**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 8848  Online 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 mobiles  Email: info@turn2us.org.uk  National 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: 116 123  Email: [jo@samaritans.org](mailto:jo@samaritans.org)  A 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 7777  Free 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) > healthyminds  Offers 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 5868  Email: [ancora@keyring.org](mailto:ancora@keyring.org)  Aims 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/> |