and wellbeing services across England.		www.turning-point.co.uk/
Be Well	They support people to find a way to live and feel well.	Address: Zion Centre, 339 Stretford Road, Manchester, M15 4ZY Call: 0161 470 7120	www.thebiglifegroup.com/service/be-well/
Talking Therapies Manchester	They help to people distressed by difficult events in their lives as well as people suffering with a mental health problem.	Address: Zion Centre, 339 Stretford Road, Manchester, M15 4ZY Call: 0161 226 3871	www.thebiglifegroup.com/service/talking-therapies-manchester/
Manchester and Salford Samaritans	They provide a telephone helpline or face-to-face emotional support.	Address: 72-74 Oxford Street Manchester Call: 116 123	www.samaritans.org/branches/manchester/
Self Help Groups	They support and help people to regain confidence to engage in	Address: The Zion Centre, 339 Stretford Road, Manchester, M15 4ZY	www.thebiglifegroup.com/service/self-help-groups/

	everyday social and workplace activities.	Call: 0161 226 3871	
Bereavement and Loss Group	They meet every Tuesday 5:30pm to 7:30pm, they discuss practical tips and coping strategies to help you feel better and come to terms with your loss.	Address: Moss Side Fire Station, Denhill, Moss Side, Manchester, M15 5NR Call: 0161 226 3871	www.thebiglifegroup.com/service/bereavement-and-loss-group/
Manchester Social Anxiety Group	They offer a sympathetic and non-judgmental space where you can meet others who also struggle with social anxiety. They meet every Tuesday 7:00pm to 9:00pm	Address: Kath Locke Centre, 123 Moss Lane East, Manchester, M15 5DD Call: 0161 226 3871	www.selfhelpservices.org.uk/service/manchester-social-anxiety-group/
Lalley Centre	They have health and wellbeing session on Friday from 1:00pm to 3:00pm for residents of North Manchester	Address: St Malachy's Primary School Basement, Eggington Street, Collyhurst, Manchester, M40 7RG Call: 0161 205 2754 Email: lalleycentre@caritassalford.org.uk	www.caritassalford.org.uk/service-view/services-5/

Employment Support Organisations

Organisation	About	Contact Information	Website
National Careers Service	They have a website that provides information, advice and guidance to help you make decisions on learning, training and work. They also offer a one to one session.	Call: 0800 100 900	www.nationalcareersservice.direct.gov.uk/
Skills for Employment	They provide free one to one support for people across Greater Manchester who have a barrier to employment or simply want support in improving their employability. They will support you with personalised skills training; support with CV and interview techniques; motivational and confidence building; work experience and finding sustainable employment.	Address: Lee House, 90 Great Bridgewater Street, Manchester, M1 5JW Call: 0161 2281111 Email: info@growth.co.uk	www.growthco.uk/about-us/skills-for-employment/
Smart Works	They help any women who is seeking to get into work, has a job interview and needs some support. In a two-hour appointment they will help you	Address: Smart Works Greater Manchester, 65-81 Petersgate, Stockport, SK1 1DS Call: 0161 974 0669	www.smartworks.org.uk/

	<p>chose an outfit you can keep with a stylist and provide one-to-one interview coaching.</p> <p>If the interview is successful, you can return and find more work clothing and accessories for your initial work wardrobe.</p> <p>They are based in Stockport, very close to train and bus stations and will cover travel costs for anyone using public transport.</p>	<p>Email: greatermanchester@smartworks.org.uk</p>	
Volition	<p>They have a ten-week programme on employability skills. On the programme you volunteer, attend job clubs, attend training courses and have mentoring. Once ready to move in to work they will recommend you to their employer partners who are offering jobs.</p>	<p>Call: 0161 833 2220</p> <p>Email: beapartofit@volitioncommunity.org</p>	<p>www.volitioncommunity.org/</p>
Working Families Helpline	<p>They offer free legal advice about rights and benefits for working parents and carers. They are open on Monday 3:00pm to 5:00pm, Tuesday</p>	<p>Call: 0300 012 0312</p> <p>Email: advice@workingfamilies.org.uk</p>	<p>www.workingfamilies.org.uk/advice-information/free-parents-carers-helpline/</p>

	12:00pm to 2:00pm, and Thursday 12:00pm to 2:00pm.		
4CT	They have a get ready for work club that provides help and support with CVs, job searching, email, education and training, local volunteering support, access and complete online forms, register and apply for benefits, online banking and more. They have a range of drop-ins times and locations.	<p>Address: The Grange Community Resource Centre, Pilgrim Drive, Beswick, M11 3TQ</p> <p>Or</p> <p>North City Library, Rochdale Road, Harpurhey, M9 4AF</p> <p>Or</p> <p>Broadhurst Community Centre, Lightbowne Road, Moston, M40 0HJ</p> <p>Or</p> <p>Gorton Children's Centre, Mount Road, Gorton, M18 7BG</p> <p>Or</p> <p>The New Welcome Centre, Brentfield Avenue, Cheetham Hill, M8 0TW</p> <p>Or</p> <p>The Wells Centre Clayton Children's Centre, North Road, Clayton, M11 4NE</p>	

		<p>Call: 0161 230 1420</p> <p>Email: admin@grfw.co.uk</p>	
Free CV Surgery and Application (One Manchester)	<p>They provide support with CVs and applications for people who already have a job but want to improve their situation. You would need to book an appointment, they are available every Tuesday between 4:30pm and 7:00pm.</p>	<p>Address: One Manchester, Unit 1 Hyde Road, Gorton, M18 8HE</p> <p>Call: 0161 230 1057</p>	
Golden Centre for Opportunities	<p>They offer a six-week programme on CV updating, interview skills, job application form filling, confidence and motivation skills, and work experience.</p>	<p>Address: 80 Demesne Road, Alexandra Park, Manchester, M16 8PH</p> <p>Call: 0161 226 9288</p> <p>Email: nasra37@hotmail.co.uk</p>	
Great Places Housing Group	<p>They can provide support with your CV; interview practice; applying for employment related costs; work experience; volunteer opportunities; apprenticeships; and jobs.</p>	<p>Address: Great Places Housing Group, 2a Derwent Avenue, Manchester, M21 7QP</p> <p>Call: 0300 123 1966</p> <p>Email: CAT@greatplaces.org.uk</p>	

In Work Support (One Manchester)	They have is a drop-in every Tuesday from 5:00pm to 7:00pm for people who have a job but want to change their situation.	Address: One Manchester, Gorton Hub, Unit 1 Hyde Road, Gorton, M18 8HE Call: 0161 230 1057	
LAB Projects	They have a two-week course combining team working, confidence building and communication skills. There is also the opportunity for participants who complete the course to gain an accredited Level 1 Award in Progression. This is followed by development of individual action plans, a tailored progression route for each participant and follow up sessions working alongside individuals for 6 weeks following the course.	Address: Proper Job Theatre Co., Spark Rooms, St Peters House, Oxford Road, M13 9GH Call: 07864 382414 Email: lauren@properjob.org.uk	
Northmoor Community Centre	They have drop-ins on Monday, Tuesday, Thursday and Friday from 9:30am to 12:30pm where you get free support on housing, internet and printing, welfare benefits, housing, universal credit, jobs and CVs. For housing advice and CV support you need to book an	Address: Northmoor Community Centre, 95-97 Northmoor Road, Longsight, M12 5RT Call: 0161 248 6823 Email: info@northmoorcommunity.org	

	appointment. They also have online courses on employability, health and safety and job skills.		
One Manchester	They have opened a skills and employment hub called The Work Shop. The Work Shop provides residents in the local area work placements, training and volunteering, money advice, going into self-employment and one on one job search training. They are also offering working wardrobe service which provides interview clothing for men.	<p>Address: The Work Shop, 130 Alexandra Road, Moss Side, M16 7WD</p> <p>Call: 0330 355 1000</p> <p>Email: info@onemanchester.co.uk</p>	
Trinity Work Club	They run a work club in partnership with Trinity House in Rusholme on Wednesday from 10:00am to 2:00pm, in Ardwick on Tuesdays from 10:00am to 2:00pm, and in Moss Side on Monday to Thursday from 11:00am to 11:45am.	<p>Address: Trinity House Community Resource Centre, Grove Close, Rusholme</p> <p>Or</p> <p>7 Cariocca Business Park, 2 Hellidon Close, M12 4AH</p> <p>Or</p> <p>Powerhouse Library, 140 Raby St, M14 4SL</p>	

		<p>Call: 0161 225 1064</p> <p>Email: info@somadvicelink.co.uk</p>	
Age Well in Employment	<p>They support people in Newton Heath and Miles Platting over the age 50 who have been out of employment for 6 months or more to return to paid work.</p>	<p>Call: 0161 974 1286</p> <p>Email: Agewell@pathwayscic.co.uk</p>	

Oldham

Welfare Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	Provides advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Ask for help with benefits (Oldham Council)	They provide basic advice on benefits issues and if necessary provided with a Welfare Rights Offer. There is also a drop-in.	Address: Access Oldham, Civic Centre, West Street, Oldham, OL1 1UG Call: 0161 770 6655	www.oldham.gov.uk/info/100001/benefits_and_moneys/1894/ask_for_help_with_benefits
Citizens Advice Bureau Stockport, Oldham, Rochdale, Trafford	They provide confidential, independent and impartial advice and information on issues such as benefits, housing and debt.	Address: 1-2 Ascroft Court, Peter Street, Oldham, OL1 1HP Call: 0161 620 9317	www.casort.org/
Oldham Age UK	They provide free, independent information and advice for	Address: Age UK Oldham Information, Advice and Support Centre, 10 Church	www.ageuk.org.uk/oldham/our-services/info-advice-

	people over 50 and their carers with a range of information covering general advice, local services, money and benefits.	Lane, Oldham, OL1 3AN (drop-in from 9:00am to 1.00pm Monday to Friday) Call: 0161 622 9333	and-support/general-advice-money-and-benefits/
Tameside, Oldham, Glossop Mind	They are a mental health wellbeing centre that offers counselling and mental health support as well as welfare rights and housing support.	Address: 216-218 Katherine Street, Ashton-under-Lyne, OL6 7AS Or Positive Steps, Media Place, 80 Union Street, Oldham, OL1 1DJ Call: 0161 330 9223 Email: office@togmind.org	www.togmind.org/
The Together Centre	They support people with debt and financial hardship; domestic abuse; antisocial behaviour; alcohol and drug dependency; education; housing advice; and parenting.	Address: St Chad's Centre, Limehurst Village, Oldham, OL8 3HH Email: Thrivinghollinwood@regenda.org.uk	

Housing Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Shelter	They help people with bad housing or homelessness through our advice, support and legal services.	Address: Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX Call: 0344 515 1640	www.england.shelter.org.uk/get_help/local_services/manchester
Citizens Advice Bureau Stockport, Oldham, Rochdale, Trafford	They provide confidential, independent and impartial advice and information on issues such as benefits, housing and debt.	Address: 1-2 Ascroft Court, Peter Street, Oldham, OL1 1HP Call: 0161 620 9317	www.casort.org/
Housing advice and support (Oldham Council)	They deliver a range of housing services including housing advice.	Address: Housing Options, Civic Centre, West Street, Oldham, OL1 1UG Call: 0161 770 4605	www.oldham.gov.uk/info/100007/housing/1821/housing_advice

		Email: housing.options@oldham.gov.uk	
Tameside, Oldham, Glossop Mind	They are a mental health wellbeing centre that offers counselling and mental health support as well as welfare rights and housing support.	<p>Address: 216-218 Katherine Street, Ashton-under-Lyne, OL6 7AS</p> <p>Or</p> <p>Positive Steps, Medtia Place, 80 Union Street, Oldham, OL1 1DJ</p> <p>Call: 0161 330 9223</p> <p>Email: office@togmind.org</p>	www.togmind.org/
The Together Centre	They support people with debt and financial hardship; domestic abuse; antisocial behaviour; alcohol and drug dependency; education; housing advice; and parenting.	<p>Address: St Chad's Centre, Limehurst Village, Oldham, OL8 3HH</p> <p>Email: Thrivinghollinwood@regenda.org.uk</p>	

Financial Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
The Money Advice Service	They are a free and impartial money service, set up the government, that provides UK wide help and information online.		www.moneyadvice.service.org.uk/en
Citizens Advice Bureau Stockport, Oldham, Rochdale, Trafford	They provide confidential, independent and impartial advice and information on issues such as benefits, housing and debt.	Address: 1-2 Ascroft Court, Peter Street, Oldham, OL1 1HP Call: 0161 620 9317	www.casort.org/
Oldham Age UK	They provide free, independent information and advice for people over 50 and their carers with a range of information	Address: Age UK Oldham Information, Advice and Support Centre, 10 Church Lane, Oldham, OL1 3AN (drop-in from 9:00am to 1.00pm Monday to Friday) Call: 0161 622 9333	www.ageuk.org.uk/oldham/our-services/info-advice-and-support/

	covering general advice, local services, money and benefits.		
The Together Centre	They support people with debt and financial hardship; domestic abuse; antisocial behaviour; alcohol and drug dependency; education; housing advice; and parenting.	Address: St Chad's Centre, Limehurst Village, Oldham, OL8 3HH Email: Thrivinghollinwood@regenda.org.uk	

Carers Organisations

Organisation	About	Contact Information	Website
Autistic Society Greater Manchester Area (ASGMA)	They provide support for parents and carers through our Autism information and Family Support Project and direct support for people with autistic spectrum conditions.	Address: 1114 Chester Road, Stretford, M32 0HL Call: 0161 866 8483 Email: admin@asgma.org.uk	www.asgma.org.uk/
BASIC	They support parents and carers to find the best quality rehabilitation programmes.	Call: 0161 707 6441	www.basiccharity.org.uk/
Carers Direct	This is a website ran by the NHS containing information about services and support for people who need help with day-to-day life due to illness or disability.		www.nhs.uk/conditions/social-care-and-support-guide/
Carers UK	They are here to listen, to give expert information and advice and champion the rights of carers. Visit the website for support including details for employers in Greater	Call: 0808 808 7777 Email: advice@carersuk.org	www.carersuk.org/

	Manchester about Employers for Carers membership. .		
Greater Manchester Autism Consortium	They have useful links in a variety of areas for people with Autism.	Address: Empress Business Centre, 380 Chester Road, Old Trafford, Manchester, M16 9EA Call: 0161 998 4667	www.autismgm.org.uk/
Greater Manchester Neurological Alliance	They unite charities to improve the life for people in Greater Manchester with a neurological condition, and/or their carers. They run two Neuro Support Groups for service users and carers, Bury Rochdale & Oldham Neuro Support and the other is Neuro Support 4 Salford Manchester & Trafford.	Call: 0786 482 3803 Email: debtroops@icloud.com	www.gmna.co.uk/
Headway (Salford, Trafford, South Manchester, Stockport, Wigan)	They provide help and support for people affected by brain injury.	Call: 0115 924 0800 Email: enquiries@headway.org.uk	www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/north-west/

