

## Support for Families in Stockport

<p style="text-align: center;"><b><u>Stockport without Abuse</u></b></p> <p>A local charity who offer a range of services to help and support women, men and children who are affected by domestic abuse.</p> <p>0161 477 4294</p>	<p style="text-align: center;"><b><u>End the Fear</u></b></p> <p>Greater Manchester against domestic abuse</p> <p>Endthefear.co.uk</p> <p>0161 636 7525 (Mon-Fr 10-4)</p> <p>24/7 national helpline number 0808 2000 247</p>
<p style="text-align: center;"><b><u>Pankhurst trust- Manchester Women's Aid</u></b></p> <p><a href="mailto:referrals@manchesterwomensaid.org">referrals@manchesterwomensaid.org</a></p> <p>0161 660 7999</p> <ul style="list-style-type: none"> <li>• Temporary safe accommodation for domestic abuse survivors in Manchester.</li> <li>• Access to therapeutic support for children</li> <li>• Emotional support, a listening ear and signposting for adults</li> </ul>	<p style="text-align: center;"><b><u>Samaritans</u></b></p> <p>Phone 116 123 24 hours a day</p> <p><a href="http://www.samaritans.org">www.samaritans.org</a></p> <p>Whatever you're going through, a Samaritan will face it with you. Open 24 hours a day, every day.</p>
<p style="text-align: center;"><b><u>Shout</u></b></p> <p>Text SHOUT to 85258</p> <p>Chat to trained crisis volunteers by text message. Free mental health support 24/7.</p> <p>Whatever you're struggling with, they're here to help.</p>	<p style="text-align: center;"><b><u>Together all- was the big white wall</u></b></p> <p><a href="http://www.togetherall.com">www.togetherall.com</a></p> <p>Get support. Take control. Feel better.</p> <p>A safe community to support your mental health 24/7.</p>
<p style="text-align: center;"><b><u>MASSH (Multi agency safeguarding and support hub)</u></b></p> <p>0161 217 6029</p> <p>Stockport adult social care</p> <p>0161 217 6029</p>	<p style="text-align: center;"><b><u>Open door mental health helpline</u></b></p> <p>For any Stockport resident aged 18 and over.</p> <p>Open 24/7    0800 138 7276</p> <p>Email: <a href="mailto:opendoorstockport@makingspace.co.uk">opendoorstockport@makingspace.co.uk</a></p>
<p style="text-align: center;"><b><u>Self-help Stockport</u></b></p> <p>Online, interactive e-therapy and talking therapies</p> <p><a href="http://www.selfhelpservices.org.uk/service/stockport-etherapy-service-2">www.selfhelpservices.org.uk/service/stockport-etherapy-service-2</a></p> <p>0161 480 2020 Mon-Fri 9-5</p>	<p><b>URGENT HELP- if you need it straight away:</b></p> <ul style="list-style-type: none"> <li>• Dial 999 in a life threatening emergency</li> <li>• Samaritans call 116 123</li> <li>• Shout- text shout to 85258</li> <li>• Hopeline UK- if you're under 35 0800 0684141 (9am-10pm weekdays, 2pm-10pm weekends)</li> </ul>