**People Who Can Help**

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| **University of Bolton contacts:** | |
| **Chaplaincy**  Chancellor’s Mall  Tel: 01204 903415  Text: 07967585670  Email: [chaplain@bolton.ac.uk](mailto:chaplain@bolton.ac.uk)  Website: [www.bolton.ac.uk/chaplaincy](http://www.bolton.ac.uk/chaplaincy) | **Disability Team**  Student Centre  Chancellor’s Mall  Tel: 01204 903478 / 01204 903439  SMS: 07799 657 035  Email: [disabilityinfo@bolton.ac.uk](mailto:disabilityinfo@bolton.ac.uk)  Website: [www.bolton.ac.uk/studentservices/disability/home.aspx](http://www.bolton.ac.uk/studentservices/disability/home.aspx) |
| **International Student Journey Officer**  Student Recruitment and Admissions  Chancellors Mall  Tel: 01204 903496  Email: [studentimmigration@bolton.ac.uk](mailto:studentimmigration@bolton.ac.uk)  Website: [www.bolton.ac.uk/StudentServices/ImmigrationWelfare/Home.aspx](http://www.bolton.ac.uk/StudentServices/ImmigrationWelfare/Home.aspx) | **Life Lounge**  T2 Eagle Tower,  Chancellors Mall  Tel 01204 903566  Email [lifelounge@bolton.ac.uk](mailto:lifelounge@bolton.ac.uk)  Website:  <http://www.bolton.ac.uk/StudentServices/Lifelounge/Home.aspx> |
| **Counselling Service**  Life Lounge, Student Services  Tel: 01204 903566  Email: [lifelounge@bolton.ac.uk](mailto:lifelounge@bolton.ac.uk)  Website:  <http://www.bolton.ac.uk/StudentServices/Lifelounge/Counselling-and-CBT-clinic-registration-form.aspx> | **Student Liaison Officers**  Tel: 01204 903595 / 01204 903229  Email: slo@bolton.ac.uk  Website: [www.bolton.ac.uk/slo](http://www.bolton.ac.uk/slo) |
| **Mental Health Advisors:**  Disability Team  Student Centre  Chancellor’s Mall  Tel: 01204 903067  Webpage: <http://www.bolton.ac.uk/StudentServices/Disability/mental-health-advisor> |  |

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| **External organisations that may provide a source of support:** | |
| **Abortion/Pregnancy/Family Planning Advice/Sexual Health** | |
| **Abortion/Pregnancy/Family Planning Advice / Sexual Health (Local)**  Integrated Sexual Health Department  N Block  Royal Bolton Hospital  Minerva Road  Farnworth  Bolton  BL4 0JR  Tel: 01204 390771  Website: [boltonft.nhs.uk/services/sexual-health/contact-details/](http://www.boltonft.nhs.uk/services/sexual-health/contact-details/) | **Bolton NUPAS**    Bolton Pregnancy Advisory Service  4th & 5th floor  Nelson House  Nelson Square  Bolton BL1 1JT  Telephone:0333 004 6666  Fax: 01204 364 745  Email: info@nupas.co.uk  Nupas.co.uk/clinics/bolton |
| **Rainbow Pregnancy Advice Centre (Local)**  Bolton Pentecostal Church  Bury New Road  Bolton  BL2 2BD  Tel: 01204 522002 | **Brook (National)**  **Confidential Sexual Health Advice**  Go to Website to find nearest available:  [www.brook.org.uk/your-life/category/pregnancy](http://www.brook.org.uk/your-life/category/pregnancy) |
| **Marie Stopes UK (National)**  **Family planning support**  Tel: 0345 300 8090 (24 hr line)  Email: [services@mariestopes.org.uk](mailto:services@mariestopes.org.uk).  Website:  [www.mariestopes.org.uk/women/abortion](http://www.mariestopes.org.uk/women/abortion)services |  |

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| **Advocacy Service** | | |
