

**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](http://www.samaritans.org)



Self-harm and suicide prevention support services for people at risk and their families  
[www.harmless.org.uk](http://www.harmless.org.uk)



Suicide support including residential, befriending calls and outreach (accept people countrywide)  
[www.maytree.org.uk](http://www.maytree.org.uk)



For those who have been bereaved by suicide, open 9am - 9pm  
0300 111 5065  
[www.eksobs.org](http://www.eksobs.org)



Helpline and web chat both available from 5pm - midnight  
0800 58 58 58  
[www.thecalmzone.net/help/get-help](http://www.thecalmzone.net/help/get-help)



Support for families affected by suicide  
0191 387 5661  
[www.ifucareshare.co.uk](http://www.ifucareshare.co.uk)



Reducing stigma surrounding suicide for children & adults Mon to Fri 8pm - 12am Sat and Sun 4pm - 12am  
0808 115 1505  
[www.silenceofsuicidesos.org.uk](http://www.silenceofsuicidesos.org.uk)

## NATIONAL RESOURCES FOR YOUNG PEOPLE



PAPYRUS  
PREVENTION OF YOUTH SUICIDE

Under 35's. Support personal safety plans. Resources for professionals  
0800 068 4141 [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
[www.papyrus-uk.org](http://www.papyrus-uk.org)



Support for young people, parents and those working with young people. Text service 85258  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



Help for anyone worried about a young person. Free online weekly mental health support sessions  
[www.theolliefoundation.org](http://www.theolliefoundation.org)



myh  
muslim YOUTH helpline

Faith and culturally sensitive support by phone, email, live chat or Whatsapp  
[www.myh.org.uk](http://www.myh.org.uk)



Support and advice available online, on the phone, anytime  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)



Suicide Prevention Training from Zero Suicide Alliance  
[www.shiningalightonsuicide.org.uk/learn-to-save-a-life](http://www.shiningalightonsuicide.org.uk/learn-to-save-a-life)

## 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

## LOCAL RESOURCES

Greater Manchester



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

[www.shiningalightsuicide.org.uk](http://www.shiningalightsuicide.org.uk)



Affiliated with most Jewish communal organisations in Manchester. Mental health support. 07510 204844

[www.jamh.org.uk](http://www.jamh.org.uk)

Stockport



Open Door provides immediate crisis management and emotional support. Varied hours 0161 549 9717

[www.makingspace.co.uk/open-door](http://www.makingspace.co.uk/open-door)

Salford



Irlam based. Suicide Support Groups and a 'Lads Den' for men to talk.

[www.jamiehorrockstrust.co.uk](http://www.jamiehorrockstrust.co.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](http://www.greater-manchester-bereavement-service.org.uk)



Free to attend Men's peer-to-peer support groups across the United Kingdom and online.

[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

Manchester



Offer both crisis support and support for mental and emotional health. Online contact form

[www.turning-point.co.uk](http://www.turning-point.co.uk)