Motor Neurone Disease Association (MNDA)	They provide support to local people with MND, their families and carers.	Call: 07895 443876 Email: branchcontact@mndamanchester.org.uk	www.mndassociation.org/support-and-information/local-support/branches/manchester-and-district-branch/
MS Society	Whether you have MS, or care about someone who does, their community is here for you through the highs, lows and everything in between.	Call: 020 8438 0700	www.mssociety.org.uk/
N-compass Northwest	They offer a range of diverse and complementary services	Call: 03450 138 208 Email: admin@ncompassnorthwest.co.uk	www.n-compass.org.uk/
NHS Choices: Carers Direct	They provide information from the NHS on support available to carers.	Call: 0300 123 1053	www.nhs.uk/carersdirect
Parkinson's UK	They work to improve life for everyone affected by Parkinson's.	Call: 020 7931 8080 Helpline: 0808 800 0303	www.parkinsons.org.uk/
Spinal Injury Association (SIA)	They offer a pathway of support for a newly injured person from the time of injury and for the rest of their life. Their support is given by spinal cord injured people, all of whom can offer	Call: 0800 980 0501 Email: sia@spinal.co.uk	www.spinal.co.uk/

	their lived experiences of spinal cord injury.		
Family Information Service	They provide free, impartial and up-to-date information to support parents and carers with children and young people aged 0-20 years and prospective parents.	Email: familyinfo@oldham.gov.uk	www.oldham.gov.uk/childcare_directory www.oldham.gov.uk/directory_record/16675/family_information_service
Oldham Carer's Services	They offer a range of free services for unpaid carers across Oldham.	Address: The Link Centre, 140 Union Street, Oldham, OL1 1DZ Call: 0161 770 7777	www.oldham.gov.uk/info/2/00244/caring_for_someone/508/oldham_carers_services/1
Oldham Parent Carer Forum	Their mission is to ensure that parents and carers had access to meaningful information, advice and peer support whilst enabling their voices to be heard to drive change and shape better services.	Call: 0161 503 1555 Email: Forum@point-send.co.uk	www.point-send.co.uk/Pages/Category/oldham-pcf www.facebook.com/pointoldham
OPAL	They provide independent advocacy services and activities for people with learning disabilities.	Address: Oldham Personal Advocacy Limited, The Link Centre, 140 Union Street, Oldham, OL1 1DZ Call: 0161 633 5544	www.opal-advocacy.org.uk/

OSCA Oldham Support Group for Carers in Autism	They offer leisure activities, arts and crafts etc. as well as work based programme and work skills training.	<p>Address: One World Café, Connaught Street, Oldham, OL8 1EB</p> <p>Call: 07955719167 or 07476077470</p> <p>Email: oscaoldham@gmail.com</p>	
Pennine Mencap	They provide opportunities for adults with learning disabilities and complex needs in Oldham, Tameside and throughout Greater Manchester.	<p>Address: Unit 3 Broseley House, 81 Union Street, Oldham, OL1 1PF</p> <p>Call: 0161 627 1025</p>	www.carersuk.org/help-and-advice/get-support/local-support?art_title=&area_counties=&cck=local_directory_entry&area_region=302&search=local_directory_search&task=search&start=40
Oldham SEND Information and Advice Support Service	They ensure that parents/carers of children and young people with special educational needs and/or disabilities have access to high quality services information, advice and support services.	<p>Call: 0161 503 1540</p> <p>Email: iassoldham@point-send.co.uk</p>	https://www.point-send.co.uk/Pages/Category/oldham-sendiass

Mental Health and Wellbeing Support

Organisation	About	Contact Information	Website
Anxiety UK	Mental Health Helpline	Call: 03444 775 774	www.anxietyuk.org.uk
Bipolar UK	Mental Health Helpline	Call: 0333 323 3880	www.biopolaruk.org.uk
CALM (Men aged 15 to 35)	Mental Health Helpline	Call: 0800 58 58 58	www.thecalmzone.net/
No Panic	Mental Health Helpline	Call: 0844 967 4848	www.nopanic.org.uk/
OCD UK	Mental Health Helpline	Call: 0845 120 3778	www.ocduk.org/
Anorexia and Bulimia Care (ABC)	Mental Health Helpline	Call: 03000 11 12 13	www.anorexiabulimacare.org.uk
BEAT	Mental Health Helpline	Call: 0808 801 0677	www.beateatingdisorders.org.uk
Sleep Matters Insomnia Helpline	Mental Health Helpline	Call: 020 8994 9874	www.medicaladvisoryservice.org.uk
Able Futures	They provide mental health support for people in employment.	Call: 0800 321 3137	www.able-futures.co.uk

Addiction Dependency Solutions	They are the leading UK drug and alcohol charity operating throughout the North and the Midlands, they take a proactive stance on client support and place importance on a whole-care approach.	Address: 135 – 141 Oldham Street, Manchester, M4 1LN Call: 0161 831 2400 Email: headoffice@adsolutions.org.uk	www.adsolutions.org.uk/
Anxiety Care	They help people to recover from anxiety disorders.	Call: 07552877219 Email: admin@anxietycare.org.uk	www.anxietycare.org.uk
Depression Alliance	They have information, support and self-help groups.	Call: 0845 123 2320 Email: ask@depressionalliance.org	www.depressionalliance.org
Emergence	They support people affected by personality disorders.		www.emergenceplus.org.uk
Ethnic Health Forum	They are working towards developing a social enterprise around health, social care, learning and education.	Call: 07367578640	www.ethnichealth.org.uk/
Harmless	They provide support for people who self-harm, and their friends and family.	Email: info@harmless.org.uk	www.harmless.org.uk

Hearing Voices Network	They support people who hear voices, and their friends and family.	Call: 0114 271 8210 Email: info@hearing-voices.org	www.hearing-voices.org
LGBT foundation	They provide a range of support services to lesbian, gay, bisexual and trans people.	Call: 0345 3 30 30 30 Email: info@lgbt.foundation	www.lgbt.foundation/how-we-can-help-you
Maytree	They are a respite for anyone who is feeling suicidal.	Call: 020 7263 7070 Email: maytree@maytree.org.uk	www.maytree.org.uk
Men Get Eating Disorders Too	They provide information and support for men with eating problems.		www.mengetedstoo.co.uk
Mindfulness Based Cognitive Therapy	They provide information about therapy, classes in mindfulness and training.		www.mbct.co.uk
NAPAC (National Association for People Abused in Childhood)	They provide support for survivors of childhood abuse.	Call: 0808 801 0331	www.napac.org.uk

National Self-harm Network (NHSN)	They are a survivor-led organisation supporting those who self-harm.	Call: 0800 622 6000	www.nshn.co.uk
OCD Action	They provide information and support for people with experience of OCD.	Call: 0845 390 6232 Email: support@ocdaction.org.uk	www.ocdaction.org.uk
Rethink Mental Illness	They provide information and support for people affected by severe mental illness.	Call: 0121 522 7007	www.rethink.org
SAD	They provide information on seasonal affective disorder and light therapy.	Email: sadlighting@gmail.com	www.sad.org.uk
Sane	They provide advice for those in a crisis, as well as practical information.	Call: 0300 304 7000	www.sane.org.uk
Self Help	They are a user-led mental health charity based in the North of England, they offer a range of support, services and opportunities for people living with mental health difficulties.	Address: Self Help, 1 ST Floor East, Oakland House, Talbot Road, Manchester, M16 0PQ Call: 0161 226 3871 Email: pws.manchester@selfhelpservices.org.uk	www.selfhelpservices.org.uk

The Counselling Directory	They have a list of registered counsellors.	Call: 0333 325 2500	www.counselling-directory.org.uk
Turning Point	They provide health and wellbeing services across England.		www.turning-point.co.uk/
Tameside, Oldham, Glossop Mind	They are a mental health wellbeing centre that offers counselling and mental health support as well as welfare rights and housing support.	<p>Address: 216-218 Katherine Street, Ashton-under-Lyne, OL6 7AS</p> <p>Or</p> <p>Positive Steps, Media Place, 80 Union Street, Oldham, OL1 1DJ</p> <p>Call: 0161 330 9223</p> <p>Email: office@togmind.org</p>	www.togmind.org/
Rochdale and Oldham District Samaritans	They offer emotional support and, a listening and befriending service.	<p>Address: 5 Caton Street, Rochdale, OL16 1QJ</p> <p>Call: 116 123</p> <p>Email: jo@samaritans.org</p>	www.samaritans.org/branches/rochdale/

Health and Wellbeing College	<p>They provide an innovative educational programme to improve wellbeing. Their recovery-focused courses can support people to recognise their potential and make the most of their talents and resources through self-management. The college is open for anyone aged 18 and over living in Heywood, Middleton or Rochdale; Bury; Oldham; Stockport; Tameside or Glossop.</p>	<p>Address: Main College Campus, 225 Old Street, Ashton-under-Lyne, OL6 7SR</p> <p>Call: 0161 716 2666</p>	<p>www.hwcollege.penninecare.nhs.uk/</p>
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Employment Support Organisations

Organisation	About	Contact Information	Website
National Careers Service	They have a website that provides information, advice and guidance to help you make decisions on learning, training and work. They also offer a one to one session.	Call: 0800 100 900	www.nationalcareersservice.direct.gov.uk/
Skills for Employment	They provide free one to one support for people across Greater Manchester who have a barrier to employment or simply want support in improving their employability. They will support you with personalised skills training; support with CV and interview techniques; motivational and confidence building; work experience and finding sustainable employment.	Address: Lee House, 90 Great Bridgewater Street, Manchester, M1 5JW Call: 0161 2281111 Email: info@growth.co.uk	www.growthco.uk/about-us/skills-for-employment/
Smart Works	They help any women who is seeking to get into work, has a job interview and needs some support. In a two-hour appointment they will help you	Address: Smart Works Greater Manchester, 65-81 Petersgate, Stockport, SK1 1DS Call: 0161 974 0669	www.smartworks.org.uk/

	<p>chose an outfit you can keep with a stylist and provide one-to-one interview coaching.</p> <p>If the interview is successful, you can return and find more work clothing and accessories for your initial work wardrobe.</p> <p>They are based in Stockport, very close to train and bus stations and will cover travel costs for anyone using public transport.</p>	<p>Email: greatermanchester@smartworks.org.uk</p>	
Volition	<p>They have a ten-week programme on employability skills. On the programme you volunteer, attend job clubs, attend training courses and have mentoring. Once ready to move in to work they will recommend you to their employer partners who are offering jobs.</p>	<p>Call: 0161 833 2220</p> <p>Email: beapartofit@volitioncommunity.org</p>	<p>www.volitioncommunity.org/</p>
Working Families Helpline	<p>They offer free legal advice about rights and benefits for working parents and carers. They are open on Monday 3:00pm to 5:00pm, Tuesday</p>	<p>Call: 0300 012 0312</p> <p>Email: advice@workingfamilies.org.uk</p>	<p>www.workingfamilies.org.uk/advice-information/free-parents-carers-helpline/</p>

	12:00pm to 2:00pm, and Thursday 12:00pm to 2:00pm.		
Get Oldham Working	They provide a career advancement service and offer support with employment skills across Oldham.	Call: 0161 770 4674 Email: employability@oldham.gov.uk	www.oldham.gov.uk/info/2/00850/get_oldham_working
Health and Wellbeing College	They provide an innovative educational programmes including a Get Ready for Work course. Get Ready for Work consists of six two-hour sessions that covers job application forms, preparing for interviews, sourcing local jobs vacancies and apprenticeships. The college is open for anyone aged 18 and over living in Heywood, Middleton or Rochdale; Bury; Oldham; Stockport; Tameside or Glossop.	Address: Main College Campus, 225 Old Street, Ashton-under-Lyne, OL6 7SR Or Bury Campus, Creative Living Centre, 1A Rectory Lane, Prestwich, M25 1BP Call: 0161 716 2666	www.hwcollege.penninecare.nhs.uk/
Ways2wages	They offer advice on career options, information about training and volunteer opportunities, and support with CVs, interviews and job applications. They have a	Address: Limehurst Library, St Chads Centre, Lime Green Parade, Oldham, OL8 3HH Call: 0161 770 4674	www.facebook.com/pg/thrivinghollinwood19/about/?ref=page_internal

	session every Thursday from 1:00pm to 4:00pm.	Email: thrivinghollinwood@regenda.org.uk	
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Rochdale

Welfare Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	Provides advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Bangladesh Association and Community Project	They provide information, advice, form filling and advocacy service covering a range of issues including housing, health, employment, education and welfare support.	Address: Bangladesh Association and Community Project, 108 Ramsay Street, Rochdale, OL16 2EZ Call: 01706 860 249 Email: info@bacprochdale.co.uk	www.rochdaleonline.co.uk/sites/bangladesh-association-community-project
Brentwood Middleton Day Centre	They offer housing advice, benefits advice and support around budgeting and cooking.	Address: Brentwood Middleton Day Centre, Brentwood, 115 Long Street, Middleton, Manchester, M24 1WH	www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=7qV0nqw0O6c

		<p>Call: 0161 655 4062</p> <p>Email: info@brentwoodmdc.org</p>	
<p>Citizens Advice Bureau Stockport, Oldham, Rochdale, Trafford</p>	<p>They provide confidential, independent and impartial advice and information on issues such as benefits, housing and debt. They only have online or over the phone services for Rochdale.</p>	<p>Address (Postal Only): 104/106 Drake Street, Rochdale, OL16 1PQ</p> <p>Call: 0300 330 9073</p>	<p>www.casort.org/</p>

Housing Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Shelter	They help people with bad housing or homelessness through our advice, support and legal services.	Address: Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX Call: 0344 515 1640	www.england.shelter.org.uk/get_help/local_services/manchester
Bangladesh Association and Community Project	They provide information, advice, form filling and advocacy service covering a range of issues including housing, health, employment, education and welfare support.	Address: Bangladesh Association and Community Project, 108 Ramsay Street, Rochdale, OL16 2EZ Call: 01706 860 249 Email: info@bacprochdale.co.uk	www.rochdaleonline.co.uk/sites/bangladesh-association-community-project

Brentwood Middleton Day Centre	They offer housing advice, benefits advice and support around budgeting and cooking.	<p>Address: Brentwood Middleton Day Centre, Brentwood, 115 Long Street, Middleton, Manchester, M24 1WH</p> <p>Call: 0161 655 4062</p> <p>Email: info@brentwoodmdc.org</p>	www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=7qV0nqw0O6c
Citizens Advice Bureau Stockport, Oldham, Rochdale, Trafford	They provide confidential, independent and impartial advice and information on issues such as benefits, housing and debt. They only have online or over the phone services for Rochdale.	<p>Address (Postal Only): 104/106 Drake Street, Rochdale, OL16 1PQ</p> <p>Call: 0300 330 9073</p>	www.casort.org/
Getting Help (Gaddum Centre)	They offer the get help service which includes support with debts/finances; housing or living situation' role as carer.	Call: 01706 751180	www.gaddumcentre.co.uk/getting-help-rochdale/
RBH	RBH provide a service on behalf of Rochdale Council that includes advice and help on housing issues.	<p>Address: St Alban's House, Drake Street, Rochdale, OL16 1UQ</p> <p>Call: 0300 303 8548</p> <p>Out of Hours Number: 0300 303 8875</p>	www.rbh.org.uk/

Rochdale Law Centre	They are available 10am to 12pm every Thursday either by telephone or drop-in.	Address: 15 Drake Street, Rochdale, OL16 1RE Call: 01706 657766	www.rochdalelawcentre.org.uk/
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Financial Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
The Money Advice Service	They are a free and impartial money service, set up the government, that provides UK wide help and information online.		www.moneyadvice.service.org.uk/en
Brentwood Middleton Day Centre	They offer housing advice, benefits advice and support around budgeting and cooking.	Address: Brentwood Middleton Day Centre, Brentwood, 115 Long Street, Middleton, Manchester, M24 1WH Call: 0161 655 4062 Email: info@brentwoodmdc.org	www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=7qV0nqw0O6c
Citizens Advice Bureau Stockport,	They provide confidential, independent and impartial advice and information on	Address (Postal Only): 104/106 Drake Street, Rochdale, OL16 1PQ	www.casort.org/

Oldham, Rochdale, Trafford	issues such as benefits, housing and debt. They only have online or over the phone services for Rochdale.	Call: 0300 330 9073	
Getting Help (Gaddum Centre)	They offer the get help service which includes support with debts/finances; housing or living situation' role as carer	Call: 01706 751180	www.gaddumcentre.co.uk/ getting-help-rochdale/
New Life Debt Advice Service	They are a local community service providing money/debt advice.	Address: New Life Community Church, 3 Edmund Street, Milnrow, Rochdale, OL16 4HR Call: 07761 606705	www.communitymoneyadvice.com/centre/new-life-debt-advice

