**USEFUL SELF HELP INFORMATION AVAILABLE VIA No 93 WELLBEING CENTRE**

(Next to Conran Medical Centre, 93 Church Lane, Harpurhey, M9 5BG)

**No 93 Wellbeing Centre – Telephone No – 0161 271 0908**

**Some Services might not be relevant for you, but it is worth knowing about them anyhow**

**DROP IN SUPPORTIVE SERVICES AT No 93**

Some Services are drop in, some you might be best checking in case an appointment is needed (if support discussions could take a while (Re. Debts, Housing Advice, etc)

**CANCER SUPPORT GROUP**,

**Mondays** - 12 - 2pm

**BENEFITS & HOUSING ADVICE**,

**Tuesdays** - 10am - 12

**GATEWAY DEBT & ADVICE**,

**Tuesdays** - 9am - 12

**ALCOHOL PEER SUPPORT GROUP**

**Wednesday & Friday** - 10am - 12:30

**BEREAVEMENT GROUP**

(Wendy - 07482543189)

**Every other Wednesday**  - 11am - 1pm

**SELF HELP DEPRESSION / ANXIETY GROUP**

**Thursdays -** 1pm - 3pm

pws.manchester@self-helpservices.org.uk

0161 226 3871

**HEARING VOICES GROUP**

**Fridays** - 1:30pm - 3:30pm

(Contact No 93 - 0161 271 0908)

**CRISIS CAFÉ (for Emotional/MH Support Late Evenings & Weekends)**

**Weekdays** - 8pm - 1am

**Weekends** - 3pm - 1am

**0161 271 0339** or **07778012838**

**BELOW IS OTHER USEFUL SUPPORT SERVICES THAT MIGHT HELP YOU :-**

**MANCHESTER PSYCHOLOGICAL THERAPIES (Self-Help)**

0161 226 3871

**MENTAL HEALTH CRISIS** (24h Free No)

0800 953 0285

**Or**

0161 238 5149

**PAPYRUS (Suicide Prevention for Under 35s)**

0800 068 4141

**Or**

**Google** them for online support if you're uncomfortable speaking about your feelings or are not sure how you feel

**DO NOT SUFFER OR STRUGGLE ALONE – HELP IS ALWAYS THERE FOR YOU**