

GREATER MANCHESTER

MONTH OF HOPE

Resource Pack

The Month of Hope runs from World Suicide Prevention Day on 10th September until World Mental Health Day on 10th October.

Now in its third year, Month of Hope is about promoting and raising awareness of suicide prevention, encouraging people to have open conversations and share hopeful messages.



SHINING A LIGHT ON
SUICIDE

NATIONAL RESOURCES FOR ADULTS AND FAMILIES

SAMARITANS

A free, non-judgemental listening service available 24/7
116 123
www.samaritans.org

CAMPAIGN
AGAINST
LIVING
MISERABLY

Helpline and web chat both available from 5pm - midnight
0800 58 58 58
www.thecalmzone.net/help/get-help

« HARMLESS

Self-harm and suicide prevention support services for people at risk and their families
www.harmless.org.uk

if u
care
share

Support for families affected by suicide
0191 387 5661
www.ifucareshare.co.uk

maytree

Suicide support including residential, befriending calls and outreach (accept people countrywide)
www.maytree.org.uk

SOS

Reducing stigma surrounding suicide for children & adults 8am - midnight
0300 1020 505
www.sossilenceofsuicide.org

SURVIVORS OF
BEREAVEMENT
BY SUICIDE

For those who have been bereaved by suicide, open 9am - 9pm
0300 111 5065
www.uksobs.org

NATIONAL RESOURCES FOR YOUNG PEOPLE



Under 35's. Support personal safety plans. Resources for professionals
0800 068 4141 pat@papyrus-uk.org
www.papyrus-uk.org



Faith and culturally sensitive support by phone, email, live chat or Whatsapp
www.myh.org.uk



Support for young people, parents and those working with young people. Text service 85258
www.youngminds.org.uk



Support and advice available online, on the phone, anytime
0800 1111
www.childline.org.uk



Help for anyone worried about a young person. Free online weekly mental health support sessions
www.theolliefoundation.org



FREE TRAINING

Suicide Prevention Training is aimed at everyone, not just mental health professionals. This free online training course which will help you to:

- identify when someone is experiencing suicidal feelings
- speak out in a supportive manner
- signpost to the correct services / support

Suicide Prevention Training from Zero Suicide Alliance
www.shiningalightonsuicide.org.uk/learn-to-save-a-life

LOCAL RESOURCES

Greater Manchester



A resource with links to national and local services, safety planning, online training and more.
www.shiningalightonsuicide.org.uk



Service for anyone in Greater Manchester that's been affected by a death. Office hours 0161 983 0902
www.greater-manchester-bereavement-service.org.uk



Affiliated with most Jewish communal organisations in Manchester. Mental health support. 07510204844
www.jamh.org.uk

Stockport



Peer support for people who have survived a suicide attempt. Online contact form or 07706 115 471
www.manaboutadog.org



Open Door provides immediate crisis management and emotional support. Varied hours 0161 549 9717
www.makingspace.co.uk/open-door

Salford



Irlam based. Suicide Support Groups and a 'Lads Den' for men to talk
www.facebook.com/JamieHorrocksTrust

Manchester



Offer both crisis support and support for mental and emotional health. Online contact form
www.turning-point.co.uk
