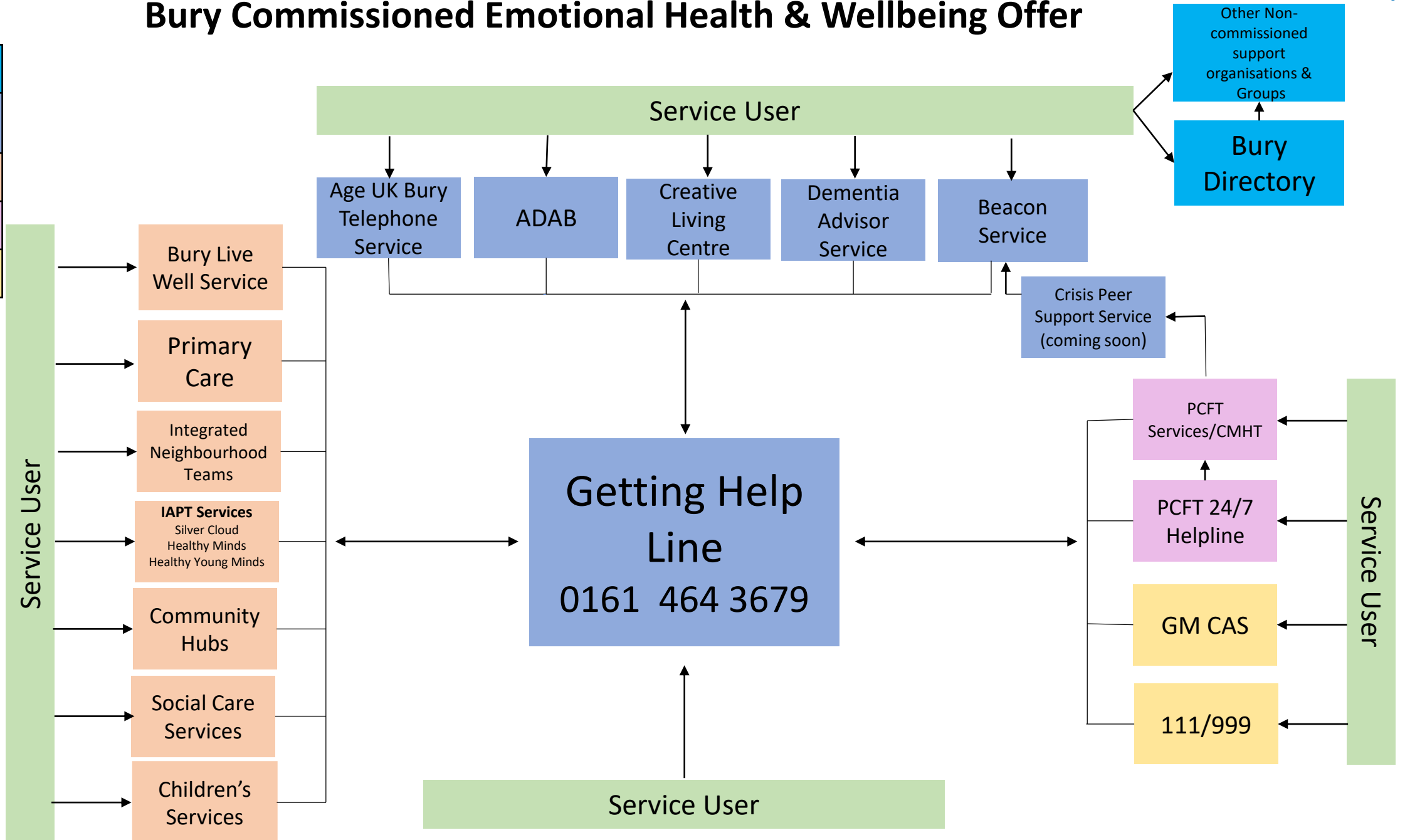


Bury Commissioned Emotional Health & Wellbeing Offer

Self Help	
Commissioned Voluntary Sector	
Community Services	
Secondary Care Services	
National/ GM Services	