Carers Organisations

Organisation	About	Contact Information	Website
Autistic Society Greater Manchester Area (ASGMA)	They provide support for parents and carers through our Autism information and Family Support Project and direct support for people with autistic spectrum conditions.	Address: 1114 Chester Road, Stretford, M32 0HL Call: 0161 866 8483 Email: admin@asgma.org.uk	www.asgma.org.uk/
BASIC	They support parents and carers to find the best quality rehabilitation programmes.	Call: 0161 707 6441	www.basiccharity.org.uk/
Carers Direct	This is a website ran by the NHS containing information about services and support for people who need help with day-to-day life due to illness or disability.		www.nhs.uk/conditions/social-care-and-support-guide/
Carers UK	They are here to listen, to give expert information and advice and champion the rights of carers. Visit the website for support including details for employers in Greater	Call: 0808 808 7777 Email: advice@carersuk.org	www.carersuk.org/

	Manchester about Employers for Carers membership. .		
Greater Manchester Autism Consortium	They have useful links in a variety of areas for people with Autism.	Address: Empress Business Centre, 380 Chester Road, Old Trafford, Manchester, M16 9EA Call: 0161 998 4667	www.autismgm.org.uk/
Greater Manchester Neurological Alliance	They unite charities to improve the life for people in Greater Manchester with a neurological condition, and/or their carers. They run two Neuro Support Groups for service users and carers, Bury Rochdale & Oldham Neuro Support and the other is Neuro Support 4 Salford Manchester & Trafford.	Call: 0786 482 3803 Email: debtroops@icloud.com	www.gmna.co.uk/
Headway (Salford, Trafford, South Manchester, Stockport, Wigan)	They provide help and support for people affected by brain injury.	Call: 0115 924 0800 Email: enquiries@headway.org.uk	www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/north-west/

Motor Neurone Disease Association (MND)	They provide support to local people with MND, their families and carers.	Call: 07895 443876 Email: branchcontact@mndamanchester.org.uk	www.mndassociation.org/support-and-information/local-support/branches/manchester-and-district-branch/
MS Society	Whether you have MS, or care about someone who does, their community is here for you through the highs, lows and everything in between.	Call: 020 8438 0700	www.mssociety.org.uk/
N-compass Northwest	They offer a range of diverse and complementary services	Call: 03450 138 208 Email: admin@ncompassnorthwest.co.uk	www.n-compass.org.uk/
NHS Choices: Carers Direct	They provide information from the NHS on support available to carers.	Call: 0300 123 1053	www.nhs.uk/carersdirect
Parkinson's UK	They work to improve life for everyone affected by Parkinson's.	Call: 020 7931 8080 Helpline: 0808 800 0303	www.parkinsons.org.uk/
Spinal Injury Association (SIA)	They offer a pathway of support for a newly injured person from the time of injury and for the rest of their life. Their support is given by spinal cord injured people, all of whom can offer	Call: 0800 980 0501 Email: sia@spinal.co.uk	www.spinal.co.uk/

	their lived experiences of spinal cord injury.		
Carer's Hub Rochdale	They provide a single point of access for all Carers, that they all have information, advice, and a wide range of support services.	Address: Lock 50, Business Centre, Oldham Road, Rochdale, OL16 5RD Call: 03450 138 208 Email: enquiries@rochdalecarers.co.uk	www.ncompassnorthwest.co.uk/services/carers-support/carers-hub-rochdale
Crossroads Together	They provide home care and carer support services across Greater Manchester and The North.	Address: Kashmir Youth Project, Unique Enterprise Centre, Belfield Road, Rochdale, OL16 2UP Call: 01706 525361 Email: rochdale@gmcarerstrust.org.uk	www.gmcarerstrust.org.uk/find-care-services/

Mental Health and Wellbeing Support

Organisation	About	Contact Information	Website
Anxiety UK	Mental Health Helpline	Call: 03444 775 774	www.anxietyuk.org.uk
Bipolar UK	Mental Health Helpline	Call: 0333 323 3880	www.biopolaruk.org.uk
CALM (Men aged 15 to 35)	Mental Health Helpline	Call: 0800 58 58 58	www.thecalmzone.net/
No Panic	Mental Health Helpline	Call: 0844 967 4848	www.nopanic.org.uk/
OCD UK	Mental Health Helpline	Call: 0845 120 3778	www.ocduk.org/
Anorexia and Bulimia Care (ABC)	Mental Health Helpline	Call: 03000 11 12 13	www.anorexiabulimacare.org.uk
BEAT	Mental Health Helpline	Call: 0808 801 0677	www.beateatingdisorders.org.uk
Sleep Matters Insomnia Helpline	Mental Health Helpline	Call: 020 8994 9874	www.medicaladvisoryservice.org.uk
Able Futures	They provide mental health support for people in employment.	Call: 0800 321 3137	www.able-futures.co.uk

Addiction Dependency Solutions	They are the leading UK drug and alcohol charity operating throughout the North and the Midlands, they take a proactive stance on client support and place importance on a whole-care approach.	Address: 135 – 141 Oldham Street, Manchester, M4 1LN Call: 0161 831 2400 Email: headoffice@adsolutions.org.uk	www.adsolutions.org.uk/
Anxiety Care	They help people to recover from anxiety disorders.	Call: 07552877219 Email: admin@anxietycare.org.uk	www.anxietycare.org.uk
Depression Alliance	They have information, support and self-help groups.	Call: 0845 123 2320 Email: ask@depressionalliance.org	www.depressionalliance.org
Emergence	They support people affected by personality disorders.		www.emergenceplus.org.uk
Ethnic Health Forum	They are working towards developing a social enterprise around health, social care, learning and education.	Call: 07367578640	www.ethnichealth.org.uk/
Harmless	They provide support for people who self-harm, and their friends and family.	Email: info@harmless.org.uk	www.harmless.org.uk

Hearing Voices Network	They support people who hear voices, and their friends and family.	Call: 0114 271 8210 Email: info@hearing-voices.org	www.hearing-voices.org
LGBT foundation	They provide a range of support services to lesbian, gay, bisexual and trans people.	Call: 0345 3 30 30 30 Email: info@lgbt.foundation	www.lgbt.foundation/how-we-can-help-you
Maytree	They are a respite for anyone who is feeling suicidal.	Call: 020 7263 7070 Email: maytree@maytree.org.uk	www.maytree.org.uk
Men Get Eating Disorders Too	They provide information and support for men with eating problems.		www.mengetedstoo.co.uk
Mindfulness Based Cognitive Therapy	They provide information about therapy, classes in mindfulness and training.		www.mbct.co.uk
NAPAC (National Association for People Abused in Childhood)	They provide support for survivors of childhood abuse.	Call: 0808 801 0331	www.napac.org.uk

National Self-harm Network (NHSN)	They are a survivor-led organisation supporting those who self-harm.	Call: 0800 622 6000	www.nshn.co.uk
OCD Action	They provide information and support for people with experience of OCD.	Call: 0845 390 6232 Email: support@ocdaction.org.uk	www.ocdaction.org.uk
Rethink Mental Illness	They provide information and support for people affected by severe mental illness.	Call: 0121 522 7007	www.rethink.org
SAD	They provide information on seasonal affective disorder and light therapy.	Email: sadlighting@gmail.com	www.sad.org.uk
Sane	They provide advice for those in a crisis, as well as practical information.	Call: 0300 304 7000	www.sane.org.uk
Self Help	They are a user-led mental health charity based in the North of England, they offer a range of support, services and opportunities for people living with mental health difficulties.	Address: Self Help, 1 ST Floor East, Oakland House, Talbot Road, Manchester, M16 0PQ Call: 0161 226 3871 Email: pws.manchester@selfhelpservices.org.uk	www.selfhelpservices.org.uk

The Counselling Directory	They have a list of registered counsellors.	Call: 0333 325 2500	www.counselling-directory.org.uk
Turning Point	They provide health and wellbeing services across England.		www.turning-point.co.uk/
Living Well	They offer a range of services across the borough of Rochdale to improve health and wellbeing.	Address: Lock 50 Business Centre, Oldham Road, Rochdale, OL16 5RD Call: 01706 751190	www.livingwellrochdale.com/directory-of-services/
Thinking Ahead	They offer help to people distressed by difficult events in their lives as well as people suffering with a mental health problem.	Address: Lock 50 Business Centre, Oldham Road, Rochdale, OL16 5RD Call: 01706 751190	www.penninecare.nhs.uk/services/thinking-ahead-heywood-middleton-and-rochdale
Rochdale and Oldham District Samaritans	They offer emotional support and, a listening and befriending service.	Address: 5 Caton Street, Rochdale, OL16 1QJ Call: 116 123 Email: jo@samaritans.org	www.samaritans.org/branches/rochdale/

Rochdale and District Mind	They provide advice, information and support for people who have been or are using a mental health service	<p>Address: The Mind Wellbeing Centre, 3-11 Drake Street, Rochdale, OL16 1RE</p> <p>Call: 0800 107 0729</p> <p>Email: info@rochdalemind.org.uk</p>	www.rochdalemind.org.uk/
Health and Wellbeing College	They provide innovative educational programme to improve wellbeing. Their recovery-focused courses can support people to recognise their potential and make the most of their talents and resources through self-management. The college is open for anyone aged 18 and over living in Heywood, Middleton or Rochdale; Bury; Oldham; Stockport; Tameside or Glossop.	<p>Address: Main College Campus, 225 Old Street, Ashton-under-Lyne, OL6 7SR</p> <p>Or</p> <p>Bury Campus, Creative Living Centre, 1A Rectory Lane, Prestwich, M25 1BP</p> <p>Call: 0161 716 2666</p>	www.hwcollege.penninecare.nhs.uk/

Employment Support Organisations

Organisation	About	Contact Information	Website
National Careers Service	They have a website that provides information, advice and guidance to help you make decisions on learning, training and work. They also offer a one to one session.	Call: 0800 100 900	www.nationalcareersservice.direct.gov.uk/
Skills for Employment	They provide free one to one support for people across Greater Manchester who have a barrier to employment or simply want support in improving their employability. They will support you with personalised skills training; support with CV and interview techniques; motivational and confidence building; work experience and finding sustainable employment.	Address: Lee House, 90 Great Bridgewater Street, Manchester, M1 5JW Call: 0161 2281111 Email: info@growth.co.uk	www.growthco.uk/about-us/skills-for-employment/
Smart Works	They help any women who is seeking to get into work, has a job interview and needs some support. In a two-hour appointment they will help you	Address: Smart Works Greater Manchester, 65-81 Petersgate, Stockport, SK1 1DS Call: 0161 974 0669	www.smartworks.org.uk/

	<p>chose an outfit you can keep with a stylist and provide one-to-one interview coaching.</p> <p>If the interview is successful, you can return and find more work clothing and accessories for your initial work wardrobe.</p> <p>They are based in Stockport, very close to train and bus stations and will cover travel costs for anyone using public transport.</p>	<p>Email: greatermanchester@smartworks.org.uk</p>	
Volition	<p>They have a ten-week programme on employability skills. On the programme you volunteer, attend job clubs, attend training courses and have mentoring. Once ready to move in to work they will recommend you to their employer partners who are offering jobs.</p>	<p>Call: 0161 833 2220</p> <p>Email: beapartofit@volitioncommunity.org</p>	<p>www.volitioncommunity.org/</p>
Working Families Helpline	<p>They offer free legal advice about rights and benefits for working parents and carers. They are open on Monday 3:00pm to 5:00pm, Tuesday</p>	<p>Call: 0300 012 0312</p> <p>Email: advice@workingfamilies.org.uk</p>	<p>www.workingfamilies.org.uk/advice-information/free-parents-carers-helpline/</p>

	12:00pm to 2:00pm, and Thursday 12:00pm to 2:00pm.		
Employment Links Partnership	They offer free job support and advice including employment advice, confidence and motivation, help with job hunting, training and courses, and career guidance. It is face to face support; you just have to call to set up an appointment.	Call: 01706 646471 Text: 07794210859 Email: employment.links@rochdale.gov.uk	www.rochdale.gov.uk/business-and-industry/recruitment-services/Pages/employment-links-partnership.aspx
Health and Wellbeing College	They provide innovative educational programme including a Get Ready for Work course. Get Ready for Work consists of six two-hour sessions that covers job application forms, preparing for interviews, sourcing local jobs vacancies and apprenticeships. The college is open for anyone aged 18 and over living in Heywood, Middleton or Rochdale; Bury; Oldham; Stockport; Tameside or Glossop.	Address: Main College Campus, 225 Old Street, Ashton-under-Lyne, OL6 7SR Or Bury Campus, Creative Living Centre, 1A Rectory Lane, Prestwich, M25 1BP Call: 0161 716 2666	www.hwcollege.penninecare.nhs.uk/

Rochdale, Heywood and Middleton Community- based Work Club	Rochdale Borough Council have a list of community-based work clubs. See their website for the contact information for each work club.		www.rochdale.gov.uk/jobs-and-training/Pages/find-a-work-club.aspx
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Salford

Welfare Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	Provides advice on welfare benefits and housing.	<p>Address: 159 Princess Road, Moss Side, Manchester, M14 4RE</p> <p>Call: 0161 769 2244</p> <p>Email: reception@gmlaw.org.uk</p>	www.gmlaw.org.uk/
BetterOff Salford	They will show you the benefits you're entitled to and will help you apply online, they also provide information on how to find and apply for jobs. There is help available online visit the website for more information.	<p>Address:</p> <p>Mondays: Swinton Gateway, 100 Chorley Road, Swinton, M27 6BP</p> <p>Tuesdays: Pendleton Gateway, 1 Broadwalk, Pendleton, Salford, M6 5FX</p> <p>Wednesday: Broughton Hub, 50 Rigby Street, Salford, M7 4BQ</p> <p>Thursday: Eccles Gateway, 28 Barton Lane, Eccles, Salford, M30 0TU</p>	www.salford.betteroff.org.uk/#/home

		<p>Friday: Walkden Gateway, 2 Smith Street, Walkden, Salford, M28 3EZ</p> <p>Call: 0161 793 2500</p>	
Citizens Advice Salford	<p>They provide free, private and impartial advice on a range of issues including money, benefit, housing or employment problems.</p>	<p>Address: Salford Precinct, 25a Hankinson Way, Salford, M6 5JA</p> <p>Call: 0300 3309 074 between 10:00am and 2:00pm Monday to Friday</p> <p>Email: Fill out form on their website https://salfordcab.org.uk/email-advice/</p>	<p>www.salfordcab.org.uk</p>
Salford Help Through Crisis	<p>They offer crisis support, debt advice, money and benefits advice.</p>	<p>Address: Mustard Tree Little Hulton, 50 Hulton District Centre, Little Hulton, Salford, M28 0AU every Tuesday from 10am to 1pm no appointment needed</p> <p>Or</p> <p>Salford Central Foodbank, Christ Central, Mocha Parade, Salford, M7 1QE every Friday from 1pm to 3pm no appointment needed</p> <p>Call: 0161 212 4400</p>	<p>www.salfordhelpthroughcrisis.org.uk/</p>

Salford Unemployed and Community Resource Centre (SUCRC)	They offer a range of support services including, educational facilities, advice and legal representation. They also have Closing The Gap Project which assists with debt management, benefits information, basic literacy, numeracy skills and IT, confidence building, healthy living and CV writing.	Address: 84-86 Liverpool Road, Eccles, Manchester, M30 0WZ Call: 0161 789 2155	www.salforducrc.co.uk/about-us
Salford Welfare Rights and Debt Advice Service	They offer free, confidential and independent advice on benefits and debt.	Call: 0800 345 7375 between 10am and 12pm Monday to Friday	www.salford.gov.uk/advice-and-support/welfare-rights-and-debt-advice-service/contact-us-for-advice/

