

# **Our Mental Health Helpline is here for anyone living in Tameside and Glossop requiring urgent mental health support**

## **Call 0800 014 9995**

**24 hours a day, seven days a week.**



### **What kinds of support will be available?**

We can:

- Listen to you and help you work through immediate problems
- Work with you to find ways to move forward or suggest ways of working
- Give you information about other services that may be helpful to you or the person you care for

### **Who will I be speaking to?**

The support line is run by experienced mental health professionals who can provide mental health support and advice.

**Call 999 if there is an immediate risk of danger to life.  
Call 111 for urgent medical queries.**