Service Information

Getting Help Line	Telephone support for those who need non-urgent, non-clinical advice and support for their mental health and wellbeing.	All age Self referral (from 17 August 20) GP or health professional	Tel: 0161 464 3679 gettinghelpline@earlybreak.co.uk
ADAB	Support for people from black, Asian and minority ethnic communities including new and emerging, refugees and asylum seekers, to help build their confidence and independence to become more active in the community and access services	All age Self referral	Tel: 0161 764 6749
Age UK Bury	The Keeping in Touch telephone service offers older people in Bury a regular friendly phone call from one of the Age UK Bury volunteers	50+ Self referral	Tel: 0161 763 9030 Monday to Friday, 10am to 2pm or email: admin@ageukbury.org.uk
Beacon Service	Social prescribing service which helps people to improve their health, wellbeing and social welfare by connecting them to community services	18+ Self referral	0161 518 5555 sps@buryvcfa.org.uk
Creative Living	Creative Living a wide range of courses, groups and 1:1 support which enables each person to be actively involved in improving their own well-being	18+ Self referral	0161 696 7501 admin@creativelivingcentre.org.uk
Dementia Advice Service	Support to help people, carers and their families to come to terms with a dementia diagnosis, and to navigate the care and support that is available.	People with a diagnosis of dementia, their families and carers Self referral or GP	Tel: 0161 763 9907
Bury Live Well Service	Support to help people live healthy and active lifestyles	All age Self referral or GP/health professional https://www.bury.gov.uk/index.aspx?articleid=14878	Tel: 0161 253 7575 Monday to Friday, 9am – 5pm Tel: 07583 003378 or 07811 428395 Livewell@bury.gcsx.gov.uk
Community Hubs	Community support and delivery of food and medical supplies	All age Self referral	Tel: 0161 253 5353 (7 days, 9am to 5pm). Greater Manchester Textphone: 07860 022876
Healthy Minds	Support and treatment for people experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of low self worth or panic attacks. Support can also be provided to help people cope with the effects of a long-term health problem or chronic pain, post natal depression, obsessive compulsive disorder, phobias, eating difficulties and post traumatic stress reactions	16+ Self referral	Tel: 0161 253 5258 https://www.penninecare.nhs.uk/healthy-minds-bury
Healthy Young Minds	Support and treatment for children and young people experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of low self worth or panic attacks	Up to age 16 GP referral	Tel: 01617161100
Silver Cloud	Online mental health self-help program for people suffering from depression, anxiety and stress	16+ Self referral	Tel: 0161 253 5258 Online at https://www.penninecare.nhs.uk/silver-cloud
Pennine Care Helpline	Mental health helpline to support anybody who uses Pennine Care services and their carers	All age Self referral	Tel: 0800 014 9995 24/7

Getting Help Line provided by Early Break

This new service has been providing valuable mental health and wellbeing support to Bury people. Experienced call handlers are offering support through advice, guidance, providing coping and thriving toolkits and signposting to services, for both adults and children.

What do we do?

Previously known as the Voluntary Sector Mental Health Support Service, and referred to as Bury vSPA, the service provides a free telephone service for residents of all ages in Bury who are experiencing difficulties with their emotional wellbeing.

What do we offer?

The service provides non-clinical, non-urgent support for individuals who are experiencing low level emotional health and wellbeing difficulties;

- Help to access services, or understand how to access services
- Help with low mood, worrying thoughts or a bereavement
- Help with loneliness - help to meet people or to get out and about
- Help to find local social activities e.g. lunch clubs/friendship groups
- Help to find support groups- anxiety, health, mindfulness, physical activity etc
- Access to online tool kits and resources



Who can refer into the service?

Currently the service is accepting referrals from health and social care professionals, however from the 17 August 2020 self referrals from the general public will be accepted.

How do you get in touch or make a referral?

The service is available Monday to Saturday 9am to 5pm. Call us on 0161 464 3679 or email us at: gettinghelpline@earlybreak.co.uk to request a referral form.

Who have we helped so far?

Referrals	Main referral sources	Gender split of those supported	Main age of those supported	Main issues discussed	Main multiple issues discussed	Main actions taken	Onward referrals
34 referrals received in June	General Practice and Community Hubs	Male 12 Female 22	25 -35 and 45+	Anxiety & low mood	Depression, low mood & anxiety & Low mood and stress	Signposted to other services or sent self-help resources	6 people were referred on to other health services