| **Action for Children (local)**  The Hub, Bold Street, Bolton, BL1 1LS  Tel: (01204) 546 807  Email: Ruth.gandy@actionforchildren.org  https://www.actionforchildren.org.uk/in-your-area/services/childrens-rights/bolton-children-and-young-peoples-service/ | **Coram Voice (National)**  Coram Voice, Gregory House, Coram Campus,  49 Mecklenburgh Square, London WC1N 2QA  Tel: 020 7833 5792, Fax: 020 7713 1950,  Email: [help@coramvoice.org.uk](mailto:help@coramvoice.org.uk)  Website:<http://www.coramvoice.org.uk/young-peoples-zone> | |
| **Adaptive Equipment** | | | |
| **Bolton Council (Local)**  **Independent Living Service**  Tel: - 01204 337020/337900  Website:  [www.bolton.gov.uk/website/pages/Supportingindependencefordisabledpeople.aspx](http://www.bolton.gov.uk/website/pages/Supportingindependencefordisabledpeople.aspx)  EMAIL: [independentlivingservices@bolton.gov.uk](mailto:independentlivingservices@bolton.gov.uk) | |  | |
| **Alcohol Drugs and Substance Misuse** | | | |
| **Bolton Integrated Drug and Alcohol Service (BIDAS)**  **(Local)**  69-73 Manchester Road, Bolton, BL2 1ES  Tel: 01204 557977  E-mail: [info@boltondrinkanddrugs.org](mailto:info@boltondrinkanddrugs.org)  Website: https://www.mylifeinbolton.org.uk/ProviderDetails.aspx?ProviderID=910284 | | **Harbour Project (Local)**  Supporting anyone affected by Drug/Alcohol misuse  St Luke's Drop-in , Chorley Old Road, Bolton BL1 3BE  Tel: 01204 62274  Email: [harbourproject@btinternt.com](mailto:harbourproject@btinternt.com)  Website: [www.talktofrank.com/treatment-centre/harbour-project](http://www.talktofrank.com/treatment-centre/harbour-project) | |
| **Alcohol Drugs and Substance Misuse CONTINUED:** | | | |
| **Al Anon (National)**  Offer Family Groups providing support to anyone whose life is, or has been, affected by someone else’s drinking, regardless of whether that person is still drinking or not.  Local groups available see website for details  Helpline 020 7403 0888  Website: <http://www.al-anonuk.org.uk/> | | **Alcoholics Anonymous (National)**  Various locations for meetings  Tel: 0800 9177 650  Email: [help@aamail.org](mailto:help@aamail.org)  Website: [www.alcoholics-anonymous.org.uk/](http://www.alcoholics-anonymous.org.uk/) | |
| **Alcohol Concern (National)**  Alcohol Concern, 27 Swinton Street , London,  WC1X 9NW  Email: [contact@alcoholconcern.org.uk](mailto:contact@alcoholconcern.org.uk)  Office Phone: 0203 907 8480  Website: [www.alcoholconcern.org.uk/](http://www.alcoholconcern.org.uk/) | | **Narcotics Anonymous (National)**  Go To website and type in postcode for nearest meeting.  Tel helpline : 0300 999 1212 (10.00am – midnight)  Website: <http://ukna.org/na-meeting/bolton-4> | |
| **Anorexia/Eating Disorders** | | | |
| **Support Line (National)**  Check website for further details.  Helpline: 01708 765200  Email: info@supportline.org.uk  Website:  <http://www.supportline.org.uk/problems/anorexia.php> | |  | |

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| **Anxiety and Depression** | |
| **Mental Health Independent Support Team (MhIST)** (Local) Hanover House, Hanover Street, Bolton, BL1 4TG  Tel: 01204 527200  E-mail info@mhist.co.uk  Website: [www.mhist.co.uk](http://www.mhist.co.uk) | **Social Anxiety (National)**  E-mail: contact@social-anxiety.org.uk  Website: [www.social-anxiety.org.uk](http://www.social-anxiety.org.uk) |
| **Aspergers and Autism** | |
