

## The ARC may be closed, but our hearts are not.

During this time, it is important to speak to people.

### Let's stay connected.

You may be struggling with feelings of loneliness and feeling isolated during this time. Please give us a ring for chat if you are feeling lonely or isolated and you would like someone to talk to. We would be happy to speak to you and offer you a listening ear. We can give you a call back if you just let us know. Please also share with anybody that requires a chat and check in. We have attached other numbers which may support with mental health.

### We want to stay connected to you and go live on 6th April!

#### Available Times

**Monday-Friday, 10am-12pm , 1pm-3pm**

**Terry: 07809761632**

**Tina: 07813312606**

**Mutual aid support** is available at The Arc via zoom meetings on <https://us04web.zoom.us/j/8576534105> at the following times;  
**Monday 6.30-8pm , Thursday 6.30-8pm & Saturday 1-3pm.**



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ourselves and our organisation



Our wellbeing as individuals  
and teams

## Support lines



Greater Manchester  
Mental Health  
NHS Foundation Trust

If your mental health is suffering , **GMMH offer a 24-7 line on 01204 483**

**071**

**SAMARITANS**

**Samaritans 24hours 116 123**



Male Victims of Domestic Abuse-For Confidential Help,  
**Please call 01823 334244**



Monday - Friday, 10am - 2pm for their Food Club and crisis support. Call **0161 850 2282** or email **information@mustardtree.org.uk** with any queries



Lifeshare offer virtual support, advice and guidance to vulnerable people. Please call **0161 235 0744**



Free 24 hour National Domestic Violence Helpline (for female and children) **0808 2000 247**



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**Change  
Grow  
Live**

**Advice around scripts or any drug or alcohol related queries**  
CGL Carnarvon Street( North/Central Manchester)-**0161 214 0770**  
CGL-Bradnor Point (South Manchester)-**0161 9458772**

**EMERGINGFUTURES**

**Mark: 07771508485**

(Links for EF Zoom meeting can be sent out to EF and CGL clients following telephone contact with Mark).



Helpline:

[0808 800 5005](tel:08088005005)

**Campaign Against Living Miserably (CALM) – for men**

**Call 0800 58 58 58** – 5pm to midnight every day

**Papyrus – for people under 35**

**Call 0800 068 41 41** – Monday to Friday 9am to 10pm, weekends and bank holidays 2pm to 10pm

**Text 07860 039967, Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)**

**Childline – for children and young people under 19**

**Call 0800 1111** – the number will not show up on your phone bill

**SANE(Mental health charity) 0300 304 7000 from 4.30pm to 10.30pm every day.**

**Switchboard** is for LGBT+ people **Call 0300 330 0630 from 10am to 10pm every day**, or you can also use their online chat service or email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt). All phone operators identify as LGBT+



**SHOUT – 24/7 text service Manchester. If you're experiencing a personal crisis, are unable to cope and need support, text SHOUT to 85258.**

### **Advice about Coronavirus**

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the [111 coronavirus service](#).

### **If you need help or advice not related to coronavirus:**

- for health information and advice, use the [NHS website](#) or your GP surgery website
- for urgent medical help, use the [NHS 111 online service](#) – only call 111 if you're unable to get help online
- If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.

**Important: For life threatening emergencies, call 999 for an ambulance or ask someone else to call 999.**



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