

APPS

Hubofhope

www.hubofhope.co.uk

Local services support for mental health advice support.

Super Better - Resilience Building

www.superbetter.com

Eating Disorder Recovery

www.recoveryrecord.com

REPORTING CRIME

If you or your friends are in immediate danger then contact the police on 999. To report non-urgent crime, dial 101 and speak to a local advisor that will deal with your concern. Remember to make a note of the incident log number and record it in your phone for future reference.

Social care support

For advice and support from social services contact your local social service department advice line.

Bury: 0161 253 5678 after 5pm
0161 253 6606

Rochdale: 0300 303 0440 after 5pm
0300 303 8875

Manchester: 0161 234 5001 (24 hours)

Lancashire: 0300 123 6720 after 5pm
0300 123 6722

FOOD BANKS

Bury

Porch Box

Phone us: 0161 761 5908

Contact form (website)

www.porchboxes.wordpress.com/about/

The Roc Centre

Westminster Avenue, Radcliffe M26 3WD

Drop-in: Friday Mornings 10.30am -

12.00pm. Or call 0161 280 1453

Bury Red Door

Supports homeless and vulnerable individuals. Open on Tuesdays from 10am to 4pm and on Thursdays from 11am to 4pm. Or call 0161 272 0771

For help finding your local foodbank in other areas please visit this website and enter your postcode.
www.trusselltrust.org/get-help/find-a-foodbank/



**STAY
SAFE**

SAFEGUARDING AND WELFARE



**SAFEGUARDING
AND WELFARE**
AT BURY COLLEGE

Bury College Safeguarding Team

Safeguarding@burycollege.ac.uk
07713 312773

**External advice and support services to
support students with health, welfare
and emotional needs**



HOUSING

Greater Manchester

DEPAUL Family support and Mediation

Support available for young people between 11 and 25 who are experiencing conflict, difficulties or a breakdown in their family relationships.

Familysupport.gm@depaulcharity.org.uk
Tel: 0161 507 3414

Emergency Accommodation

Nightstop Greater Manchester provides a safe place for young people aged 16-25 to stay in the homes of trained and vetted volunteer hosts.

Nightstop.GM@depaulcharity.org.uk
Tel: 0161 507 3414
Mob: 079 6639 6129

Manchester

Centre Point Manchester Helpline

Homeless or at risk? We're here for you. We offer advice to anyone in England aged 16-25. Call us free on 0808 800 0661 (Monday-Friday, 9.00am-5.00pm).

Manchester Council, Customer Service Centre, Town Hall Extension, Mount Street, M2 5DB

Phone: 0161 234 4692

Office hours: 9.00am to 4.30pm,

Monday to Friday

If you need help when the office is closed.

Please call: 0161 234 5001

Bury

Bury Council Homeless Support

You can visit us, we are based at Six Town Housing, 6 Knowsley Place, Angouleme Way, Bury, BL9 0EL between 10.00am - 1.00pm. Or telephone us on 0161 253 5537 between 9.00am-5.00pm. If you need us in an emergency after 5pm or at weekends please call 0161 253 6606

Rochdale

Rochdale Homelessness Team is based at St Alban's House, Drake Street, Rochdale, OL16 1UQ. Our opening hours are 9.30am -3.00pm Monday, Tuesday and Fridays. 1pm - 3pm on Wednesday and Thursdays.

You can also contact the team by email at housing.homelessness@rbh.org.uk During opening hours please call 0300 303 8548. For out of hours enquiries please call 0300 303 8875.

Lancashire

Ynot Aspire

If you are or know a young person who is homeless or facing homelessness, we're here for you. Give us a call on 01254 352 592, email us at info@ynotaspire.org.uk or complete the registration form on the link below.

SafeSpace - call us now on: 01282 619192 for SafeSpace Pendle or 01706212894 for SafeSpace Rossendale.

MENTAL HEALTH

Emergency Situations

If you feel that you need immediate support regarding your mental health and wellbeing, and if it is outside of college hours, contact your GP (your surgery will have an on call doctor) or go to your local A&E if you do not feel able to keep yourself safe.

ONLINE/TELEPHONE SUPPORT

Samaritans

116 123 (24 hours a day, free to call)

jo@samaritans.org

www.samaritans.org

Provides confidential, emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face. Visit: 13 Knowsley St, Bury BL9 0ST or call: 0161 764 0055.

HOPElineUK

For suicide prevention, support and advice call 0800 068 41 41 or text 07786209697 10am-10pm.

ChildLine

For young people up to the age of 18 - 24/7 online advice, telephone counselling and email counselling is available via 0800 11 11 or www.childline.org.uk.

7 Cups of Tea

Free, anonymous and confidential online text chat with trained listeners, online therapists and counsellors. Visit: www.7cups.com

42nd Street online support

Free online support, giving you one-to-one support to help you through tough times. www.onlinesupport.42ndstreet.org.uk

Mind Infoline

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. 0300 123 3393 (9am-5pm Monday to Friday) info@mind.org.uk www.mind.org.uk/help/advice_lines