| **Bolton Autism Spectrum Support Team (Local)**  **Bentley House,** **Viking Works,** **Weston Street,** **Bolton,** **BL3 2RX**  Tel: 01204 483000  Website: <https://www.gmmh.nhs.uk/autism-spectrum-conditions-support-team> | **National Autistic Society (Local)**  Website: [www.autism.org.uk/manchester](http://www.autism.org.uk/manchester)  Email: [supportercare@nas.org.uk](mailto:supportercare@nas.org.uk)  Telephone: 0808 800 4104 |
| **Action for aspergers (National)**  Tel: 01536 266681  (24 hours/7 days; message facility available)Website: <https://www.actionforaspergers.org/>  Email: info@actionforaspergers.org | **National- Autism Initiatives (National)**  Autism Initiatives UK , Sefton House, Bridle Road,  Bootle, Merseyside, L30 4XR  Tel: 0151 330 9500  Email: [info@autisminitiatives.org](mailto:info@autisminitiatives.org)  Website: <http://www.autisminitiatives.org/default.aspx> |
| **Benefits** | |
| **Bolton Welfare Rights Service (Local)**  Town Hall, Victoria Square, Bolton, BL1 1RU  Tel: 01204 333820  Email: welfare.rights@bolton.gov.uk  Website: [www.bolton.gov.uk/website/pages/Benefitsadvice.aspx](http://www.bolton.gov.uk/website/pages/Benefitsadvice.aspx) |  |
| **Bereavement** | |
| **Bereavement and Donor Support Team (Local)**  Minerva Road, Farnworth, BL4 0JR  Tel: 01204 390448  Website: <http://www.boltonft.nhs.uk/patients-and-visitors/hospital/support-services/bereavement-and-donor-support-services/> | **The compassionate Friends (Local)**  **Have a group meeting in Bolton**  Helpline: 03451232304  Email: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)  Website: [www.tcf.org.uk/](http://www.tcf.org.uk/) |
| **Budgeting** | |
| **Bolton's Money Skills Service (Local)**  Bolton's Money Skills Service, Ground Floor Bolton Town Hall, Victoria Square, Bolton Council BL1 1RU   For Money Advice and Debt Guidance. Tel:01204 33 2916 For Money Skills Group Training Sessions Tel: 01204 33 1968  Email: moneyskills@bolton.gov.uk | **Hoot Credit Union**  The Square, 53-55 Victoria Square, Bolton BL1 1RZ  Tel: 01204 365024 Fax:01204 527736  Email:[enquiries@wisewithmoney.org.uk](mailto:enquiries@wisewithmoney.org.uk)  Website:  [www.wisewithmoney.org.uk/contact.html](http://www.wisewithmoney.org.uk/contact.html) |
| **Bullying/Harassment** | |
| **Victim Support (Local)**  Please click on link for information re: - local services.  Website: [www.victimsupport.org.uk/](http://www.victimsupport.org.uk/)  Telephone: 08 08 16 89 111 | **Anti-Bullying Alliance (National)**  [Website: www.anti-bullyingalliance.org.uk/](http://Website:%20www.anti-bullyingalliance.org.uk/) |
| **Bullying UK (National)**  Website: <http://www.bullying.co.uk/>  Helpline: 0808800 2222 |  |
| **Carers** | |
| **Bolton Carer Support (Local)**  Thicketford Centre, Thicketford Rd, Tonge Moor,  Bolton, Greater Manchester, BL2 2LW  Tel: 01204 363056 24 Hour.  Website: [www.boltoncarers.org.uk](http://www.boltoncarers.org.uk)  Email: boltoncarers.org.uk |  |
| **Cruse Bereavement Care (National)**  21 Palace Street, Bolton, BL1 2DR  Tel: 020 8939 9530  **National Helpline: 0808 808 1677**  Website: [www.cruse.org.uk/?domain=www.crusebereavementcare.org.uk](http://www.cruse.org.uk/?domain=www.crusebereavementcare.org.uk) | **Sudden Infant Death Syndrome and Cot Death support group (National)**  The Lullaby Trust, 11 Belgrave Road, London SW1V 1RB  Tel: 020 7802 3200  Email: support@lullabytrust.org.uk  Website: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)  Bereavement support 0808 802 6868 |

