

When is help available?

The phones will be manned 2 hours a day, with staggered opening times Mon – Sat. Please check our website for current times.

There is an answer phone available 24 hours a day. Please leave a message, and someone will call you back during office hours.

The service is planned to run for at least 6 months, possibly 12 months, depending on demand and the current ongoing situation.

What help is available?

Our trained counsellors will listen and advise every caller.

We will arrange to ring you back at a time that suits you.

We can provide a follow up service for a limited time, for those who need more help than one phone call can provide.

We can also refer onwards to other organisations who might be able to offer practical help.

How can I help?

Please can you help spread the word?

We'd like to reach as many relevant people and organisations as possible!

Call us on  0161 532 4075