Housing Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Shelter	They help people with bad housing or homelessness through our advice, support and legal services.	Address: Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX Call: 0344 515 1640	www.england.shelter.org.uk/get_help/local_services/manchester
Booth Centre	They offer advice on how to find accommodation and how to overcome practical housing difficulties.	Address: Edward Holt House, Pimblett Street, Manchester, M3 1FU Call: 0161 835 2499 Email: admin@boothcentre.org.uk	www.boothcentre.org.uk/
Citizens Advice Salford	They provide free, private and impartial advice on a range of	Address: Salford Precinct, 25a Hankinson Way, Salford, M6 5JA	www.salfordcab.org.uk

	issues including money, benefit, housing or employment problems.	<p>Call: 0300 3309 074 between 10am and 2pm Monday to Friday</p> <p>Email: Fill out form on their website https://salfordcab.org.uk/email-advice/</p>	
Salford Housing Options Point (SHOP)	They cover all aspects of housing advice.	<p>Address: Salford Housing Options, 7 Wesley Street, Swinton, M27 6AD</p> <p>Email: housing.advicecentre@salford.gov.uk</p> <p>Emergency Contact Number: 0161 794 8888</p>	<p>www.salford.gov.uk/housing/housing-advice-and-support/salford-housing-options-point-shop/</p>

Financial Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
The Money Advice Service	They are a free and impartial money service, set up the government, that provides UK wide help and information online.		www.moneyadvice.service.org.uk/en
Citizens Advice Salford	They provide free, private and impartial advice on a range of issues including money, benefit, housing or employment problems.	Address: Salford Precinct, 25a Hankinson Way, Salford, M6 5JA Call: 0300 3309 074 between 10am and 2pm Monday to Friday Email: Fill out form on their website https://salfordcab.org.uk/email-advice/	www.salfordcab.org.uk
Salford Help Through Crisis	They offer crisis support, debt advice, money and benefits advice.	Address: Mustard Tree Little Hulton, 50 Hulton District Centre, Little Hulton,	www.salfordhelpthroughcrisis.org.uk/

		<p>Salford, M28 0AU every Tuesday from 10am to 1pm no appointment needed</p> <p>Or</p> <p>Salford Central Foodbank, Christ Central, Mocha Parade, Salford, M7 1QE every Friday from 1pm to 3pm no appointment needed</p> <p>Call: 0161 212 4400</p>	
Salford Foundation	They offer advice on money management and debt.	<p>Address: Foundation House, 3 Jo Street, Salford, M5 4BD</p> <p>Or</p> <p>St Mary's Centre, St Mary's Road, Eccles, Manchester, M40 0AX</p> <p>Call: 0161 787 8500</p>	www.salfordfoundation.org.uk/
Salford Welfare Rights and Debt Advice Service	They offer free, confidential and independent advice on benefits and debt.	Call: 0800 345 7375 between 10am and 12pm Monday to Friday	www.salford.gov.uk/advice-and-support/welfare-rights-and-debt-advice-service/contact-us-for-advice/
Salford Unemployed	They offer a range of support services including, educational	Address: 84-86 Liverpool Road, Eccles, Manchester, M30 0WZ	www.salforducrc.co.uk/about-us

and Community Resource Centre (SUCRC)	facilities, advice and legal representation. They also have Closing The Gap Project which assists with debt management, benefits information, basic literacy, numeracy skills and IT, confidence building, healthy living and CV writing.	Call: 0161 789 2155	
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Carers Organisations

Organisation	About	Contact Information	Website
Autistic Society Greater Manchester Area (ASGMA)	They provide support for parents and carers through our Autism information and Family Support Project and direct support for people with autistic spectrum conditions.	Address: 1114 Chester Road, Stretford, M32 0HL Call: 0161 866 8483 Email: admin@asgma.org.uk	www.asgma.org.uk/
BASIC	They support parents and carers to find the best quality rehabilitation programmes.	Call: 0161 707 6441	www.basiccharity.org.uk/
Carers Direct	This is a website ran by the NHS containing information about services and support for people who need help with day-to-day life due to illness or disability.		www.nhs.uk/conditions/social-care-and-support-guide/
Carers UK	They are here to listen, to give expert information and advice and champion the rights of carers. Visit the website for support including details for employers in Greater Manchester about Employers for Carers membership.	Call: 0808 808 7777 Email: advice@carersuk.org	www.carersuk.org/

Greater Manchester Autism Consortium	They have useful links in a variety of areas for people with Autism.	Address: Empress Business Centre, 380 Chester Road, Old Trafford, Manchester, M16 9EA Call: 0161 998 4667	www.autismgm.org.uk/
Greater Manchester Neurological Alliance	They unite charities to improve the life for people in Greater Manchester with a neurological condition, and/or their carers. They run two Neuro Support Groups for service users and carers, Bury Rochdale & Oldham Neuro Support and the other is Neuro Support 4 Salford Manchester & Trafford.	Call: 0786 482 3803 Email: debtroops@icloud.com	www.gmna.co.uk/
Headway (Salford, Trafford, South Manchester, Stockport, Wigan)	They provide help and support for people affected by brain injury.	Call: 0115 924 0800 Email: enquiries@headway.org.uk	www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/north-west/
Motor Neurone Disease Association (MNDA)	They provide support to local people with MND, their families and carers.	Call: 07895 443876 Email: branchcontact@mndamanchester.org.uk	www.mndassociation.org/support-and-information/local-

			support/branches/manchester-and-district-branch/
MS Society	Whether you have MS, or care about someone who does, their community is here for you through the highs, lows and everything in between.	Call: 020 8438 0700	www.mssociety.org.uk/
N-compass Northwest	They offer a range of diverse and complementary services	Call: 03450 138 208 Email: admin@ncompassnorthwest.co.uk	www.n-compass.org.uk/
NHS Choices: Carers Direct	They provide information from the NHS on support available to carers.	Call: 0300 123 1053	www.nhs.uk/carersdirect
Parkinson's UK	They work to improve life for everyone affected by Parkinson's.	Call: 020 7931 8080 Helpline: 0808 800 0303	www.parkinsons.org.uk/
Spinal Injury Association (SIA)	They offer a pathway of support for a newly injured person from the time of injury and for the rest of their life. Their support is given by spinal cord injured people, all of whom can offer their lived experiences of spinal cord injury.	Call: 0800 980 0501 Email: sia@spinal.co.uk	www.spinal.co.uk/

Carers Trust in Greater Manchester (Salford)	They offer a full range of care services to enable regular breaks for carers.	Address: The Old Town Hall, Off Irwell Place, Eccles, M30 0EJ Call: 0161 787 9002	www.gmcarerstrust.org.uk/where-we-work/salford/
Salford Carers Service (Gaddum)	They offer a comprehensive range of support, tailored to individual carer's needs.	Address: Salford Carer's Service, Langworthy Cornerstones, 451 Liverpool Street, Salford, M6 5QQ Call: 0161 212 5451 Email: salford.carers@gaddum.co.uk	www.gaddumcentre.co.uk/salford-carers-service/
Time Out for Carers	They are a support group which meets every Wednesday 12:00pm to 3:00pm at Sutton Community Centre.	Address: Sutton Community Centre, Doveridge Gardens, Salford, M6 7LY Call: 0161 727 8406 Or 0161 915 8965	www.salfordcvs.co.uk/careers-support-group
Together@M44	They are a carers group in Salford.	Address: Runway 26 Café City Airport, Liverpool Road, Eccles, M30 7SA Call: 07856907986 Email: togetheratm44@gmail.com	www.directory.salford.gov.uk/kb5/salford/directory/service.page?id=w2kDPiHE2EU

Mental Health and Wellbeing Support

Organisation	About	Contact Information	Website
Anxiety UK	Mental Health Helpline	Call: 03444 775 774	www.anxietyuk.org.uk
Bipolar UK	Mental Health Helpline	Call: 0333 323 3880	www.biopolaruk.org.uk
CALM (Men aged 15 to 35)	Mental Health Helpline	Call: 0800 58 58 58	www.thecalmzone.net/
No Panic	Mental Health Helpline	Call: 0844 967 4848	www.nopanic.org.uk/
OCD UK	Mental Health Helpline	Call: 0845 120 3778	www.ocduk.org/
Anorexia and Bulimia Care (ABC)	Mental Health Helpline	Call: 03000 11 12 13	www.anorexiabulimacare.org.uk
BEAT	Mental Health Helpline	Call: 0808 801 0677	www.beateatingdisorders.org.uk
Sleep Matters Insomnia Helpline	Mental Health Helpline	Call: 020 8994 9874	www.medicaladvisoryservice.org.uk
Able Futures	They provide mental health support for people in employment.	Call: 0800 321 3137	www.able-futures.co.uk
Addiction Dependency Solutions	They are the leading UK drug and alcohol charity operating throughout the North and the	Address: 135 – 141 Oldham Street, Manchester, M4 1LN	www.adsolutions.org.uk/

	Midlands, they take a proactive stance on client support and place importance on a whole-care approach.	Call: 0161 831 2400 Email: headoffice@adsolutions.org.uk	
Anxiety Care	They help people to recover from anxiety disorders.	Call: 07552877219 Email: admin@anxietycare.org.uk	www.anxietycare.org.uk
Depression Alliance	They have information, support and self-help groups.	Call: 0845 123 2320 Email: ask@depressionalliance.org	www.depressionalliance.org
Emergence	They support people affected by personality disorders.		www.emergenceplus.org.uk
Ethnic Health Forum	They are working towards developing a social enterprise around health, social care, learning and education.	Call: 07367578640	www.ethnichealth.org.uk/
Harmless	They provide support for people who self-harm, and their friends and family.	Email: info@harmless.org.uk	www.harmless.org.uk
Hearing Voices Network	They support people who hear voices, and their friends and family.	Call: 0114 271 8210 Email: info@hearing-voices.org	www.hearing-voices.org

LGBT foundation	They provide a range of support services to lesbian, gay, bisexual and trans people.	Call: 0345 3 30 30 30 Email: info@lgbt.foundation	www.lgbt.foundation/how-we-can-help-you
Maytree	They are a respite for anyone who is feeling suicidal.	Call: 020 7263 7070 Email: maytree@maytree.org.uk	www.maytree.org.uk
Men Get Eating Disorders Too	They provide information and support for men with eating problems.		www.mengetedstoo.co.uk
Mindfulness Based Cognitive Therapy	They provide information about therapy, classes in mindfulness and training.		www.mbct.co.uk
NAPAC (National Association for People Abused in Childhood)	They provide support for survivors of childhood abuse.	Call: 0808 801 0331	www.napac.org.uk
National Self-harm Network (NHSN)	They are a survivor-led organisation supporting those who self-harm.	Call: 0800 622 6000	www.nshn.co.uk

OCD Action	They provide information and support for people with experience of OCD.	Call: 0845 390 6232 Email: support@ocdaction.org.uk	www.ocdaction.org.uk
Rethink Mental Illness	They provide information and support for people affected by severe mental illness.	Call: 0121 522 7007	www.rethink.org
SAD	They provide information on seasonal affective disorder and light therapy.	Email: sadlighting@gmail.com	www.sad.org.uk
Sane	They provide advice for those in a crisis, as well as practical information.	Call: 0300 304 7000	www.sane.org.uk
Self Help	They are a user-led mental health charity based in the North of England, they offer a range of support, services and opportunities for people living with mental health difficulties.	Address: Self Help, 1 ST Floor East, Oakland House, Talbot Road, Manchester, M16 0PQ Call: 0161 226 3871 Email: pws.manchester@selfhelpservices.org.uk	www.selfhelpservices.org.uk
The Counselling Directory	They have a list of registered counsellors.	Call: 0333 325 2500	www.counselling-directory.org.uk

Turning Point	They provide health and wellbeing services across England.		www.turning-point.co.uk/
Living Well	They offer a range of services across the borough of Rochdale to improve health and wellbeing.	Address: Lock 50 Business Centre, Oldham Road, Rochdale, OL16 5RD Call: 01706 751190	www.livingwellrochdale.co.uk/directory-of-services/
Thinking Ahead	They offer help to people distressed by difficult events in their lives as well as people suffering with a mental health problem.	Address: Lock 50 Business Centre, Oldham Road, Rochdale, OL16 5RD Call: 01706 751190	www.penninecare.nhs.uk/services/thinking-ahead-heywood-middleton-and-rochdale
Energise Centre	They are a community centre in Salford from which health and wellbeing services are delivered.	Address: Energise Centre, 3 Douglas Green, Salford, M6 6ES Call: 0161 212 5700 Email: practice.jeet@nhs.net	
Manchester and Salford Samaritans	They provide a telephone helpline or face-to-face emotional support.	Address: 72-74 Oxford Street Manchester Call: 116 123	

Six Degrees Social Enterprise	They provide free and confidential mental health services.	Address: Southwood House, Greenwood Business Centre, Regent Road, Salford, M5 4QH Call: 0161 212 4981 Email: sixdegrees@nhs.net	
The Angel Centre	They offer a range of wellbeing and mental health support and advice.	Address: The Angel, 1 St Phillips Place, Salford, M3 6FA Call: 0161 212 4980 Email: hello@socialadventures.org.uk	

Employment Support Organisations

Organisation	About	Contact Information	Website
National Careers Service	They have a website that provides information, advice and guidance to help you make decisions on learning, training and work. They also offer a one to one session.	Call: 0800 100 900	www.nationalcareersservice.direct.gov.uk/
Skills for Employment	They provide free one to one support for people across Greater Manchester who have a barrier to employment or simply want support in improving their employability. They will support you with personalised skills training; support with CV and interview techniques; motivational and confidence building; work experience and finding sustainable employment.	Address: Lee House, 90 Great Bridgewater Street, Manchester, M1 5JW Call: 0161 2281111 Email: info@growth.co.uk	www.growthco.uk/about-us/skills-for-employment/
Smart Works	They help any women who is seeking to get into work, has a job interview and needs some support. In a two-hour appointment they will help you chose an outfit you can	Address: Smart Works Greater Manchester, 65-81 Petersgate, Stockport, SK1 1DS Call: 0161 974 0669	www.smartworks.org.uk/

	<p>keep with a stylist and provide one-to-one interview coaching.</p> <p>If the interview is successful, you can return and find more work clothing and accessories for your initial work wardrobe.</p> <p>They are based in Stockport, very close to train and bus stations and will cover travel costs for anyone using public transport.</p>	<p>Email: greatermanchester@smartworks.org.uk</p>	
Volition	<p>They have a ten-week programme on employability skills. On the programme you volunteer, attend job clubs, attend training courses and have mentoring. Once ready to move in to work they will recommend you to their employer partners who are offering jobs.</p>	<p>Call: 0161 833 2220</p> <p>Email: beapartofit@volitioncommunity.org</p>	<p>www.volitioncommunity.org/</p>
Working Families Helpline	<p>They offer free legal advice about rights and benefits for working parents and carers. They are open on Monday 3:00pm to 5:00pm, Tuesday 12:00pm to 2:00pm, and Thursday 12:00pm to 2:00pm.</p>	<p>Call: 0300 012 0312</p> <p>Email: advice@workingfamilies.org.uk</p>	<p>www.workingfamilies.org.uk/advice-information/free-parents-carers-helpline/</p>
Claremont and Weaste Opportunities Centre	<p>They offer a work club with free information, advice and support about employment every Wednesday 10:00am to 12:00pm</p>	<p>Address: Langworthy Cornerstone, 451 Liverpool Street, Salford, M6 5WQQ</p> <p>Or</p>	<p>www.facebook.com/groups/895300433920904/?hc_ref=ART6PAeguZP8b2ORA2nqnMopmnCM1vgELI8m1</p>

	at Langworthy Cornerstone and every Thursday 10:00 am to 12:00pm at Hope Library.	Hope Library, Eccles Old Road, Salford, M6 8FH Email: ben.fat@salixhomes.org	0BGCKiAD9aD9l44PpFqeGrAaHS-oes
Corinth Training C.I.C	They offer free training courses across Salford in range of areas from IT and computer skills, admin and customer services, photography, lifestyle and many more.	Call: 07482 606808 Email: info@corinth-training.com	www.corinth-training.com/current-courses.html

