



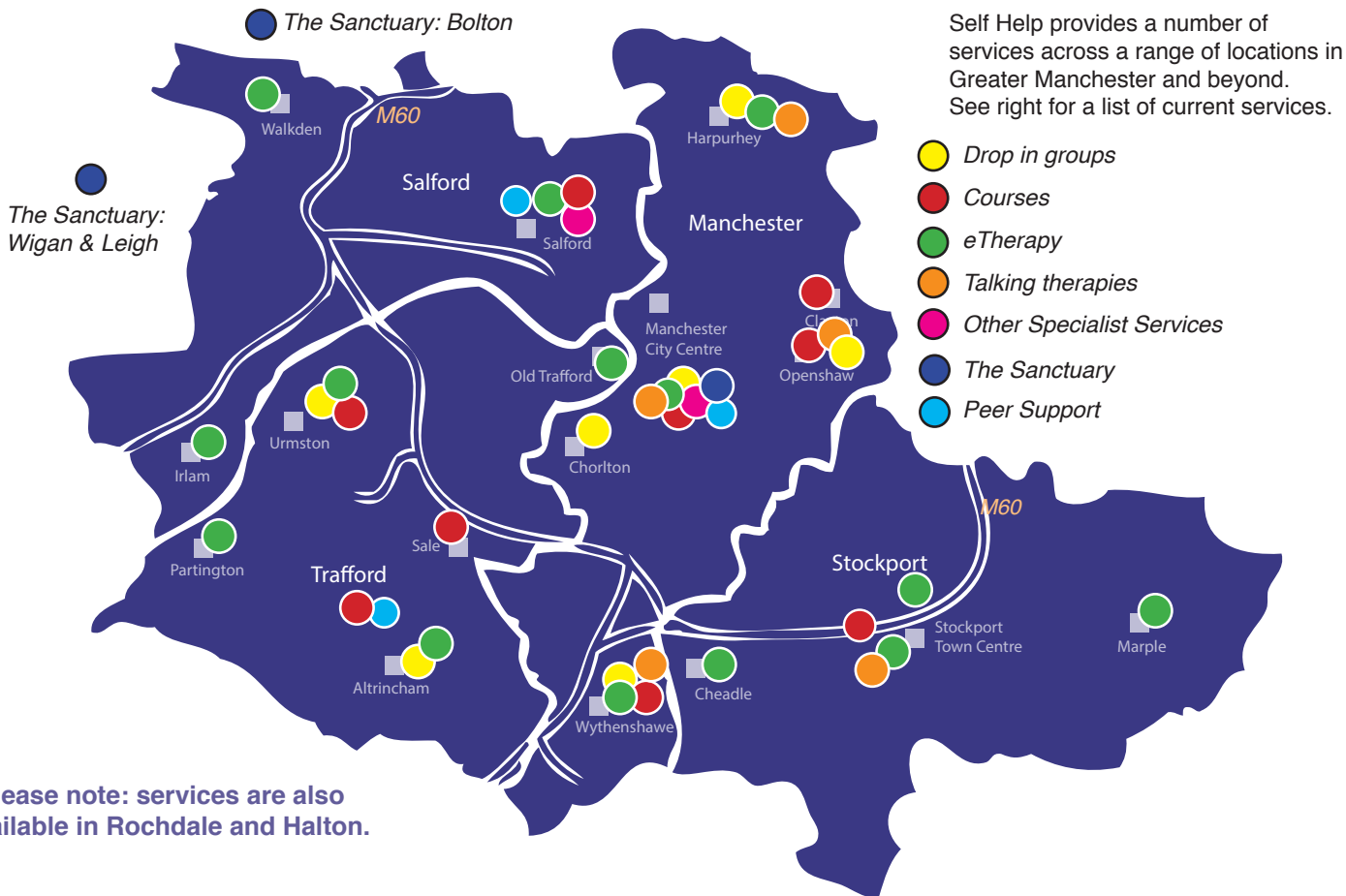
SelfHelp

Improving mental health

A guide to our services in: Greater Manchester

Self Help delivers a wide range of support, services and opportunities for people living with mental health difficulties such as anxiety, depression, phobias and panic attacks.

Our services in Greater Manchester*



* Please note: services are also available in Rochdale and Halton.



Drop in Groups ●

Our weekly drop-in groups are free to attend and operate on a drop-in basis so you can just come along. All groups are run by individuals with personal experience of depression or anxiety issue:

- Chorlton Anxiety Group
- Wythenshawe Anxiety Group
- Zion Anxiety Group (Hulme)
- Zion Depression Group (Hulme)
- Manchester Social Phobia Group (Moss Side)
- Harpurhey Depression Group
- Urmston Depression Group
- Altrincham Anxiety Group
- Openshaw Wellbeing Group

Courses and Workshops ●

Our structured courses run over a set number of weeks and provide participants with help to deal with mental health difficulties. Courses currently available are:

- Self Esteem and Assertiveness workshop (Manchester and Stockport)
- Staying Well workshop (Trafford)
- Managing Anger and Frustration workshop (Wythenshawe)
- Coping with Bereavement (Wythenshawe)
- Managing Your Mood (Stockport)
- BOOST: Emotional Resilience course (North, South and Central Manchester and Stockport)
- ABC course (Action Benefit Change) (Manchester)

The Sanctuary ●

The Sanctuary is a 24-hour crisis support service. The Sanctuary provides support to people living with mental health difficulties such as panic attacks, depression and low mood. Call The Sanctuary on 0300 003 7029 or visit www.selfhelpservices.org.uk

eTherapy ●

Our eTherapy service uses online therapy to help people examine the way they think and behave in support of a range of mental health related difficulties such as anxiety, low mood, substance misuse and sleep issues. Services operate in various venues across Greater Manchester (as well as in Liverpool, Halton and Rochdale) and are also provided on an 'at home' basis.

Talking Therapies ●

We offer one-to-one support through Cognitive Behavioural Therapy (CBT) and counselling:

- Manchester counselling service
- Stockport Psychological Wellbeing Service
- Manchester Psychological Wellbeing Service

We also offer Psychological Therapies in Halton.

Peer Support ●

Our team of peer mentors are on-hand to offer support to people experiencing a range of mental health problems such as anxiety, depression, panic attacks and phobias.

Other Specialist Services ●

- Personality Disorders Project
- Inspiring Change Manchester

**For further information on any of our services please call
0161 226 3871 or email admin@selfhelpservices.org.uk**

About Self Help

- Self Help is a mental health charity which 'helps people to help themselves'
- We provide a range of support, services and opportunities for people living with common mental health problems such as anxiety, depression, phobias and panic attacks
- At least 50% of our staff have had personal or lived experience of a common mental health problem

What we do:

- We provide tools and techniques to enable people to take control of their own lives
- We help people build their self confidence and self esteem to achieve the lives they want
- We create and deliver innovative and accessible quality services which are tailored to people and communities

What we believe:

- People should be able to choose the support that's right for them
- No one should experience stigma through living with a common mental health problem
- People are the experts in their own mental health and wellbeing
- Volunteering, employment and helping others is a key step in the road to recovery

Self Help

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Self Help is a Big Life charity (no.1122063)