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| **Children and Families (Safeguarding)** | | |
| **Children and Families (Local)**  Child protection and safeguarding  Bolton Council  Tel: 01204 337777  Email: boltonsafeguardingchildren@bolton.gov.uk  [Website:www.bolton.gov.uk/website/pages/Childprotection.aspx](http://Website:%20www.bolton.gov.uk/website/pages/Childprotection.aspx) | | **Bolton Safeguarding Children’s Board (Local)**  Website: <http://boltonsafeguardingchildren.org.uk/>  Tel: 01204 337479  Email: boltonsafeguardingchildren@bolton.gov.uk |
| **Community Faith support groups** | | |
| **Bolton Council of Mosques (Local)**  1 Vicarage Street, Bolton, BL3 5LE  Tel: 01204 363680  Website: [www.thebcom.org/](http://www.thebcom.org/)  Email: [admin@thebcom.org](mailto:admin@thebcom.org) | | **Bolton Christian Community Cohesion (Local)**  Bolton Christian Community Cohesion  The Second Floor, The Bolton Hub, Bold Street  BL1 1LS  Tel: 01204 546138/6139  Website: <http://www.gmim.org.uk/boltonccc/>  Email: [info@bolton.gmim.org.uk](mailto:info@bolton.gmim.org.uk)  [mary@bolton.gmim.org.uk](mailto:mary@bolton.gmim.org.uk) |
| **Bolton Hindu Forum (Local)**  Bolton Hindu Forum, Veda Mandir & Community Centre, 1 Thomas Holden Street, Bolton, BL1 2QG  Tel: 01204 238018  Website: [www.boltonhinduforum.org.uk](http://www.boltonhinduforum.org.uk/?page_id=89)  Email: pm@boltonhinduforum.org.uk | | **Bolton Interfaith Council (Local)**  The Bolton Hub, Bold Street, Bolton , BL1 1LS  Tel No: 01204 546110  Email: chan@boltoninterfaithcouncil.org.uk  Website:  [www.boltoninterfaithcouncil.org.uk/5.html](http://www.boltoninterfaithcouncil.org.uk/5.html) |
| **Urban Outreach (Local) (**A registered Christian Charity, established in 1990 to work with disadvantaged and vulnerable individuals in the town of Bolton)  Tel: 01204 385848  Email: info@urbanoutreach.co.uk  Website: <http://www.urbanoutreach.co.uk/home> | |  |
| **Community Transport/Furniture assistance** | | |
| **Bolton Community Transport & Furniture Services (BCTFS) (Local)** (Will accept furniture, appliances and supply those in need and can provide transport with wheelchair accessible minibuses)  63 Knowsley Street, Bolton, BL1 2AS  Tel: 01204 364777  Website: [www.bctfs.co.uk/](http://www.bctfs.co.uk/)  Email: admin@bctfs.co.uk | | **Community Care Options (Local)**  (Services for people who have a disability including Shop Mobility)  Head office:1-3 The Courtyard, Calvin St,  Bolton , BL1 8PB  Telephone:  01204  360220     Email: [support@comco.org.uk](mailto:support@comco.org.uk)  Website: [www.Comco.org.uk](http://www.Comco.org.uk) |
| **Guild of Help (Local)**  27 Silverwell Street, Bolton, BL1 1PP  Tel: 01204 524858  [Website: www.totalgiving.co.uk/charity/the-bolton-guild-of-help-incorporated](http://Website:%20www.totalgiving.co.uk/charity/the-bolton-guild-of-help-incorporated) | |  |
| **Counselling** | | |