Stockport

Welfare Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	Provides advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Citizens Advice Bureau Stockport, Oldham, Rochdale, Trafford	They provide confidential, independent and impartial advice and information on issues such as benefits, housing and debt.	Address: Ground Floor, Fred Perry House, Edward Street, Stockport, SK1 3XE Call: 0300 3309 075 Email: info@castockport.org.uk	www.stockportcab.org.uk/
Stockport Homes	They can provide help and advice about money including: debts; benefits; universal credit; Stockport Credit Union; energy advice; water charges; helping you improve your credit score	Call: 0161 474 3772 Email: housingsupport.team@stockporthomes.org	www.stockporthomes.org/advice-and-support/

Stockport Welfare Rights Service	They offer free, confidential and independent advice	Call: 0161 217 6003	www.stockporttpa.co.uk/2017/10/24/stockport-welfare-rights/

Housing Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Shelter	They help people with bad housing or homelessness through our advice, support and legal services.	Address: Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX Call: 0344 515 1640	www.england.shelter.org.uk/get_help/local_services/manchester
Citizens Advice Bureau Stockport, Oldham, Rochdale, Trafford	They provide confidential, independent and impartial advice and information on issues such as benefits, housing and debt.	Address: Ground Floor, Fred Perry House, Edward Street, Stockport, SK1 3XE Call: 0300 3309 075 Email: info@castockport.org.uk	www.stockportcab.org.uk/
Stockport Homes	They can provide help and advice about money including: debts; benefits; universal credit;	Call: 0161 474 3772	www.stockporthomes.org/advice-and-support/

	Stockport Credit Union; energy advice; water charges; helping you improve your credit score	Email: housingsupport.team@stockporthomes.org	
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Financial Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
The Money Advice Service	They are a free and impartial money service, set up the government, that provides UK wide help and information online.		www.moneyadvice.service.org.uk/en
Citizens Advice Bureau Stockport, Oldham, Rochdale, Trafford	They provide confidential, independent and impartial advice and information on issues such as benefits, housing and debt.	Address: Ground Floor, Fred Perry House, Edward Street, Stockport, SK1 3XE Call: 0300 3309 075 Email: info@castockport.org.uk	www.stockportcab.org.uk/
Debt Advice Service (Stockport Council)	They help with application forms; environmental issues; benefits and tax credits; consumer issues; employment rights; debt advice.	Call: 0161 217 6003 Email: stockport.advice@stockport.gov.uk	www.stockport.gov.uk/debt-advice

	They have 11 local advice centres in Adswold and Bridgehall; Bramhall; Bredbury; Brinnington; Cheadle; Cheadle Hulme; Hazel Grive; Heald Green; Marple; Offerton; and Reddish.		
Stockport Direct Centre	They provide advice on council services; benefits; tax credits; consumer problems; money matters; health issues; and housing problems.	<p>Address: Fred Perry House, Edward Street, Stockport, SK1 3UR</p> <p>Call: 0845 644 4307</p> <p>Email: stockportdirect@stockport.gov.uk</p>	www.stockport.gov.uk/fred-perry-house-advice-centre
Stockport Homes	They can provide help and advice about money including: debts; benefits; universal credit; Stockport Credit Union; energy advice; water charges; helping you improve your credit score	<p>Call: 0161 474 3772</p> <p>Email: housingsupport.team@stockporthomes.org</p>	www.stockporthomes.org/advice-and-support/

Carers Organisations

Organisation	About	Contact Information	Website
Autistic Society Greater Manchester Area (ASGMA)	They provide support for parents and carers through our Autism information and Family Support Project and direct support for people with autistic spectrum conditions.	Address: 1114 Chester Road, Stretford, M32 0HL Call: 0161 866 8483 Email: admin@asgma.org.uk	www.asgma.org.uk/
BASIC	They support parents and carers to find the best quality rehabilitation programmes.	Call: 0161 707 6441	www.basiccharity.org.uk/
Carers Direct	This is a website ran by the NHS containing information about services and support for people who need help with day-to-day life due to illness or disability.		www.nhs.uk/conditions/social-care-and-support-guide/
Carers UK	They are here to listen, to give expert information and advice and champion the rights of carers. Visit the website for support including details for employers in Greater Manchester about Employers for Carers membership..	Call: 0808 808 7777 Email: advice@carersuk.org	www.carersuk.org/

Greater Manchester Autism Consortium	They have useful links in a variety of areas for people with Autism.	Address: Empress Business Centre, 380 Chester Road, Old Trafford, Manchester, M16 9EA Call: 0161 998 4667	www.autismgm.org.uk/
Greater Manchester Neurological Alliance	They unite charities to improve the life for people in Greater Manchester with a neurological condition, and/or their carers. They run two Neuro Support Groups for service users and carers, Bury Rochdale & Oldham Neuro Support and the other is Neuro Support 4 Salford Manchester & Trafford.	Call: 0786 482 3803 Email: debtroops@icloud.com	www.gmna.co.uk/
Headway (Salford, Trafford, South Manchester, Stockport, Wigan)	They provide help and support for people affected by brain injury.	Call: 0115 924 0800 Email: enquiries@headway.org.uk	www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/north-west/
Motor Neurone Disease Association (MNDA)	They provide support to local people with MND, their families and carers.	Call: 07895 443876 Email: branchcontact@mndamanchester.org.uk	www.mndassociation.org/support-and-information/local-

			support/branches/manchester-and-district-branch/
MS Society	Whether you have MS, or care about someone who does, their community is here for you through the highs, lows and everything in between.	Call: 020 8438 0700	www.mssociety.org.uk/
N-compass Northwest	They offer a range of diverse and complementary services	Call: 03450 138 208 Email: admin@ncompassnorthwest.co.uk	www.n-compass.org.uk/
NHS Choices: Carers Direct	They provide information from the NHS on support available to carers.	Call: 0300 123 1053	www.nhs.uk/carersdirect
Parkinson's UK	They work to improve life for everyone affected by Parkinson's.	Call: 020 7931 8080 Helpline: 0808 800 0303	www.parkinsons.org.uk/
Spinal Injury Association (SIA)	They offer a pathway of support for a newly injured person from the time of injury and for the rest of their life. Their support is given by spinal cord injured people, all of whom can offer their lived experiences of spinal cord injury.	Call: 0800 980 0501 Email: sia@spinal.co.uk	www.spinal.co.uk/

Carers for Adults with a Learning Disability	They provide support for carers of people over the age of 18 with a learning disability.	Address: 48 Middle Highgate, Stockport, SK1 3DL Call: 0161 494 1253 or 0161 480 8979 Email: info@cald.co.uk	www.cald.co.uk/who-are-we/
Carers Trust Stockport	They offer a full range of care services to enable regular breaks for carers.	Address: 9 Marsland Road, Trafford, Manchester M33 3HP Call: 0161 432 7712 Email: stockport@gmcarerstrust.org.uk	www.gmcarerstrust.org.uk/where-we-work/stockport/
Mental Health Carers Group Stockport	They provide emotional support, information and guidance for people who care for or support loved ones or friends with a serious mental health condition.	Address: Quaker Meeting House, Cooper Street, Stockport, SK1 3QL Call: 07977 606 543 Email: ireneharris76@gmail.com	www.mhcarersgroupstockport.co.uk/
Parent in Partnership Stockport (PiPS)	They empower parents and carers by building on their skills and increasing their knowledge of the education, health and care system.	Call: 07786 101072 Email: info@pipstockport.org	www.pipstockport.org/our-aims.html

Signpost Stockport for Carers	They provide free, confidential information and support to unwaged carers of all ages.	Address: The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD Call: 0161 442 0442 Email: carersconnect@signpostforcarers.org.uk	www.signpostforcarers.org.uk/
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Mental Health and Wellbeing Support

Organisation	About	Contact Information	Website
Anxiety UK	Mental Health Helpline	Call: 03444 775 774	www.anxietyuk.org.uk
Bipolar UK	Mental Health Helpline	Call: 0333 323 3880	www.biopolaruk.org.uk
CALM (Men aged 15 to 35)	Mental Health Helpline	Call: 0800 58 58 58	www.thecalmzone.net/
No Panic	Mental Health Helpline	Call: 0844 967 4848	www.nopanic.org.uk/
OCD UK	Mental Health Helpline	Call: 0845 120 3778	www.ocduk.org/
Anorexia and Bulimia Care (ABC)	Mental Health Helpline	Call: 03000 11 12 13	www.anorexiabulimacare.org.uk
BEAT	Mental Health Helpline	Call: 0808 801 0677	www.beateatingdisorders.org.uk
Sleep Matters Insomnia Helpline	Mental Health Helpline	Call: 020 8994 9874	www.medicaladvisoryservice.org.uk
Able Futures	They provide mental health support for people in employment.	Call: 0800 321 3137	www.able-futures.co.uk
Addiction Dependency Solutions	They are the leading UK drug and alcohol charity operating throughout the North and the	Address: 135 – 141 Oldham Street, Manchester, M4 1LN	www.adsolutions.org.uk/

	Midlands, they take a proactive stance on client support and place importance on a whole-care approach.	Call: 0161 831 2400 Email: headoffice@adsolutions.org.uk	
Anxiety Care	They help people to recover from anxiety disorders.	Call: 07552877219 Email: admin@anxietycare.org.uk	www.anxietycare.org.uk
Depression Alliance	They have information, support and self-help groups.	Call: 0845 123 2320 Email: ask@depressionalliance.org	www.depressionalliance.org
Emergence	They support people affected by personality disorders.		www.emergenceplus.org.uk
Ethnic Health Forum	They are working towards developing a social enterprise around health, social care, learning and education.	Call: 07367578640	www.ethnichealth.org.uk/
Harmless	They provide support for people who self-harm, and their friends and family.	Email: info@harmless.org.uk	www.harmless.org.uk
Hearing Voices Network	They support people who hear voices, and their friends and family.	Call: 0114 271 8210 Email: info@hearing-voices.org	www.hearing-voices.org

LGBT foundation	They provide a range of support services to lesbian, gay, bisexual and trans people.	Call: 0345 3 30 30 30 Email: info@lgbt.foundation	www.lgbt.foundation/how-we-can-help-you
Maytree	They are a respite for anyone who is feeling suicidal.	Call: 020 7263 7070 Email: maytree@maytree.org.uk	www.maytree.org.uk
Men Get Eating Disorders Too	They provide information and support for men with eating problems.		www.mengetedstoo.co.uk
Mindfulness Based Cognitive Therapy	They provide information about therapy, classes in mindfulness and training.		www.mbct.co.uk
NAPAC (National Association for People Abused in Childhood)	They provide support for survivors of childhood abuse.	Call: 0808 801 0331	www.napac.org.uk
National Self-harm Network (NHSN)	They are a survivor-led organisation supporting those who self-harm.	Call: 0800 622 6000	www.nshn.co.uk

OCD Action	They provide information and support for people with experience of OCD.	Call: 0845 390 6232 Email: support@ocdaction.org.uk	www.ocdaction.org.uk
Rethink Mental Illness	They provide information and support for people affected by severe mental illness.	Call: 0121 522 7007	www.rethink.org
SAD	They provide information on seasonal affective disorder and light therapy.	Email: sadlighting@gmail.com	www.sad.org.uk
Sane	They provide advice for those in a crisis, as well as practical information.	Call: 0300 304 7000	www.sane.org.uk
Self Help	They are a user-led mental health charity based in the North of England, they offer a range of support, services and opportunities for people living with mental health difficulties.	Address: Self Help, 1 ST Floor East, Oakland House, Talbot Road, Manchester, M16 0PQ Call: 0161 226 3871 Email: pws.manchester@selfhelpservices.org.uk	www.selfhelpservices.org.uk
The Counselling Directory	They have a list of registered counsellors.	Call: 0333 325 2500	www.counselling-directory.org.uk

Turning Point	They provide health and wellbeing services across England.		www.turning-point.co.uk/
Beacon Counselling	They provide a counselling service.	Address: 50-52 Middle Hillgate, Stockport, SK1 3DL Call: 0161 440 0055 Email: admin@beacon-counselling.org.uk	www.beacon-counselling.org.uk
Health and Wellbeing College	They provide an innovative educational programme to improve wellbeing. Their recovery-focused courses can support people to recognise their potential and make the most of their talents and resources through self-management. The college is open for anyone aged 18 and over living in Heywood, Middleton or Rochdale; Bury; Oldham; Stockport; Tameside or Glossop.	Address: Stockport Campus, Stockport College, Wellington Road South, Stockport, SK1 2UQ Call: 0161 716 2666	www.hwcollege.penninecare.nhs.uk/
Stockport Mind	They are an independent adult mental health charity supporting people in the Stockport area.	Address: Dave House, 65 Union Street, Stockport, SK1 3NP Call: 0161 480 7393	www.stockportmind.org.uk/

Stockport Progress and Recovery Centre (SPARC)	They provide support to adults in experiencing mental health problems through a range of leisure, therapeutic, educational and social activities.	<p>Address: Progress House, 35A Adswood Land East, Stockport, SK2 6RE</p> <p>Call: 0161 429 9744</p> <p>Email: info@sparc4me.org.uk</p>	www.sparc4me.org.uk/
Stockport T.P.A	They provide a confidential, accurate and local advice around all adult health and social care services in Stockport.	<p>Address: 44, St. Petersgate, Stockport, SK1 1DH</p> <p>Call: 0161 474 1042</p> <p>Email: info@stockportflag.org.uk</p>	www.stockporttpa.co.uk/
Talking Therapies Stockport	They provide help to people distressed by difficult events in their lives as well as people suffering with a mental health problem.	<p>Address: Brookfield House, 193-195 Wellington Road South, Stockport, SK2 6NG</p> <p>Call: 0161 480 2020</p>	www.thebiglifegroup.com/service/talking-therapies-stockport/
The Women's Centre	They offer support around mental health and wellbeing.	<p>Address: The Women's Centre, 39 Greek Street, Stockport, SK3 8AX</p> <p>Call: 0161 355 4455</p> <p>Email: admin@stockportwomenscentre.co.uk</p>	www.stockport.gov.uk/groups/stockport-womens-centre

Employment Support Organisations

Organisation	About	Contact Information	Website
National Careers Service	They have a website that provides information, advice and guidance to help you make decisions on learning, training and work. They also offer a one to one session.	Call: 0800 100 900	www.nationalcareersservice.direct.gov.uk/
Skills for Employment	They provide free one to one support for people across Greater Manchester who have a barrier to employment or simply want support in improving their employability. They will support you with personalised skills training; support with CV and interview techniques; motivational and confidence building; work experience and finding sustainable employment.	Address: Lee House, 90 Great Bridgewater Street, Manchester, M1 5JW Call: 0161 2281111 Email: info@growth.co.uk	www.growthco.uk/about-us/skills-for-employment/
Smart Works	They help any women who is seeking to get into work, has a job interview and needs some support. In a two-hour appointment they will help you chose an outfit you can	Address: Smart Works Greater Manchester, 65-81 Petersgate, Stockport, SK1 1DS Call: 0161 974 0669	www.smartworks.org.uk/

	<p>keep with a stylist and provide one-to-one interview coaching.</p> <p>If the interview is successful, you can return and find more work clothing and accessories for your initial work wardrobe.</p> <p>They are based in Stockport, very close to train and bus stations and will cover travel costs for anyone using public transport.</p>	<p>Email: greatermanchester@smartworks.org.uk</p>	
Volition	<p>They have a ten-week programme on employability skills. On the programme you volunteer, attend job clubs, attend training courses and have mentoring. Once ready to move in to work they will recommend you to their employer partners who are offering jobs.</p>	<p>Call: 0161 833 2220</p> <p>Email: beapartofit@volitioncommunity.org</p>	<p>www.volitioncommunity.org/</p>
Working Families Helpline	<p>They offer free legal advice about rights and benefits for working parents and carers. They are open on Monday 3:00pm to 5:00pm, Tuesday 12:00pm to 2:00pm, and Thursday 12:00pm to 2:00pm.</p>	<p>Call: 0300 012 0312</p> <p>Email: advice@workingfamilies.org.uk</p>	<p>www.workingfamilies.org.uk/advice-information/free-parents-carers-helpline/</p>

