**SUPPORT**

There are various types of support available to help you move on from a relationship, to make new connections and to access 24hr support when you need it. You can also self refer to Safe in Salford to help you through this. Please use our contact form on the website.

**Support lines;**

[Crisis Care | Greater Manchester Mental Health NHS FT (gmmh.nhs.uk)](https://www.gmmh.nhs.uk/crisis-care) – Call 111 option2.  Emergency 24hr Mental Health Services Helpline

[Free, 24/7 mental health text support in the UK | Shout 85258 (giveusashout.org)](https://giveusashout.org/) – SHOUT 24hr text Mental Health support

[Contact Us | Samaritans](https://www.samaritans.org/how-we-can-help/contact-samaritan/) – 24 hour helpline 116 123

[No. 93 Crisis Cafe | Greater Manchester Mental Health NHS FT (gmmh.nhs.uk)](https://www.gmmh.nhs.uk/no-93-crisis-cafe) – Crisis Café

**Counselling/Mental Health Services/Support;**

[Counselling Centre and Service | University of Salford](https://www.salford.ac.uk/our-facilities/counselling-centre-and-service) – domestic abuse counselling

[Six Degrees Social Enterprise – Supporting Your Mental Health (six-degrees.org.uk)](http://six-degrees.org.uk/) – counselling referral via GP

[Health Improvement Connect • Salford City Council](https://www.salford.gov.uk/health-improvement-service) – Improve health and wellbeing, social and practical help

[Find Services - Self Help (selfhelpservices.org.uk)](https://www.selfhelpservices.org.uk/directory-of-services/) – self help

[5 steps to mental wellbeing - NHS (www.nhs.uk)](https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/) – online advice

[App — Smiling Mind](https://www.smilingmind.com.au/smiling-mind-app/) – free app for mindfulness

**Courses/Programmes;**

[Indigo Programme (salfordfoundation.org.uk)](https://www.salfordfoundation.org.uk/services/adults/indigo/) – For women who have left the relationship. 8 week programme helping to raise awareness, understand the situation they’ve been in, build confidence, recognise healthy relationships

[Side by Side: our online community - Mind](https://www.mind.org.uk/information-support/side-by-side-our-online-community/) - an online peer support community where you can talk about your mental health, connect with others who understand what you're going through.

[Social and special interest groups • Salford City Council](https://www.salford.gov.uk/health-and-social-care/health-services/health-improvement-connect/social-and-special-interest-groups/)

[Course - Recovery Academy (gmmh.nhs.uk)](https://recoveryacademy.gmmh.nhs.uk/course/) - courses useful if you are looking to increase your knowledge and understanding of mental health, improve your mental wellbeing, or simply want to learn something new

[NHS England » Social prescribing](https://www.england.nhs.uk/personalisedcare/social-prescribing/) - It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

[Free Online Domestic Abuse Class Events | Eventbrite](https://www.eventbrite.co.uk/d/online/free--classes/domestic-abuse/?page=1)

[ITSHER](https://itsher.uk/) - workshop programs to guide women on their journey towards self-discovery, personal growth, and professional success