



## St Martin's Low Marple

### Useful contact details for support and advice

#### General

##### **Adult Social Services**

T: 0161 217 6029 / 0800 678 1602  
Out of hours: 0161 718 2118

##### **Age UK**

Stockport: 0161 481 1211  
Support public office: 0161 477 1213

##### **Citizens Advice Stockport**

T: 0300 330 9075 / 0344 4111 444  
W: stockportcab.org.uk

#### Domestic Abuse/Relationships

##### **Domestic Abuse Helpline**

T: 0161 636 7525 (Mon-Fri: 10-4, Tue 10-7)

##### **Galop - LGBT+ helpline**

T: 0800 999 5428

##### **Independent Choices – Refuge**

T: 0161 636 7525  
W: helpline@independantchoices.org.uk

##### **Manchester Rape Crisis**

T: 0161 273 4500  
Mon-Fri:10-4 + Wed & Thurs 6-9pm

##### **Mankind - For male victims of abuse**

T: 01823 334 244

##### **Respect / Men's Advice Helplines:**

*General enquiries* - E: info@respect.uk.net

*For men who want to change:*

T: 0808 802 4040

W: respectphoneline.org.uk

*For victims, friends and family:*

T: 0808 801 0327 (Mon-Fri:9am-8pm)

W: mensadvice.org.uk

##### **St. Mary's SARC**

For ANY victim of rape or sexual assault  
T: 0161 276 6515 (24/7)  
W: stmaryscentre.org

##### **Stockport without abuse**

For women, men & children  
T: 0161 477 4294 (Mon-Thurs:9-5, Fri:9-4.30)  
W: www.stockportwithoutabuse.org.uk

##### **Stockport Women's Centre**

T: 0161 355 4455 (Mon-Fri:9am-5pm)  
W: www.stockportwomenscentre.co.uk

##### **TLC:Talk, Listen, Change**

Supporting relationships in Gtr. Manchester  
T: 0161 872 1100  
W: www.talklistenchange.org.uk

##### **Victim Support**

T: 0161 200 1950 (Mon-Fri 9am-7pm, Sat  
9am-5pm) / 0808 168 9111 (national, 24/7)  
W: gmvictims.org.uk

#### Mental Health

##### **Alcoholics Anonymous**

For those affected by misuse of alcohol  
Free helpline: 0800 9177 650  
T: 0845 769 7555  
W: alcoholics-anonymous.org.uk/

##### **Alzheimer's Society**

T: 0161 477 6999  
Dementia support line: 0333 150 3456  
W: www.alzheimers.org.uk

##### **Beacon Counselling**

Donation based, located on Middle Hillgate  
T: 0161 440 0055  
W: beacon-counselling.org.uk

##### **Blurt**

Support for anyone affected by depression  
W: blurtitout.org

##### **Compassionate Friends**

Help for people after the death of a child  
T: 0161 442 9750  
W: www.tcf.org.uk

##### **Cruse**

Help for people with bereavement and grief  
T: 0808 808 1677  
W: www.cruse.org.uk

##### **North West Centre for Eating Disorders**

T: 07856711081/0161 480 0882  
W: www.oakwoodhouse.co.uk

##### **Shout 24/7**

Personal crisis text service  
Text 'SHOUT' to 85258  
W: www.giveusashout.org.uk

##### **Sobs**

Support for those left after a suicide  
T: 01925 759557  
W: www.uk-sobs.org.uk

##### **Stockport & District Mind**

T: 0161 480 7393  
W: www.stockportmind.org.uk

##### **Stockport Community Drug & Alcohol Team (START)**

T: 0161 716 4000

##### **Suicide Prevention**

Listening/support/non-judgemental  
W: www.stockportsuicideprevention.org.uk

##### **Stockport Samaritans**

Free call: 116123 (24/7)  
T: 0161 432 1221/0330 094 5717  
W: www.samaritans.org

## **Families**

### **Child Bereavement UK**

Support for children and families in grief  
T: 0800 028 8840

### **Gingerbread**

Support for single parent families  
T: 0808 802 0925

### **Sands** - Help after stillbirth or neonatal death

T: 0161 480 9265

### **Self-help**

Talking therapies for young people and adults  
T: 0161 480 2020

W: [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

### **Signpost Stockport for Carers**

Support and information for carers  
T: 0161 442 0442 Mon-Fri: 8am-4pm  
W: [www.signpostforcarers.org.uk](http://www.signpostforcarers.org.uk)

## **Children & Young People**

### **Al-Anon**

Help for families affected by misuse of alcohol  
T: 0207 403 0888

W: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

### **Calm** - For men aged 15-35 with depression

T: 0800 585858 (5pm-12am, 365 days)

W: [www.thecalmzone.net](http://www.thecalmzone.net)

### **Childline**

Confidential listening service for children

T: 0800 1111 (24/7)

W: [www.childline.org.uk](http://www.childline.org.uk)

### **Kooth**

Online help for Stockport people aged 11-25

W: [www.kooth.com](http://www.kooth.com)

### **Student Depression**

For young people with low mood/depression

W: [www.studentdepression.org](http://www.studentdepression.org)

### **Young Peoples Drug Project**

For under 19s and their parents/carers

T: 0161 480 5939

### **Youthful Minds**

Mental health project for 16-25 year olds.

Drop-ins, computer and internet groups

T: 0800 735 9404

W: [youthfulminds@stockport.gov.uk](mailto:youthfulminds@stockport.gov.uk)

## **Hate Crime**

### **Galop**

Supporting LGBT+ people who have experienced abuse and violence

LGBT+ hate crime abuse helpline

T: 020 7704 2040

### **Stop Hate UK**

T: 0800 138 1625

Text: 07717 989025

E: [talk@stophateuk.org](mailto:talk@stophateuk.org)

## **Language and Community Support**

### **Stockport Interpreting Unit**

T: 0161 477 9000

To book an interpreter:

[siu.bookings@stockport.gov.uk](mailto:siu.bookings@stockport.gov.uk)

### **Yaran Northwest CIC**

Community self-help group

T: 07828 153908 / 07413 396573

## **Debt Advice**

### **Money Helper (was Money Advice Service)**

Information and advice about money

T: 0800 138 7777

### **Welfare Rights and Debt Advice**

T: 0161 474 3091

W: [www.stockport.gov.uk](http://www.stockport.gov.uk)

## **Church**

### **Safe Spaces**

Support for anyone with experience of abuse by a Church member or because of their relationship with the Church

T: 0300 3031056

## **Health**

### **Armchair Vision**

Expert eye test in your own home

T: 0161 507 1607

W: [armchairvision.co.uk](http://armchairvision.co.uk)

### **Carecall**

A 24/7 telemonitoring and falls service to help people live at home for longer

T: 0161 218 1655

W: [carecall24.co.uk](http://carecall24.co.uk)

### **Disability Stockport**

Support for those with a disability/sensory loss

T: 0161 480 7248

W: [disabilitystockport.org.uk](http://disabilitystockport.org.uk)

### **Headway**

Information and support to people with a brain injury, their families and carers

T: 0161 442 5552

W: [www.headway.org.uk](http://www.headway.org.uk)

### **Stroke Recovery Service**

On-going help for stroke survivors and carers

T: 07392 082 791

E: [stockport@stroke.org.uk](mailto:stockport@stroke.org.uk)

W: [stroke.org.uk](http://stroke.org.uk)

### **Walthew House**

Support for people who are blind/visually impaired and/or hard of hearing

T: 0161 480 2612

W: [walthewhouse.org.uk](http://walthewhouse.org.uk)