| **Beacon Bolton Counselling Services (Local)**  **(Daytime)**  The Bolton Hub, Bold Street, Bolton, BL1 1LS  (Evening) 1 Silverwell Lane, Bolton, BL1 1QN  Tel: 01204 546100 (24hr answer service) Fax: 01204 546101 Mobile: 07951 457176  Website: http://www.beaconcounselling.org/  Email: [enquire@beaconcounselling.org](mailto:enquire@beaconcounselling.org) | | **Bury Fellowship (Local)**  (Christian Group providing a drop-in service, practical assistance and counselling)  Manna House  Irwell Street  BL9 0HE  Bury - Ramsbottom  Greater Manchester  England  0161 764 8131  [www.bury.org.uk](http://www.cylex-uk.co.uk/reviews/viewcompanywebsite.aspx?firmaName=bury+christian+fellowship&companyId=15758305)  (CONTINUED) |
| **Simeon Centre Counselling Service (One point) (Local)**  They offer an initial assessment appointment usually within 28 days of initial contact.  Simeon Centre Counselling Service, Victoria Hall Knowsley Street, Bolton, BL1 2AS  [Website: www.simeoncentre.org.uk/](http://Website:%20www.simeoncentre.org.uk/)  Tel 01204 387363  Email: counselling@simeoncentre.org.uk | |  |
| **Domestic Abuse** | | |
| **Fortalice (Local)**  Fortalice provides frontline services including a 22 bed refuge for women and children who are affected by domestic abuse.   It also has a Support Centre  where women children and young people (including males up to the age of 19) can access the following services  Young person’s project  - Just for You sessions and   group work  /  counselling for women and children  /   Group work for women /  One to one advice sessions for women /  professional accredited  training  /   Education in the Community  Schools community sites and  Colleges around healthy Relationships  and risk taking  43 Bradford Street, Bolton, BL2 1HT  Email: [info@fortalice.co.uk](mailto:info@fortalice.co.uk)  Tel: 01204 365677/701846  Tel: 01204 701846 (24 hr)  Website;  [www.fortalice.org.uk](http://www.fortalice.org.uk) | **Paws for Kids (Local)**  Support for women and children experiencing domestic violence and abuse in the North West.  26 Chorley New Road, Bolton, BL1 4AP  Tel: 01204 394 842  Website: <http://www.pawsforkids.org.uk/>  [safehaven@pawsforkids.org.uk](mailto:safehaven@pawsforkids.org.uk) | |
| **National Domestic Violence Helpline (National)**  **Run in partnership between Women's Aid and Refuge**  Website: [www.nationaldomesticviolencehelpline.org.uk/](http://www.nationaldomesticviolencehelpline.org.uk/)  Tel: 24 hour Helpline 0808 2000 247 |  | |

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| **Epilepsy** | |
| **Epilepsy Action (Local)**  New Anstey House, Gate Way Drive, Yeadon, LEEDS  LS19 7XY  Tel: 0808 800 5050 (UK) or +44 (0)113 210 8800 (international)  Email: [helpline@epilepsy.org.uk](mailto:helpline@epilepsy.org.uk)  UK text messages: 0753 741 0044  Website: <https://www.epilepsy.org.uk> | **Neurological Long Term Conditions Service (Local)**  Breightmet Health Centre, Breightmet Fold Lane  Breightmet, Bolton, BL2 6NT  Tel: 01204 462 766 |
| **Young Epilepsy (National)**  St. Piers Lane, Lingfield,, Surrey , RH7 6PW  Tel: 01342 832243 / Helpline: 01342 831342  Email: info@youngepilepsy.org.uk  Website: [www.youngepilepsy.org.uk/](http://www.youngepilepsy.org.uk/) |  |
| **Forced Marriages** | |
