**Here to Help**

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| https://www.easy2pc.co.uk/images/pages/cab-logo.gif**CITIZENS ADVICE**[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) Adviceline: 0800 144 8848Online and telephone free advice to help find a way forward whatever the problem | https://upload.wikimedia.org/wikipedia/en/7/79/Logo_of_Turn2us.jpg**Turn2Us**[www.turn2us.org.uk](http://www.turn2us.org.uk)Helpline: 0808 802 2000 9-5 Mon-Fri Calls free from all landlines and most mobilesEmail: info@turn2us.org.ukNational charity providing information and financial support to help people get back on track |
| https://www.gov.uk/assets/static/opengraph-image-a1f7d89ffd0782738b1aeb0da37842d8bd0addbd724b8e58c3edbc7287cc11de.png**GOV.UK**[www.gov.uk](http://www.gov.uk)The place to find government services and information | **/var/folders/sb/lsvbwh9970n8d_fjs4_2cdd80000gn/T/com.microsoft.Word/Content.MSO/AA6CF803.tmp****MIND**[www.mind.org.uk](http://www.mind.org.uk)Info line: 0300 123 3393 9-6 Mon-Fri (except bank holidays)Mental health charity, ensuring no one has to face a mental health problem alone |
| https://pbs.twimg.com/profile_images/1328341157923926016/YEsh6107.jpg**OLDHAM COUNCIL**[www.oldham.gov.uk](http://www.oldham.gov.uk)Individual department contact details on website. | **/var/folders/sb/lsvbwh9970n8d_fjs4_2cdd80000gn/T/com.microsoft.Word/Content.MSO/30D23409.tmp****SAMARITANS**[www.samaritans.org](http://www.samaritans.org)24 hour helpline 365 days a year: 116 123Email: jo@samaritans.orgA non-judgmental listening service for any problem |
| https://www.northernirelandchamber.com/wp-content/uploads/2020/10/MoneyAdvice.png**MONEY ADVICE SERVICE**[www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)Adviceline : 0800 138 7777Free financial help and information | **/var/folders/sb/lsvbwh9970n8d_fjs4_2cdd80000gn/T/com.microsoft.Word/Content.MSO/F688FBFF.tmp****BRITISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY**[www.bacp.co.uk](http://www.bacp.co.uk)Find a counsellor/therapist |
| **/var/folders/sb/lsvbwh9970n8d_fjs4_2cdd80000gn/T/com.microsoft.Word/Content.MSO/3DF6565.tmp****OLDHAM HEALTHY MINDS**[www.penninecare.nhs.uk](http://www.penninecare.nhs.uk) > healthymindsOffers support and treatment to people over 16 years who are registered with an Oldham GP and are experiencing difficulty with mental health**/var/folders/sb/lsvbwh9970n8d_fjs4_2cdd80000gn/T/com.microsoft.Word/Content.MSO/65E5E81.tmp****THE ANCORA PROJECT**[www.oldham.gov.uk](http://www.oldham.gov.uk)0161 669 5868Email: ancora@keyring.orgAims to provide immediate help and on-going support to people who are experiencing crisis | **/var/folders/sb/lsvbwh9970n8d_fjs4_2cdd80000gn/T/com.microsoft.Word/Content.MSO/181BA1BB.tmp****GREATER MANCHESTER** **HEALTH AND SOCIAL CARE** **PARTNERSHIP**Offers freely accessible resources available to anybody who is looking for help with their mental health.  <https://hub.gmhsc.org.uk/mental-health/covid-19-resources/>There is a guide available which provides advice and tips on how to look after yourself and others during the pandemic[https://ub.gmhsc.org.uk/mental-health/wp-content/uploads/sites/6/2020/05/Wellbeing-and-mental-health-during-COVID-19.-A-guide-to-looking-after-yourself-and-others.pdf](https://hub.gmhsc.org.uk/mental-health/wp-content/uploads/sites/6/2020/05/Wellbeing-and-mental-health-during-COVID-19.-A-guide-to-looking-after-yourself-and-others.pdf) For mental health support where you live in Greater Manchester, including helplines, counselling and online support – you can use this map to find what services are available close to home. <https://hub.gmhsc.org.uk/mental-health/in-your-area/> |