Health and Wellbeing College	<p>They provide an innovative educational programme including a Get Ready for Work course. Get Ready for Work consists of six two-hour sessions that covers job application forms, preparing for interviews, sourcing local jobs vacancies and apprenticeships. The college is open for anyone aged 18 and over living in Heywood, Middleton or Rochdale; Bury; Oldham; Stockport; Tameside or Glossop.</p>	<p>Address: Stockport Campus, Stockport College, Wellington Road South, Stockport, SK1 2UQ</p> <p>Call: 0161 716 2666</p>	<p>www.hwcollege.penninecare.nhs.uk/</p>
Stockport Homes	<p>They provide help and advice on getting back into work including looking for a job; work experience; apprenticeships; training; work placements or starting your own business for Stockport residents. They even offer work placements at Stockport Homes.</p>	<p>Address: Stockport Homes, Cornerstone, 2 Edward Street, Stockport, SK1 3NQ</p> <p>Call: 0161 217 6016</p> <p>Email: feedback@stockporthomes.org</p>	<p>www.stockporthomes.org/employment-support/</p>

Tameside

Welfare Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	Provides advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Advice Tameside	They offer help with universal credit; benefits; fuel costs; credit unions; budgeting support; financial difficulties; volunteering or work.		www.advicetameside.org.uk/
Tameside Citizens Advice Bureau	They provide free, private and impartial advice on a range of issues including money, benefit, housing or employment problems.	Address: Tameside MBC offices, Clarence Arcade, Stamford Street West, Ashton-under-Lyne, OL6 7PT Call: 0300 3309 076	www.tamesidecab.org.uk/

Tameside, Oldham, Glossop Mind	They offer counselling and mental health support as well as welfare rights and housing support.	<p>Address: 216-218 Katherine Street, Ashton-under-Lyne, OL6 7AS Or</p> <p>Positive Steps, Media Place, 80 Union Street, Oldham, OL1 1DJ</p> <p>Call: 0161 330 9223</p> <p>Email: office@togmind.org</p>	www.togmind.org/

Housing Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Shelter	They help people with bad housing or homelessness through our advice, support and legal services.	Address: Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX Call: 0344 515 1640	www.england.shelter.org.uk/get_help/local_services/manchester
Tameside Citizens Advice Bureau	They provide free, private and impartial advice on a range of issues including money, benefit, housing or employment problems.	Address: Tameside MBC offices, Clarence Arcade, Stamford Street West, Ashton-under-Lyne, OL6 7PT Call: 0300 3309 076	www.tamesidecab.org.uk/
Tameside Housing Advice	They can provide help and advice on all aspects of housing	Address: 119-125 Old Street, Ashton-under-Lyne, OL6 7RL	www.tamesidehousingadvice.org/

	and help resolve your housing problems.	Call: 0161 331 2700 Emergency Contact Number: 0161 331 2700	
Tameside, Oldham, Glossop Mind	They are a mental health wellbeing centre that offers counselling and mental health support as well as welfare rights and housing support.	Address: 216-218 Katherine Street, Ashton-under-Lyne, OL6 7AS Or Positive Steps, Medtia Place, 80 Union Street, Oldham, OL1 1DJ Call: 0161 330 9223 Email: office@togmind.org	www.togmind.org/

Financial Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
The Money Advice Service	They are a free and impartial money service, set up the government, that provides UK wide help and information online.		www.moneyadvice.service.org.uk/en
Advice Tameside	They have information on their website about universal credit; benefits; fuel costs; credit unions; budgeting support; financial difficulties; volunteering or work.		www.advicetameside.org.uk/
Debt Advice Service (Tameside Metropolitan Borough)	They are a specialist advice service within the Council's Welfare Rights Service that offers free, independent and confidential advice and support as well as assistance with debt problems.	Address: Tameside MBC offices, Clarence Arcade, Stamford Street West, Ashton-under-Lyne, OL6 7PT (drop-in between 9.30am to 12.30pm from Monday to Friday)	www.tameside.gov.uk/debtadvice

		Call: 0808 1782330	
Tameside Citizens Advice Bureau	They provide free, private and impartial advice on a range of issues including money, benefit, housing or employment problems.	Address: Tameside MBC offices, Clarence Arcade, Stamford Street West, Ashton-under-Lyne, OL6 7PT Call: 0300 3309 076	www.tamesidecab.org.uk/

Carers Organisations

Organisation	About	Contact Information	Website
Autistic Society Greater Manchester Area (ASGMA)	They provide support for parents and carers through our Autism information and Family Support Project and direct support for people with autistic spectrum conditions.	Address: 1114 Chester Road, Stretford, M32 0HL Call: 0161 866 8483 Email: admin@asgma.org.uk	www.asgma.org.uk/
BASIC	They support parents and carers to find the best quality rehabilitation programmes.	Call: 0161 707 6441	www.basiccharity.org.uk/
Carers Direct	This is a website ran by the NHS containing information about services and support for people who need help with day-to-day life due to illness or disability.		www.nhs.uk/conditions/social-care-and-support-guide/
Carers UK	They are here to listen, to give expert information and advice and champion the rights of carers. Visit the website for support including details for employers in Greater Manchester about Employers for Carers membership..	Call: 0808 808 7777 Email: advice@carersuk.org	www.carersuk.org/

Greater Manchester Autism Consortium	They have useful links in a variety of areas for people with Autism.	Address: Empress Business Centre, 380 Chester Road, Old Trafford, Manchester, M16 9EA Call: 0161 998 4667	www.autismgm.org.uk/
Greater Manchester Neurological Alliance	They unite charities to improve the life for people in Greater Manchester with a neurological condition, and/or their carers. They run two Neuro Support Groups for service users and carers, Bury Rochdale & Oldham Neuro Support and the other is Neuro Support 4 Salford Manchester & Trafford.	Call: 0786 482 3803 Email: debtroops@icloud.com	www.gmna.co.uk/
Headway (Salford, Trafford, South Manchester, Stockport, Wigan)	They provide help and support for people affected by brain injury.	Call: 0115 924 0800 Email: enquiries@headway.org.uk	www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/north-west/
Motor Neurone Disease Association (MNDA)	They provide support to local people with MND, their families and carers.	Call: 07895 443876 Email: branchcontact@mndamanchester.org.uk	www.mndassociation.org/support-and-information/local-

			support/branches/manchester-and-district-branch/
MS Society	Whether you have MS, or care about someone who does, their community is here for you through the highs, lows and everything in between.	Call: 020 8438 0700	www.mssociety.org.uk/
N-compass Northwest	They offer a range of diverse and complementary services	Call: 03450 138 208 Email: admin@ncompassnorthwest.co.uk	www.n-compass.org.uk/
NHS Choices: Carers Direct	They provide information from the NHS on support available to carers.	Call: 0300 123 1053	www.nhs.uk/carersdirect
Parkinson's UK	They work to improve life for everyone affected by Parkinson's.	Call: 020 7931 8080 Helpline: 0808 800 0303	www.parkinsons.org.uk/
Spinal Injury Association (SIA)	They offer a pathway of support for a newly injured person from the time of injury and for the rest of their life. Their support is given by spinal cord injured people, all of whom can offer their lived experiences of spinal cord injury.	Call: 0800 980 0501 Email: sia@spinal.co.uk	www.spinal.co.uk/

Tameside Carer's Centre	<p>They provide information, advice, support and advocacy for someone whose looking after somebody.</p>	<p>Address: Tameside Carers Centre, Hyde Town Hall, Market Street, Hyde, Tameside, SK14 1AL</p> <p>Call: 0161 342 3344</p>	<p>www.tameside.gov.uk/carecentre</p>
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Mental Health and Wellbeing Support

Organisation	About	Contact Information	Website
Anxiety UK	Mental Health Helpline	Call: 03444 775 774	www.anxietyuk.org.uk
Bipolar UK	Mental Health Helpline	Call: 0333 323 3880	www.biopolaruk.org.uk
CALM (Men aged 15 to 35)	Mental Health Helpline	Call: 0800 58 58 58	www.thecalmzone.net/
No Panic	Mental Health Helpline	Call: 0844 967 4848	www.nopanic.org.uk/
OCD UK	Mental Health Helpline	Call: 0845 120 3778	www.ocduk.org/
Anorexia and Bulimia Care (ABC)	Mental Health Helpline	Call: 03000 11 12 13	www.anorexiabulimacare.org.uk
BEAT	Mental Health Helpline	Call: 0808 801 0677	www.beateatingdisorders.org.uk
Sleep Matters Insomnia Helpline	Mental Health Helpline	Call: 020 8994 9874	www.medicaladvisoryservice.org.uk
Able Futures	They provide mental health support for people in employment.	Call: 0800 321 3137	www.able-futures.co.uk
Addiction Dependency Solutions	They are the leading UK drug and alcohol charity operating throughout the North and the	Address: 135 – 141 Oldham Street, Manchester, M4 1LN	www.adsolutions.org.uk/

	Midlands, they take a proactive stance on client support and place importance on a whole-care approach.	Call: 0161 831 2400 Email: headoffice@adsolutions.org.uk	
Anxiety Care	They help people to recover from anxiety disorders.	Call: 07552877219 Email: admin@anxietycare.org.uk	www.anxietycare.org.uk
Depression Alliance	They have information, support and self-help groups.	Call: 0845 123 2320 Email: ask@depressionalliance.org	www.depressionalliance.org
Emergence	They support people affected by personality disorders.		www.emergenceplus.org.uk
Ethnic Health Forum	They are working towards developing a social enterprise around health, social care, learning and education.	Call: 07367578640	www.ethnichealth.org.uk/
Harmless	They provide support for people who self-harm, and their friends and family.	Email: info@harmless.org.uk	www.harmless.org.uk
Hearing Voices Network	They support people who hear voices, and their friends and family.	Call: 0114 271 8210 Email: info@hearing-voices.org	www.hearing-voices.org

LGBT foundation	They provide a range of support services to lesbian, gay, bisexual and trans people.	Call: 0345 3 30 30 30 Email: info@lgbt.foundation	www.lgbt.foundation/how-we-can-help-you
Maytree	They are a respite for anyone who is feeling suicidal.	Call: 020 7263 7070 Email: maytree@maytree.org.uk	www.maytree.org.uk
Men Get Eating Disorders Too	They provide information and support for men with eating problems.		www.mengetedstoo.co.uk
Mindfulness Based Cognitive Therapy	They provide information about therapy, classes in mindfulness and training.		www.mbct.co.uk
NAPAC (National Association for People Abused in Childhood)	They provide support for survivors of childhood abuse.	Call: 0808 801 0331	www.napac.org.uk
National Self-harm Network (NHSN)	They are a survivor-led organisation supporting those who self-harm.	Call: 0800 622 6000	www.nshn.co.uk

OCD Action	They provide information and support for people with experience of OCD.	Call: 0845 390 6232 Email: support@ocdaction.org.uk	www.ocdaction.org.uk
Rethink Mental Illness	They provide information and support for people affected by severe mental illness.	Call: 0121 522 7007	www.rethink.org
SAD	They provide information on seasonal affective disorder and light therapy.	Email: sadlighting@gmail.com	www.sad.org.uk
Sane	They provide advice for those in a crisis, as well as practical information.	Call: 0300 304 7000	www.sane.org.uk
Self Help	They are a user-led mental health charity based in the North of England, they offer a range of support, services and opportunities for people living with mental health difficulties.	Address: Self Help, 1 ST Floor East, Oakland House, Talbot Road, Manchester, M16 0PQ Call: 0161 226 3871 Email: pws.manchester@selfhelpservices.org.uk	www.selfhelpservices.org.uk
The Counselling Directory	They have a list of registered counsellors.	Call: 0333 325 2500	www.counselling-directory.org.uk

Turning Point	They provide health and wellbeing services across England.		www.turning-point.co.uk/
Health and Wellbeing College	They have an innovative educational programme to improve wellbeing. Their recovery-focused courses can support people to recognise their potential and make the most of their talents and resources through self-management. The college is open for anyone aged 18 and over living in Heywood, Middleton or Rochdale; Bury; Oldham; Stockport; Tameside or Glossop.	Address: Main College Campus, 225 Old Street, Ashton-under-Lyne, OL6 7SR Call: 0161 716 2666	www.hwcollege.penninecare.nhs.uk/
Minds Matter	They help people with everyday issues that affect your mental wellbeing.	Address: Minds Matter, 216-218 Katherine Street, Ashton-under-Lyne, OL6 7AS Call: 0161 343 5748	www.thebiglifegroup.com/service/mindsmatter/
Tameside, Oldham, Glossop Mind	They are a mental health wellbeing centre that offers counselling and mental health support as well as welfare rights and housing support.	Address: 216-218 Katherine Street, Ashton-under-Lyne, OL6 7AS Call: 0161 330 9223 Email: office@togmind.org	www.togmind.org/

The Bureau Glossop	<p>They support people to stay physically and socially active, improve mental wellbeing and live independently for longer.</p>	<p>Address: The Bureau, Bank House, 22 Henry Street, Glossop, SK13 8BW</p> <p>Call: 01457 865722</p> <p>Email: info@the-bureau.org.uk</p>	<p>www.the-bureau.org.uk/</p>
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Employment Support Organisations

Organisation	About	Contact Information	Website
National Careers Service	They have a website that provides information, advice and guidance to help you make decisions on learning, training and work. They also offer a one to one session.	Call: 0800 100 900	www.nationalcareersservice.direct.gov.uk/
Skills for Employment	They provide free one to one support for people across Greater Manchester who have a barrier to employment or simply want support in improving their employability. They will support you with personalised skills training; support with CV and interview techniques; motivational and confidence building; work experience and finding sustainable employment.	Address: Lee House, 90 Great Bridgewater Street, Manchester, M1 5JW Call: 0161 2281111 Email: info@growth.co.uk	www.growthco.uk/about-us/skills-for-employment/
Smart Works	They help any women who is seeking to get into work, has a job interview and needs some support. In a two-hour appointment they will help you chose an outfit you can	Address: Smart Works Greater Manchester, 65-81 Petersgate, Stockport, SK1 1DS Call: 0161 974 0669	www.smartworks.org.uk/

	<p>keep with a stylist and provide one-to-one interview coaching.</p> <p>If the interview is successful, you can return and find more work clothing and accessories for your initial work wardrobe.</p> <p>They are based in Stockport, very close to train and bus stations and will cover travel costs for anyone using public transport.</p>	<p>Email: greatermanchester@smartworks.org.uk</p>	
Volition	<p>They have a ten-week programme on employability skills. On the programme you volunteer, attend job clubs, attend training courses and have mentoring. Once ready to move in to work they will recommend you to their employer partners who are offering jobs.</p>	<p>Call: 0161 833 2220</p> <p>Email: beapartofit@volitioncommunity.org</p>	<p>www.volitioncommunity.org/</p>
Working Families Helpline	<p>They offer free legal advice about rights and benefits for working parents and carers. They are open on Monday 3:00pm to 5:00pm, Tuesday 12:00pm to 2:00pm, and Thursday 12:00pm to 2:00pm.</p>	<p>Call: 0300 012 0312</p> <p>Email: advice@workingfamilies.org.uk</p>	<p>www.workingfamilies.org.uk/advice-information/free-parents-carers-helpline/</p>

Groundwork	<p>They have a 10-week programme called Roots to Wellbeing that supports people in taking their next step in their employment journey. The programme runs 2 days a week from 10:00am to 3:00pm. In the last two weeks of the course they cover mock interviews, CV building, and confidence building activities. They provide First Aid training, autism and dementia awareness training to provide you with Autism Friend and Dementia Friend status.</p>	<p>Call: 01942 821444 or 07842 702 181</p> <p>Text: WELLBEING free of charge to 80 800</p> <p>Email: clm@groundwork.org.uk</p>	<p>www.groundwork.org.uk/sites/clm</p>
The Digital Diamonds (Ashton Pioneer Homes)	<p>They work in partnership with Ashton Pioneer Homes to offer Tameside residents support with IT skills, CV support, job search and social media. You can drop in Monday to Friday 11:30am to 2:15pm.</p>	<p>Address: The Linda Fletcher Community Base, Ryecroft House, Ashton, OL7 0SA</p> <p>Call: 0161 343 81528</p> <p>Email: nicola.woods@ashtonpioneerhomes.co.uk</p>	<p>www.ashtonpioneerhomes.co.uk/pioneer-people/opportunities-get-involved/</p>