| **Fortalice (Local)**  Fortalice provides frontline services including a 22 bed refuge for women and children who are affected by domestic abuse.   It also has a Support Centre  where women children and young people (including males up to the age of 19) can access the following services  Young person’s project  - Just for You sessions and   group work  /  counselling for women and children  /   Group work for women /  One to one advice sessions for women /  professional accredited  training  /   Education in the Community  Schools community sites and  Colleges around healthy Relationships  and risk taking  43 Bradford Street , Bolton , BL2 1HT  Email: [info@fortalice.co.uk](mailto:info@fortalice.co.uk)  Tel: 01204 365677/701846  Tel: 01204 701846 (24 hr)  Website;  [www.fortalice.org.uk](http://www.fortalice.org.uk) | **Victim Support (Local)**  Website: [www.victimsupport.org.uk/](http://www.victimsupport.org.uk/)  Tel: 08 08 16 89 111 |
| **Women’s Refuge for Asians (Manchester) (Local)**  PO Box 44, SDO, Manchester, M20 4BJ  Tel: 0161 945 4187  Email: info@saheli.org.uk  Website: <http://saheli.org.uk/>  Twitter: @SaheliMcr | **Karma Nirvana**  Supporting victims of honour-based abuse and forced marriage  Helpline: 0800 5999 247  Website: karmanirvana.org.uk  Karamnirvana.or.uk/contact – to send email |
| **Gambling** | |
| **Gamblers Anonymous Bolton (Local)**  Unitarian Church, Bank Street, Bolton, BL1 1TS  Go to website to find the nearest meeting  Website: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)  Email: [nw.inof@gamblersanonymous.org.uk](mailto:nw.inof@gamblersanonymous.org.uk)  Tel: 07974 66 89 99 |  |
| **Hate Crime** | |
| **Community Safety Services (Local)**  Town Hall, Victoria Square, Bolton, BL1 1RU  Telephone 01204 331060  Telephone 0161 8725050 Police: Non Emergency  Telephone 0800 555111 – Crimestoppers  Email: community.safety.services@bolton.gov.uk  Website: [www.bolton.gov.uk/website/Pages/Hatecrime.aspx](http://www.bolton.gov.uk/website/Pages/Hatecrime.aspx) | **Victim Support (Local)**  Click on link to identify nearest support/contact details.  Website: [www.victimsupport.org.uk/](http://www.victimsupport.org.uk/)  Tel: 08 08 16 89 111 |
| **Health (general)** | |
| **Bolton Primary Care Trust (Local)**  (Information on hospital services available)  Royal Bolton Hospital, Minerva Road, Farnworth  Bolton, BL4 0JR  Tel: 01204 390390  Website: [www.boltonft.nhs.uk/](http://www.boltonft.nhs.uk/) | **Get Active Team (Local)**  The Get Active Team, Castle Hill Centre 1st Floor, Rooms 1-34 to 1-35, Castleton Street, Bolton, BL2 2JW  Tel: 01204 333 215 Freephone: 0800 458 9029 (from landlines only)  Email: [info@getactivebolton.co.uk](mailto:info@getactivebolton.co.uk)  Website: [www.getactivebolton.co.uk](http://www.getactivebolton.co.uk/) |
| **Homeless Welfare** | |
| **Bolton Homeless Welfare (Local)**  Homeless Welfare, Ground floor, Town Hall  Victoria Square, Bolton, BL1 1RU  Tel: 01204 335830 (Residents)  Tel: 01204 33 900 (Housing Options)  Email: homelesswelfare@bolton.gov.uk  Website: [www.bolton.gov.uk/website/Pages/Homelessness.aspx](http://www.bolton.gov.uk/website/Pages/Homelessness.aspx) | **Bolton Emergency Duty Social Work Team** (If homeless during out of office hours)  Bolton Council. Town Hall, Victoria Square, Bolton, B1 1RU  Tel: 01204 337777  Email: emergencyduty.team@bolton.gov.uk |
| **The Salvation Army (Local)**  102 St Georges Road, Bolton, BL1 2BZ  Tel: 01204 365455  E-mail [bolton.citadel@salvationarmy.org.uk](mailto:bolton.citadel@salvationarmy.org.uk)  Website: [www.salvationarmy.org.uk/bolton-citadel](http://www.salvationarmy.org.uk/bolton-citadel) | **Samaritans (Local)**  16 Bark Street East, Bolton, Lancashire, BL1 2BQ  Tel: 01204 521200  Website:  <http://www.samaritans.org/branches/bolton-samaritans> |
