

**Is nobody listening?
WE WILL**

SAMARITANS

Call FREE 116 123

(24 hours everyday)

Open Door

Call 0161 549 9717 or 0800 138 7276

(Provides emotional support 24/7 immediate crisis help)

Text 'SHOUT' to 85258

(24 hours a day, 7 days a week)

Hopeline UK 0800 068 4141

(9am - midnight. Under 35 years)

CALM 0800 58 58 58

PAPYRUS 0800 068 4141

Young Minds 0808 802 5544

Childline 0800 1111 or 0844 892 0220

(Under 19 years of age you can call)

NHS 111

National Domestic Abuse Helpline

0808 20000 247

Marple Food Bank

(The Pantry Saturday 10am - noon to collect food)

0161 427 2378 11am - 5pm office each day

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