

For those wanting to access mental health support organisations over the festive period please see below some useful links and contact numbers for those services who can offer this.

More information can also be found on the Bury Directory

<https://theburydirectory.co.uk/>

Getting helpline - As well as providing front line services for children and young people, we provide a free telephone service for residents of all ages in Bury who are experiencing difficulties with their emotional wellbeing

01614643679

Bury Access Team - We act as the single point of access for all referrals into mental health services.

0161 716 1080

Samaritans - Provides confidential emotional support for people who are distressed and despairing, including those experiencing suicidal feelings

0161 762 5390 (business line) and leave a message if necessary