

Future U External Wellbeing Support Guide

Whether you're looking for support for yourself or someone else, this guide brings together trusted organisations offering free, confidential advice across a range of wellbeing topics.

Need Help Now?

- Call 999 if you or someone else is at immediate risk of serious harm.
- Contact NHS 111 if you need urgent mental health support but there is no immediate danger.
- During UCEN Manchester opening hours, contact Future U for advice, wellbeing support and counselling referrals.

Start with Future U

If you're unsure where to turn, start with Future U. We'll listen, understand your circumstances and help you access the right support: wellbeing@ucenmanchester.ac.uk

Mental Health

- **Mind Infoline**
Information and advice about mental health.
0300 123 3393 / Text: 86463
- **SANE**
Support for anyone affected by mental health.
0300 304 7000
- **Mood Swings**
Support for concerns about mood and emotional wellbeing.
0161 832 3736
- **Rethink Mental Illness**
Advice on treatment, benefits, debt and your rights.
0300 5000 927
- **SupportLine**
Confidential emotional support.
01708 765200

Crisis & Suicide Prevention

- **Samaritans**
24-hour emotional support.
116 123
- **PAPYRUS**
Support for under 35s experiencing suicidal thoughts.
0800 068 4141 / Text: 07786 209697

- **CALM**
Support for anyone struggling or in crisis.
0800 58 58 58
- **The Sanctuary**
Evening crisis support in Greater Manchester.
0300 003 7029
- **NHS 111**
Urgent mental health support.
Call 111

Anxiety, Eating Disorders & Addictions

- **Anxiety UK**
Support for anxiety conditions.
03444 775 774
- **Beat**
Support for eating disorders.
0808 801 0677
- **Alcoholics Anonymous**
Support for alcohol dependency.
0800 9177 650
- **Narcotics Anonymous**
Support for drug dependency.
0300 999 1212
- **National Gambling Helpline**
Support for gambling concerns.
0808 8020 133

Bereavement & Caring

- **Cruse**
Bereavement support.
0808 808 1677
- **Marie Curie**
Support for terminal illness and bereavement.
0800 090 2309
- **Manchester Carers Centre**
Support for unpaid carers.
0161 272 7270
- **Prisoners' Families Helpline**
Support for families of prisoners.
0808 808 2003

Domestic Abuse, Sexual Violence & Safeguarding

- **Manchester Rape Crisis**
Support for women affected by rape or sexual abuse.
0161 273 4500
- **Safeline**
Support for men affected by sexual abuse.
0808 800 5005
- **Refuge**
24-hour domestic abuse helpline.
0808 200 0247
- **Safe Spots**
Support for women experiencing domestic abuse.
07873 889 637
- **ManKind Initiative**
Support for male victims of domestic abuse.
01823 334 244
- **National Stalking Helpline**
Advice on stalking and harassment.
0808 802 0300
- **NAPAC**
Support for adults abused in childhood.
0808 801 0331
- **NSPCC**
Adults worried about a child.
0808 800 5000

LGBTQ+ & Young People

- **Switchboard**
LGBTQ+ listening service.
0300 330 0630
- **The Mix**
Support for under 25s.
0808 808 4994
- **YoungMinds**
Support for parents and carers.
0808 802 5544

Legal Advice

- **Mind Legal Advice Service**
Legal advice relating to mental health.
0300 466 6463

If you can't find the right service for your needs, visit Hub of Hope and enter your postcode to find local support available near you. Hub of Hope: <https://hubofhope.co.uk>