

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



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



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



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



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



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



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. 07510 204844

www.jamh.org.uk



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

www.andysmanclub.co.uk

Stockport



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.jamiehorrockstrust.co.uk

Manchester



Offer both crisis support and support for mental and emotional health.

Online contact form

www.turning-point.co.uk