| **Street Life (Local)**  Street Life works with rough sleepers and other homeless people to help them access suitable accommodation. Street Life runs a drop-in centre every Tuesday afternoon from the Urban Restore Centre.  Urban Outreach Office, Environ House, Salop Street, Bolton, BL2 1DZ  Email: [info@urbanoutreach.co.uk](mailto:info@urbanoutreach.co.uk)  Telephone: 01204 385848  Website: <http://www.urbanoutreach.co.uk/portfolio-posts/street-life/> |  |

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| **Mental Health (Variety of Topics including Self Harm and suicide)** | |
| **Bolton Employment Support Team (BEST) (Local)**  Supports people with severe and enduring mental health problems with work preparation and placement experience. Opening Times: 9am-5pm  Office 3, Bolton Market, Ashburner Street, Bolton, Greater Manchester, BL1 1TQ  Tel1: 01204 337523 Tel2 :01204 334162  Website: <https://www.gmmh.nhs.uk/bestactive-choices> | **The Early Intervention in Psychosis Team (EIT) (Local)**  Bentley House, Viking Works, Weston Street,  BL3 2RX  Telephone: 01204 483003  Bolton Council Early Intervention Team  Tel: 01204 338173  Website:  <https://www.gmmh.nhs.uk/bolton-early-intervention-in-psychosis-team-eit> |
| **Mental Health Independent Support Team (MhIST) (Local)**  Hanover House, Hanover Street, Bolton, BL1 4TG  Tel: 01204 527200  E-mail info@mhist.co.uk  Website: [www.mhist.co.uk](http://www.mhist.co.uk) | **Royal College of Psychiatrists (National)**  21 Prescot Street  London  E1 8BB  Tel: 020 7235 2351  Website: www.rcpsych.ac.uk |
| **Mental Health Foundation (National)**  Website: [www.mentalhealth.org](http://www.mentalhealth.org) | **Rethink (National)**  Various local locations, postcode search available on website.  Tel: 0300 5000927  Website: [www.rethink.org](http://www.rethink.org) |
| **Sane (National)**  St. Mark's Studios, 14 Chillingworth Road, Islington London, N7 8QJ  Tel: 020380951790  Helpline: 0300 3047000  Website: [www.sane.org.uk](http://www.sane.org.uk) | **Self Harm UK (National)**  74 Bute Street, Luton, Bedfordshire,LU1 2EY  Website: [www.selfharm.co.uk/](http://www.selfharm.co.uk/) |
| **Students Against Depression (National)**  Students Against Depression offers information and resources validated by health professionals alongside tips and advice from students who have experienced it all themselves. There is advice and guidance about obtaining support and taking action to tackle how you feel.  Tel: Tel/fax: 01635 869754  admin@cwmt.org  <http://studentsagainstdepression.org/> |  |
| **Rape and Sexual Violence** | |
| **Victim Support (Local)**  Tel:01204 399 736  Check online for details of local support  Website: [www.victimsupport.org.uk/](http://www.victimsupport.org.uk/) | **Rape and Sexual Abuse Counselling (RASAC) (National)**  Tel: 01962 868688/864433  Website: www.rapcentre.org.uk |
| **Manchester Rape Crisis (Local)**  **For women only**  Tel: 0161 273 4500  (Rape and sexual abuse counselling service)  Email: [mrcrasacs@btconnect.com](mailto:mrcrasacs@btconnect.com) | **St. Mary’s Sexual Assault Referral Centre**  **The Old St Mary’s Hospital**  York Place  Oxford Road  Manchester M13 9WL  Tel: 0161 276 6515 (24 Hour Service)  Email: [stmarys.sarc@cmft.nhs.uk](mailto:stmarys.sarc@cmft.nhs.uk)  Website: [www.stmaryscentre.org/](http://www.stmaryscentre.org/)Twitter: @StmarysSARC |
