

Helpful Information

NSPCC is a major UK charity specialising in child protection and the prevention of cruelty to children. The NSPCC's purpose is to end cruelty to children. Help for adults concerned about a child: **0808 800 5000** www.nspcc.org.uk

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. Call Samaritans free any time, from any phone, on **116 123**. www.samaritans.org

ADFAM gives information and support for the families and friends affected by someone else's drug or alcohol use or gambling problem. www.adfam.org.uk

Victim Support is a national charity giving free and confidential help to anyone affected by crime or traumatic events. **0808 168 9111** www.victimsupport.org.uk

Alcoholics Anonymous helps with the personal recovery and continued sobriety of individual alcoholics who turn to AA for help. If you need help with a drinking problem you can phone the national helpline free on 0800 917 7650 www.alcoholics-anonymous.org.uk

UK Narcotics Anonymous is a society of people for whom drugs had become a major problem, that meets regularly to help each other stay clean. **0300 999 1212** www.ukna.org

Change4life is there to help your family be healthier and happier by eating well and moving more. www.nhs.uk/change4life

Relate is the UK's largest provider of relationship support, helping people all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships. **0300 003039** www.relate.org.uk

Women's Aid is a national charity working to end domestic violence against women and children. www.womensaid.org.uk

[Additional Bolton information](#)

Bolton Council. You can find local information and support about coronavirus and COVID-19 on the council's website www.bolton.gov.uk/coronavirus . The Bolton COVID-19 community response line can also offer vital help if you need it **01204 337221**

Bolton Carers Support – providing a 24/7 helpline for carers in Bolton: 01240 363056

Kooth – an online counselling and emotional wellbeing platform is available to any young person who may be struggling with their mental health – and particularly during the COVID-19 outbreak. Kooth is for young people aged 11-18 and offers a variety of resources, including: a live chat function that allows young people to contact a qualified counsellor, chat forums with other young people, crisis information and self help resources. www.kooth.com

BAND – providing 1-1 and group support and activities mainly via phone or video. Open to anyone living in Bolton and accepts self-referrals: 01204 380643 or band@family-action.org.uk

Project 360 - Many young people who drink too much or experiment with drugs grow out of it as they get older. Some need the help of family, teachers, youth workers or similar. 360° is a substance misuse service working with young people under 18 and their families and carers in Bolton: Tel: 01204 337330 <http://www.360online.org.uk>

Parallel – The Parallel is part of Bolton NHS Foundation Trust. It is a health centre specifically for young people aged 11 to 19 providing, general health and wellbeing clinics – anything to do with your health. Staffed by adolescent health nurses and specialist doctors. Offers drop-in-sessions and specialist sessions. Tel. 01204 462444 / <http://www.theparallel.net>

Time2Talk – Family Mediation Service: If you are having family disagreements or disputes during this difficult time, Time2Talk offers free, confidential and impartial mediation interventions to Bolton residents to improve relationships and to stop situations reaching crisis point. Contact 01204 331965 or to time2talk@bolton.gov.uk

Camhs – Child and Adolescent Mental Health Service - CAMHS support covers [depression](#), [problems with food](#), [self-harm](#), [abuse](#), violence or [anger](#), [bipolar disorder](#), [schizophrenia](#) and [anxiety](#), among other difficulties. Telephone: 01204 483222

Achieve – Providing support and care for substance misuse via phone: 01204 483090.

Silverwellbeing Therapy Service – providing telephone therapy for all forms of bereavement and loss for anyone living, working or studying in Bolton. Also provides couples counselling. Please contact them on 01204 917745 or silverwellbeing@1pointbolton.org.uk.

1Point – as part of wider IAPT counselling offer, they also provide IAPT bereavement counselling which is open to all registered with a GP in Bolton: 01204 917745

Bolton NHS Foundation Trust's Bereavement support group – Telephone support is currently available for bereaved families of both Covid and non Covid patients who have died in the Trust: 01204 390448.

Bolton Hospice - Bereavement support is only available for users of Bolton Hospice's services and is currently being offered via membership of a bereavement WhatsApp group and phone/video 1-1 support: 01204 663066.

NHS Every Mind Matters has 12 top tips for things that we can do now to help us maintain our mental wellbeing and cope with our feelings whilst we stay at home: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Beelieve campaign to provide mental health support - Mental health charities across Greater Manchester have teamed up in a new campaign, [Beelieve](#), to support individuals, families and communities affected by Covid-19. Charities are seeing new issues emerge as

people try to cope with the social and psychological distress that Covid-19 and isolation can cause. Beelieve will support individuals by providing resources and equipment which will allow them to access emotional and practical help now and into the future. Band 'The Lottery Winners' has offered its support and is donating profit from the sale of its new single 'Love Will Keep Us Together' to support the campaign.

SilverCloud – an online therapy programme for adults proven to help with stress, anxiety, low-mood and depression. <https://www.nhs.uk/apps-library/silvercloud/>

Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support. The service is for anyone who is in crisis (all ages) By texting 'SHOUT' to '85258' a texter will be put in touch with a trained Crisis Volunteer (CV) who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better.

Domestic Abuse

If in danger and unable to talk on the phone, call 999 and then press 55. This will transfer call to the relevant police force who will assist you without you having to speak.

Fort Alice - Providing support for women & children affected by domestic abuse in Bolton: 01204 701846 (24 hour) helpline.

National Domestic Abuse Helpline - 0808 2000 247 or <https://www.nationaldahelpline.org.uk/>.

Endeavour – number of services to support people to live free from domestic abuse. This includes support for those from BAME backgrounds. For more information - www.endeavourproject.org.uk

Men's Advice Line - confidential helpline for male victims of domestic abuse and those supporting them. Call them on 0808 8010327 or www.mensadvice.org.uk.

Galop - LGBT+ community anti-violence charity: 0800 999 5428, help@galop.org.uk or www.galop.org.uk.