Trafford

Welfare Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	Provides advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Citizens Advice (Stockport, Oldham, Rochdale, Trafford)	They offer free, confidential advice on debt and money, benefits, work, consumer, family, housing, law and courts, immigration and health.	Address: 1 Waterside Plaza, Sale, Trafford, M33 7BS Call: 0300 330 9073	www.casort.org/
Welfare Rights Advice Line (Trafford Council)	They are a team of specialist welfare rights advisors provide an advice service on a whole range of benefits. Their advice line is open Monday to Thursday 9:30am to 12:30pm.	Call: 0161 912 2735	www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx

Housing Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Shelter	They help people with bad housing or homelessness through our advice, support and legal services.	Address: Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX Call: 0344 515 1640	www.england.shelter.org.uk/get_help/local_services/manchester
Citizens Advice (Stockport, Oldham, Rochdale, Trafford)	They offer free, confidential advice on debt and money, benefits, work, consumer, family, housing, law and courts, immigration and health.	Address: 1 Waterside Plaza, Sale, Trafford, M33 7BS Call: 0300 330 9073	www.casort.org/
Housing Options Service Trafford (HOST)	They provide housing and homelessness advice to all residents living within the borough of Trafford. You contact	Drop-in Address: Housing Options Service Trafford, Limelight Centre, 1 St Brides Way, Old Trafford, Manchester, M16 9NW	www.trafford.gov.uk/residents/contacts/secure/housing-options-service-trafford.aspx

	<p>them by phone, email, post or in person. Drop-ins are every Friday 1:00pm to 4:00pm.</p>	<p>Postal Address: Housing Options Service Trafford, Sale Waterside, Sale, M33 7ZF</p> <p>Call: 0161 793 3252</p> <p>Emergency Number: 0800 218 2000</p> <p>Email: host@salixhomes.co.uk</p>	
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Financial Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
The Money Advice Service	They are a free and impartial money service, set up the government, that provides UK wide help and information online.		www.moneyadvice.service.org.uk/en
Citizens Advice (Stockport, Oldham, Rochdale, Trafford)	They offer free, confidential advice on debt and money, benefits, work, consumer, family, housing, law and courts, immigration and health.	Address: 1 Waterside Plaza, Sale, Trafford, M33 7BS Call: 0300 330 9073	www.casort.org/

Carers Organisations

Organisation	About	Contact Information	Website
Autistic Society Greater Manchester Area (ASGMA)	They provide support for parents and carers through our Autism information and Family Support Project and direct support for people with autistic spectrum conditions.	Address: 1114 Chester Road, Stretford, M32 0HL Call: 0161 866 8483 Email: admin@asgma.org.uk	www.asgma.org.uk/
BASIC	They support parents and carers to find the best quality rehabilitation programmes.	Call: 0161 707 6441	www.basiccharity.org.uk/
Carers Direct	This is a website ran by the NHS containing information about services and support for people who need help with day-to-day life due to illness or disability.		www.nhs.uk/conditions/social-care-and-support-guide/
Carers UK	They are here to listen, to give expert information and advice and champion the rights of carers. Visit the website for support including details for employers in Greater Manchester about Employers for Carers membership..	Call: 0808 808 7777 Email: advice@carersuk.org	www.carersuk.org/

Greater Manchester Autism Consortium	They have useful links in a variety of areas for people with Autism.	Address: Empress Business Centre, 380 Chester Road, Old Trafford, Manchester, M16 9EA Call: 0161 998 4667	www.autismgm.org.uk/
Greater Manchester Neurological Alliance	They unite charities to improve the life for people in Greater Manchester with a neurological condition, and/or their carers. They run two Neuro Support Groups for service users and carers, Bury Rochdale & Oldham Neuro Support and the other is Neuro Support 4 Salford Manchester & Trafford.	Call: 0786 482 3803 Email: debtroops@icloud.com	www.gmna.co.uk/
Headway (Salford, Trafford, South Manchester, Stockport, Wigan)	They provide help and support for people affected by brain injury.	Call: 0115 924 0800 Email: enquiries@headway.org.uk	www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/north-west/
Motor Neurone Disease Association (MNDA)	They provide support to local people with MND, their families and carers.	Call: 07895 443876 Email: branchcontact@mndamanchester.org.uk	www.mndassociation.org/support-and-information/local-

			support/branches/manchester-and-district-branch/
MS Society	Whether you have MS, or care about someone who does, their community is here for you through the highs, lows and everything in between.	Call: 020 8438 0700	www.mssociety.org.uk/
N-compass Northwest	They offer a range of diverse and complementary services	Call: 03450 138 208 Email: admin@ncompassnorthwest.co.uk	www.n-compass.org.uk/
NHS Choices: Carers Direct	They provide information from the NHS on support available to carers.	Call: 0300 123 1053	www.nhs.uk/carersdirect
Parkinson's UK	They work to improve life for everyone affected by Parkinson's.	Call: 020 7931 8080 Helpline: 0808 800 0303	www.parkinsons.org.uk/
Spinal Injury Association (SIA)	They offer a pathway of support for a newly injured person from the time of injury and for the rest of their life. Their support is given by spinal cord injured people, all of whom can offer their lived experiences of spinal cord injury.	Call: 0800 980 0501 Email: sia@spinal.co.uk	www.spinal.co.uk/
Carers Trust Trafford	Their services include personal care, bathing or showering,	Address: 9 Marsland Road, Sale Moor, M33 3HP	

	emergency support and specialist care for children with complex or additional need.	Call: 0161 905 1986 Email: trafford@gmcarerstrust.org.uk	
Trafford Carers Centre	They support carers recognise their own needs, have their voices heard, help their physical and mental wellbeing and ensure they are fully understood, valued and supported in their caring role.	Address: Trafford Carers Centre, First Floor, 19B School Road, Sale, M33 7XX Call: 0161 848 2400	www.traffordcarerscentre.org.uk/
Trafford Parents Forum	They work to ensure that parents and carers have a voice about their child's education, health and social care but also provide advice and information.	Address: Trafford Parents Forum, Ground Floor, Oakland House, Talbot Road, Old Trafford, M16 0PQ Email: hello@traffordparentsforum.org Form: http://www.traffordparentsforum.org/contact-us/	www.traffordparentsforum.org/
Trafford SENDIASS	They provide independent information, advice and support to parents and carers of children and young people with special	Call: 0161 912 3150 Email: pypps@trafford.gov.uk	www.traffordpypps.co.uk/Parents-and-carers/Parents-and-carers.aspx

	educational needs and disabilities (SEND).		www.facebook.com/TraffordSENDIASS
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Mental Health and Wellbeing Support

Organisation	About	Contact Information	Website
Anxiety UK	Mental Health Helpline	Call: 03444 775 774	www.anxietyuk.org.uk
Bipolar UK	Mental Health Helpline	Call: 0333 323 3880	www.biopolaruk.org.uk
CALM (Men aged 15 to 35)	Mental Health Helpline	Call: 0800 58 58 58	www.thecalmzone.net/
No Panic	Mental Health Helpline	Call: 0844 967 4848	www.nopanic.org.uk/
OCD UK	Mental Health Helpline	Call: 0845 120 3778	www.ocduk.org/
Anorexia and Bulimia Care (ABC)	Mental Health Helpline	Call: 03000 11 12 13	www.anorexiabulimacare.org.uk
BEAT	Mental Health Helpline	Call: 0808 801 0677	www.beateatingdisorders.org.uk
Sleep Matters Insomnia Helpline	Mental Health Helpline	Call: 020 8994 9874	www.medicaladvisoryservice.org.uk
Able Futures	They provide mental health support for people in employment.	Call: 0800 321 3137	www.able-futures.co.uk
Addiction Dependency Solutions	They are the leading UK drug and alcohol charity operating throughout the North and the	Address: 135 – 141 Oldham Street, Manchester, M4 1LN	www.adsolutions.org.uk/

	Midlands, they take a proactive stance on client support and place importance on a whole-care approach.	Call: 0161 831 2400 Email: headoffice@adsolutions.org.uk	
Anxiety Care	They help people to recover from anxiety disorders.	Call: 07552877219 Email: admin@anxietycare.org.uk	www.anxietycare.org.uk
Depression Alliance	They have information, support and self-help groups.	Call: 0845 123 2320 Email: ask@depressionalliance.org	www.depressionalliance.org
Emergence	They support people affected by personality disorders.		www.emergenceplus.org.uk
Ethnic Health Forum	They are working towards developing a social enterprise around health, social care, learning and education.	Call: 07367578640	www.ethnichealth.org.uk/
Harmless	They provide support for people who self-harm, and their friends and family.	Email: info@harmless.org.uk	www.harmless.org.uk
Hearing Voices Network	They support people who hear voices, and their friends and family.	Call: 0114 271 8210 Email: info@hearing-voices.org	www.hearing-voices.org

LGBT foundation	They provide a range of support services to lesbian, gay, bisexual and trans people.	Call: 0345 3 30 30 30 Email: info@lgbt.foundation	www.lgbt.foundation/how-we-can-help-you
Maytree	They are a respite for anyone who is feeling suicidal.	Call: 020 7263 7070 Email: maytree@maytree.org.uk	www.maytree.org.uk
Men Get Eating Disorders Too	They provide information and support for men with eating problems.		www.mengetedstoo.co.uk
Mindfulness Based Cognitive Therapy	They provide information about therapy, classes in mindfulness and training.		www.mbct.co.uk
NAPAC (National Association for People Abused in Childhood)	They provide support for survivors of childhood abuse.	Call: 0808 801 0331	www.napac.org.uk
National Self-harm Network (NHSN)	They are a survivor-led organisation supporting those who self-harm.	Call: 0800 622 6000	www.nshn.co.uk

OCD Action	They provide information and support for people with experience of OCD.	Call: 0845 390 6232 Email: support@ocdaction.org.uk	www.ocdaction.org.uk
Rethink Mental Illness	They provide information and support for people affected by severe mental illness.	Call: 0121 522 7007	www.rethink.org
SAD	They provide information on seasonal affective disorder and light therapy.	Email: sadlighting@gmail.com	www.sad.org.uk
Sane	They provide advice for those in a crisis, as well as practical information.	Call: 0300 304 7000	www.sane.org.uk
Self Help	They are a user-led mental health charity based in the North of England, they offer a range of support, services and opportunities for people living with mental health difficulties.	Address: Self Help, 1 ST Floor East, Oakland House, Talbot Road, Manchester, M16 0PQ Call: 0161 226 3871 Email: pws.manchester@selfhelpservices.org.uk	www.selfhelpservices.org.uk
The Counselling Directory	They have a list of registered counsellors.	Call: 0333 325 2500	www.counselling-directory.org.uk

Turning Point	They provide health and wellbeing services across England.		www.turning-point.co.uk/
Broomwood Community Wellbeing Centre	They are a community wellbeing hub with support of Bluesci. They support people through the 5 ways of Wellbeing: Connect; Be Active; Take Notice; Give; and Learn. These 5 ways of Wellbeing are encouraged through the activities and services running at the Wellbeing Centre. They also provide emotional support through Bluesci Talking Therapies which offers a range of proven therapies. You can self-refer or be referred by a GP.	Address: Broomwood Community Wellbeing Centre, Mainwood Road, Timperley, WA15 7JU Call: 0161 912 2177 Email: appointments@bluesci.org.uk	www.broomwoodwellbeingcentre.org.uk/
Coppice Library and Wellbeing Centre	They are a community wellbeing hub with support of Bluesci. They support people through the 5 ways of Wellbeing: Connect; Be Active; Take Notice; Give; and Learn. These 5 ways of Wellbeing are encouraged through the activities and services running at the Wellbeing Centre. They also provide emotional support through	Address: Coppice Library and Wellbeing Centre, Coppice Avenue, Sale, M33 4ND Call: 0161 912 2177	www.coppicelibraryandwellbeing.org.uk/whats-on/

	Bluesci Talking Therapies which offers a range of proven therapies. You can self-refer or be referred by a GP.		
New Way Forward	Formerly Trafford Association for Mental Health and Trafford User's Group. They are a charity that supports people affected by mental ill health. There are drop in sessions 7 days a week and they run a variety of groups.	<p>Address: The Avenue Methodist Church, Wincham Road, Sale, M33 4PL</p> <p>Call: 0161 962 0487</p> <p>Email: info@newwayforwardtrafford.org</p>	<p>www.newwayforwardtrafford.org/index.php?page=links</p>

Employment Support Organisations

Organisation	About	Contact Information	Website
National Careers Service	They have a website that provides information, advice and guidance to help you make decisions on learning, training and work. They also offer a one to one session.	Call: 0800 100 900	www.nationalcareersservice.direct.gov.uk/
Skills for Employment	They provide free one to one support for people across Greater Manchester who have a barrier to employment or simply want support in improving their employability. They will support you with personalised skills training; support with CV and interview techniques; motivational and confidence building; work experience and finding sustainable employment.	Address: Lee House, 90 Great Bridgewater Street, Manchester, M1 5JW Call: 0161 2281111 Email: info@growth.co.uk	www.growthco.uk/about-us/skills-for-employment/
Smart Works	They help any women who is seeking to get into work, has a job interview and needs some support. In a two-hour appointment they will help you chose an outfit you can	Address: Smart Works Greater Manchester, 65-81 Petersgate, Stockport, SK1 1DS Call: 0161 974 0669	www.smartworks.org.uk/

	<p>keep with a stylist and provide one-to-one interview coaching.</p> <p>If the interview is successful, you can return and find more work clothing and accessories for your initial work wardrobe.</p> <p>They are based in Stockport, very close to train and bus stations and will cover travel costs for anyone using public transport.</p>	<p>Email: greatermanchester@smartworks.org.uk</p>	
Volition	<p>They have a ten-week programme on employability skills. On the programme you volunteer, attend job clubs, attend training courses and have mentoring. Once ready to move in to work they will recommend you to their employer partners who are offering jobs.</p>	<p>Call: 0161 833 2220</p> <p>Email: beapartofit@volitioncommunity.org</p>	<p>www.volitioncommunity.org/</p>
Working Families Helpline	<p>They offer free legal advice about rights and benefits for working parents and carers. They are open on Monday 3:00pm to 5:00pm, Tuesday 12:00pm to 2:00pm, and Thursday 12:00pm to 2:00pm.</p>	<p>Call: 0300 012 0312</p> <p>Email: advice@workingfamilies.org.uk</p>	<p>www.workingfamilies.org.uk/advice-information/free-parents-carers-helpline/</p>

Collaborative Women	They offer a range of workshops and courses relating to employment and skills for women living in Trafford.	Call: 07828 507372 or 07932 415635 Email: info@collaborativewomen.co.uk	www.collaborativewomen.co.uk/outreach-workshops/
Great Places Housing Group	They offer employment skills and support including help with CV and interview practice to anyone living in Trafford.	Address: Great Places Housing Group, 2a Derwent Avenue, Manchester, M21 7QP Number: 0300 123 1966 Email: CAT@greatplaces.org.uk	www.greatplaces.org.uk/help-and-advice/employment-and-skills-support

Wigan

Welfare Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	Provides advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Citizens Advice Wigan Borough	They offer advice and information on issues including benefits and welfare rights; consumer issues; employment and housing rights; legal issues; money and debt.	Address: Wigan Life Centre, The Wiend, Wigan, WN1 1NH Call: 0300 3309 077 Email: advice@cawb.org.uk	www.cawb.org.uk/
	They offer free, confidential advice and support, help with completing claim forms and guidance and support when making appeals. Wigan Council	Monday (9:00am to 12:00pm) Address: Sunshine House, Wellington Street, Wigan, WN1 3SA	www.wigan.gov.uk/Resident/Benefit-Grants/Welfare-Reform/Local-Welfare-Support.aspx

<p>Welfare Rights Advice and Guidance (Wigan Council)</p>	<p>have six outreach surgeries that are open various hours.</p>	<p>Or</p> <p>Tuesday (9:00am to 11:00am): Atherton Library, York Street, Atherton, Manchester, M46 9JH</p> <p>Or</p> <p>Tuesday (9:00am to 11:00am): Ashton in Makerfield Library, Wigan Road, Ashton-in-Makerfield, Wigan, WN4 9BH</p> <p>Or</p> <p>Thursday (9:00am to 12:00pm): Wigan & Leigh Pensioners Link, 27 Charles Street, Leigh, WN7 1DB</p> <p>Or</p> <p>Thursday (1:00pm to 4:00pm) Marsh Green Library, Harrow Road, Wigan, WN5 0QL</p> <p>Or</p> <p>Friday (2:00pm to 4:00pm): Golborne Library, Tanners Lane, Golbourne, Warrington, WA3 3AW</p> <p>Call: 01942 705221</p>	
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Wigan Borough Age UK	<p>They provide information and advice sessions on benefits and offer practical assistance such as completing forms and writing letters for people aged 50 and over, their relatives, friends and carers.</p>	<p>Address: Pennyhurst Mill, Haig Street, Wigan, WN3 4AZ</p> <p>Call: 0800 434 6105</p>	<p>www.ageuk.org.uk/wiganborough/our-services/information-and-advice/</p>
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Housing Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
Shelter	They help people with bad housing or homelessness through our advice, support and legal services.	Address: Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX Call: 0344 515 1640	www.england.shelter.org.uk/get_help/local_services/manchester
Citizens Advice Wigan Borough	They offer advice and information on issues including benefits and welfare rights; consumer issues; employment and housing rights; legal issues; money and debt.	Address: Wigan Life Centre, The Wiend, Wigan, WN1 1NH Call: 0300 3309 077 Email: advice@cawb.org.uk	www.cawb.org.uk/
Compassion in Action	They meet the needs of people in crisis with provision of	Address: 9 & 17 Oaklands Road, Lowton, Nr. Warrington, WA3 2LA	www.compassioninaction.info/

	furniture, food and clothes, accommodation, skills training, education and advocacy.	Call: 01942 26 2636 Email: enquiries@compassioninaction.info	
Housing Support (Wigan Council)	They can arrange support services for individuals and families that at risk of becoming homeless or have other difficulties related to accommodation. They have self-referral form or a form to refer someone else.		www.wigan.gov.uk/Resident/Housing/Council-homes/Your-tenancy/Support-services/Housing-support.aspx

Financial Support

Organisation	About	Contact Information	Website
Greater Manchester Law Centre	They provide advice on welfare benefits and housing.	Address: 159 Princess Road, Moss Side, Manchester, M14 4RE Call: 0161 769 2244 Email: reception@gmlaw.org.uk	www.gmlaw.org.uk/
The Money Advice Service	They are a free and impartial money service, set up the government, that provides UK wide help and information online.		www.moneyadvice.service.org.uk/en
Citizens Advice Wigan Borough	They offer advice and information on issues including benefits and welfare rights; consumer issues; employment and housing rights; legal issues; money and debt.	Address: Wigan Life Centre, The Wiend, Wigan, WN1 1NH Call: 0300 3309 077 Email: advice@cawb.org.uk	www.cawb.org.uk/
Lifeline Debt Advice Wigan	They provide free and confidential money advice.	Address: 20 Upper George Street, Tyldesley, Wigan, M29 8HQ Call: 07748 847312	www.communitymoneyadvice.com/centre/lifeline-debt-advice-wigan

		Email: elimpaul@blueyonder.co.uk	
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Carers Organisations

Organisation	About	Contact Information	Website
Autistic Society Greater Manchester Area (ASGMA)	They provide support for parents and carers through our Autism information and Family Support Project and direct support for people with autistic spectrum conditions.	Address: 1114 Chester Road, Stretford, M32 0HL Call: 0161 866 8483 Email: admin@asgma.org.uk	www.asgma.org.uk/
BASIC	They support parents and carers to find the best quality rehabilitation programmes.	Call: 0161 707 6441	www.basiccharity.org.uk/
Carers Direct	This is a website ran by the NHS containing information about services and support for people who need help with day-to-day life due to illness or disability.		www.nhs.uk/conditions/social-care-and-support-guide/
Carers UK	They are here to listen, to give expert information and advice and champion the rights of carers. Visit the website for support including details for employers in Greater Manchester about Employers for Carers membership..	Call: 0808 808 7777 Email: advice@carersuk.org	www.carersuk.org/

Greater Manchester Autism Consortium	They have useful links in a variety of areas for people with Autism.	Address: Empress Business Centre, 380 Chester Road, Old Trafford, Manchester, M16 9EA Call: 0161 998 4667	www.autismgm.org.uk/
Greater Manchester Neurological Alliance	They unite charities to improve the life for people in Greater Manchester with a neurological condition, and/or their carers. They run two Neuro Support Groups for service users and carers, Bury Rochdale & Oldham Neuro Support and the other is Neuro Support 4 Salford Manchester & Trafford.	Call: 0786 482 3803 Email: debtroops@icloud.com	www.gmna.co.uk/
Headway (Salford, Trafford, South Manchester, Stockport, Wigan)	They provide help and support for people affected by brain injury.	Call: 0115 924 0800 Email: enquiries@headway.org.uk	www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/north-west/
Motor Neurone Disease Association (MNDA)	They provide support to local people with MND, their families and carers.	Call: 07895 443876 Email: branchcontact@mndamanchester.org.uk	www.mndassociation.org/support-and-information/local-

			support/branches/manchester-and-district-branch/
MS Society	Whether you have MS, or care about someone who does, their community is here for you through the highs, lows and everything in between.	Call: 020 8438 0700	www.mssociety.org.uk/
N-compass Northwest	They offer a range of diverse and complementary services	Call: 03450 138 208 Email: admin@ncompassnorthwest.co.uk	www.n-compass.org.uk/
NHS Choices: Carers Direct	They provide information from the NHS on support available to carers.	Call: 0300 123 1053	www.nhs.uk/carersdirect
Parkinson's UK	They work to improve life for everyone affected by Parkinson's.	Call: 020 7931 8080 Helpline: 0808 800 0303	www.parkinsons.org.uk/
Spinal Injury Association (SIA)	They offer a pathway of support for a newly injured person from the time of injury and for the rest of their life. Their support is given by spinal cord injured people, all of whom can offer their lived experiences of spinal cord injury.	Call: 0800 980 0501 Email: sia@spinal.co.uk	www.spinal.co.uk/
Think Ahead Stroke	They are a charity that provides advice and support to improve the	Address: Ashland House, Manchester Road, Ince, Wigan, WN2 2DX	www.think-ahead.org.uk/

	quality of life for stroke survivors and carers.	Call: 01942 824 888 Email: info@think-ahead.org.uk	
Wigan and Leigh Carers Centre	They support carers who look after a family member or friend with an illness or disability.	Address: 3-5 Frederick Street, Hindley, Wigan, WN2 3BD Call: 01942 705959 Email: info@wlcccarers.com	www.wlcccarers.com/
Wigan Parent Carer Forum	They focus on offering opportunities for parents and carers, from workshops to social activities as well as helping parents and carers of children and young people with SEND being actively involved at various levels in the local area.	Call: 07719330602 Email: participation@wiganpcf.org.uk	www.wiganpcf.org.uk/ www.facebook.com/wiganparentforum/

Mental Health and Wellbeing Support

Organisation	About	Contact Information	Website
Anxiety UK	Mental Health Helpline	Call: 03444 775 774	www.anxietyuk.org.uk
Bipolar UK	Mental Health Helpline	Call: 0333 323 3880	www.biopolaruk.org.uk
CALM (Men aged 15 to 35)	Mental Health Helpline	Call: 0800 58 58 58	www.thecalmzone.net/
No Panic	Mental Health Helpline	Call: 0844 967 4848	www.nopanic.org.uk/
OCD UK	Mental Health Helpline	Call: 0845 120 3778	www.ocduk.org/
Anorexia and Bulimia Care (ABC)	Mental Health Helpline	Call: 03000 11 12 13	www.anorexiabulimacare.org.uk
BEAT	Mental Health Helpline	Call: 0808 801 0677	www.beateatingdisorders.org.uk
Sleep Matters Insomnia Helpline	Mental Health Helpline	Call: 020 8994 9874	www.medicaladvisoryservice.org.uk
Able Futures	They provide mental health support for people in employment.	Call: 0800 321 3137	www.able-futures.co.uk
Addiction Dependency Solutions	They are the leading UK drug and alcohol charity operating throughout the North and the	Address: 135 – 141 Oldham Street, Manchester, M4 1LN	www.adsolutions.org.uk/

	Midlands, they take a proactive stance on client support and place importance on a whole-care approach.	Call: 0161 831 2400 Email: headoffice@adsolutions.org.uk	
Anxiety Care	They help people to recover from anxiety disorders.	Call: 07552877219 Email: admin@anxietycare.org.uk	www.anxietycare.org.uk
Depression Alliance	They have information, support and self-help groups.	Call: 0845 123 2320 Email: ask@depressionalliance.org	www.depressionalliance.org
Emergence	They support people affected by personality disorders.		www.emergenceplus.org.uk
Ethnic Health Forum	They are working towards developing a social enterprise around health, social care, learning and education.	Call: 07367578640	www.ethnichealth.org.uk/
Harmless	They provide support for people who self-harm, and their friends and family.	Email: info@harmless.org.uk	www.harmless.org.uk
Hearing Voices Network	They support people who hear voices, and their friends and family.	Call: 0114 271 8210 Email: info@hearing-voices.org	www.hearing-voices.org

LGBT foundation	They provide a range of support services to lesbian, gay, bisexual and trans people.	Call: 0345 3 30 30 30 Email: info@lgbt.foundation	www.lgbt.foundation/how-we-can-help-you
Maytree	They are a respite for anyone who is feeling suicidal.	Call: 020 7263 7070 Email: maytree@maytree.org.uk	www.maytree.org.uk
Men Get Eating Disorders Too	They provide information and support for men with eating problems.		www.mengetedstoo.co.uk
Mindfulness Based Cognitive Therapy	They provide information about therapy, classes in mindfulness and training.		www.mbct.co.uk
NAPAC (National Association for People Abused in Childhood)	They provide support for survivors of childhood abuse.	Call: 0808 801 0331	www.napac.org.uk
National Self-harm Network (NHSN)	They are a survivor-led organisation supporting those who self-harm.	Call: 0800 622 6000	www.nshn.co.uk

sOCD Action	They provide information and support for people with experience of OCD.	Call: 0845 390 6232 Email: support@ocdaction.org.uk	www.ocdaction.org.uk
Rethink Mental Illness	They provide information and support for people affected by severe mental illness.	Call: 0121 522 7007	www.rethink.org
SAD	They provide information on seasonal affective disorder and light therapy.	Email: sadlighting@gmail.com	www.sad.org.uk
Sane	They provide advice for those in a crisis, as well as practical information.	Call: 0300 304 7000	www.sane.org.uk
Self Help	They are a user-led mental health charity based in the North of England, they offer a range of support, services and opportunities for people living with mental health difficulties.	Address: Self Help, 1 ST Floor East, Oakland House, Talbot Road, Manchester, M16 0PQ Call: 0161 226 3871 Email: pws.manchester@selfhelpservices.org.uk	www.selfhelpservices.org.uk
The Counselling Directory	They have a list of registered counsellors.	Call: 0333 325 2500	www.counselling-directory.org.uk

Turning Point	They provide health and wellbeing services across England.		www.turning-point.co.uk/
Community Book	A website with information about a range of events, volunteering opportunities and local groups in Wigan and Leigh.		www.communitybook.org/
Healthy Routes	They provide free, friendly, confidential and practical personal support and motivation tailored to your specific needs to improve your health and wellbeing. You can drop in or you call or visit their website to make an appointment.	<p>Address: 8-10 Crompton Street, Wigan, WN1 1YP</p> <p>Or</p> <p>65 Bradshawgate, Leigh, WN7 4NB</p> <p>Call: 01942 489012</p> <p>Text (network rates apply): Hub to 61825</p>	www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx

Employment Support Organisations

Organisation	About	Contact Information	Website
National Careers Service	They have a website that provides information, advice and guidance to help you make decisions on learning, training and work. They also offer a one to one session.	Call: 0800 100 900	www.nationalcareersservice.direct.gov.uk/
Skills for Employment	They provide free one to one support for people across Greater Manchester who have a barrier to employment or simply want support in improving their employability. They will support you with personalised skills training; support with CV and interview techniques; motivational and confidence building; work experience and finding sustainable employment.	Address: Lee House, 90 Great Bridgewater Street, Manchester, M1 5JW Call: 0161 2281111 Email: info@growth.co.uk	www.growthco.uk/about-us/skills-for-employment/
Smart Works	They help any women who is seeking to get into work, has a job interview and needs some support. In a two-hour appointment they will help you chose an outfit you can	Address: Smart Works Greater Manchester, 65-81 Petersgate, Stockport, SK1 1DS Call: 0161 974 0669	www.smartworks.org.uk/

	<p>keep with a stylist and provide one-to-one interview coaching.</p> <p>If the interview is successful, you can return and find more work clothing and accessories for your initial work wardrobe.</p> <p>They are based in Stockport, very close to train and bus stations and will cover travel costs for anyone using public transport.</p>	<p>Email: greatermanchester@smartworks.org.uk</p>	
Volition	<p>They have a ten-week programme on employability skills. On the programme you volunteer, attend job clubs, attend training courses and have mentoring. Once ready to move in to work they will recommend you to their employer partners who are offering jobs.</p>	<p>Call: 0161 833 2220</p> <p>Email: beapartofit@volitioncommunity.org</p>	<p>www.volitioncommunity.org/</p>
Working Families Helpline	<p>They offer free legal advice about rights and benefits for working parents and carers. They are open on Monday 3:00pm to 5:00pm, Tuesday 12:00pm to 2:00pm, and Thursday 12:00pm to 2:00pm.</p>	<p>Call: 0300 012 0312</p> <p>Email: advice@workingfamilies.org.uk</p>	<p>www.workingfamilies.org.uk/advice-information/free-parents-carers-helpline/</p>

Groundwork	<p>They have a 10-week programme called Roots to Wellbeing that supports people in taking their next step in their employment journey. The programme is runs two days a week from 10:00am to 3:00pm. In the last two weeks of the course they cover mock interviews, CV building, and confidence building activities. They provide First Aid training, autism and dementia awareness training to provide you with Autism Friend and Dementia Friend status.</p>	<p>Address: 74-80 Hallgate, Wigan, WN1 1HP</p> <p>Call: 01942 821444 or 07842 702 181</p> <p>Text: WELLBEING free of charge to 80 800</p> <p>Email: clm@groundwork.org.uk</p>	<p>www.groundwork.org.uk/sites/clm</p>
Groundwork	<p>They have a programme that offers one to one support with health and wellbeing; skills; CV; job searching; applying for jobs; confidence; and volunteer opportunities.</p>	<p>Address: 74-80 Hallgate, Wigan, WN1 1HP</p> <p>Call: Viv Horrocks on 01942 821 44 or 07592 774 164</p> <p>Email: Vivienne.Horrocks@groundwork.org.uk</p>	<p>www.groundwork.org.uk/sites/clm</p>

Council Directories

Bolton

[My Life in Bolton](#)

Bury

[The Bury Directory](#)

Manchester

[Help and Support Manchester](#)

Oldham

[Health and Social Care Directory](#)

Rochdale

[Our Rochdale](#)

Salford

[Mycity](#)

Stockport

[Stockport Local](#)

Tameside

[Tameside Service Information Directory \(SID\)](#)

Trafford

[Trafford Directory](#)

Wigan

[Family Directory](#)