| **Survivors Manchester**  Support for male survivors of sexual abuse and rape.  Helpline: 0808 800 5005  Office: 0161 236 5005  Website: survivorsmanchester.org.uk  Email: [support@survivorsmanchester.or.uk](mailto:support@survivorsmanchester.or.uk)   |  |  | | --- | --- | | **Sexual Health** | | | **Integrated Sexual Health Department (Local)**  N Block, Royal Bolton Hospital, Minerva Road  Farnworth, Bolton, BL4 0JR  Tel: 01204 390771  Website: <http://www.boltonft.nhs.uk/services/sexual-health/> | ***Urban Outreach Bolton***  *Reach Out offers practical and emotional support, information and guidance to women involved in street sex work in Bolton. The project helps women to exit prostitution and rebuild their lives.*  *Urban Outreach Office, Environ House, Salop Street, Bolton*  *BL2 1DZ*  *Tel: 01204 385848*  *Website:*  *http://www.urbanoutreach.co.uk/portfolio-posts/reach-out/* | | **Sexual Identity** | | | **LGBT Foundation (National)**  Wide range of support services to lesbian, gay, bisexual and trans\* people 5 Richmond Street, Manchester M1 3HF  Tel: 0345 3 30 30 30 (between 09:00am until 21:00pm Monday – Friday)  Email: [info@lgbt.foundation](mailto:info@lgbt.foundation)  Website: https://lgbt.foundation | ***Mermaids (National)***  *Suite 5 High Street House,*  *2 High Street, Yeadon,*  *Leeds, LS19 7PP*  *[Website:](http://mermaidsuk.org.uk/index.php/contact)* [*www.mermaidsuk.org.uk*](http://www.mermaidsuk.org.uk/)  *Helpline Tel: 0344 334 0550*  *Email: info@mermaidsuk.org.uk* | | **Young minds (National)**  Website: <http://www.youngminds.org.uk/> |  |   Website:  [www.manchesterrapecrisis.co.uk](http://www.manchesterrapecrisis.co.uk) |
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| **General Help and advice** | |
| **Bolton & District Citizen’s Advice Bureau (Local)**  Advice on Benefits and Tax credits, Community Care, Consumer advice, Housing, Immigration & Asylum, Money & Debt, Education, Relationships and Work  26 – 28 Mawdsley Street  Bolton  BL1 1LF  Tel: 0300 330 9071  Website: [www.boltoncab.co.uk](http://www.boltoncab.co.uk). | **Bolton Community and Volunteer Services (CVS) (Local)**  Supports Volunteers and promotes good practice to organisations on volunteering  The Bolton Hub  Bold Street  Bolton  BL1 1LS  Tel: 01204 546010  Email: [info@boltoncvs.org.uk](mailto:info@boltoncvs.org.uk)  Website: <https://www.boltoncvs.org.uk/> |
| **Greater Manchester Immigration Aid Unit (GMIAU) (Local)**  Tel: 0161 740 7722  Website: [www.gmiau.org](http://www.gmiau.org) | **Storehouse Food Bank (Local)**  Bolton's food bank and distribution project, providing emergency food parcels to individuals and families who find themselves in need of help due to illness, debts or fines, benefit delays, homelessness, domestic abuse, redundancy or family breakdown.  Storehouse foodbank, new webpage  Urban Outreach Office, Environ House, Salop Street, Bolton BL2 1DZ  Telephone  01204 385848  Email  info@urbanoutreach.co.uk  <http://www.urbanoutreach.co.uk/portfolio-posts/storehouse/> |
| **Suzy Lamplugh Trust (National)**  **Personal safety advice**  Tel: tel:08088020300  Website: <https://www.suzylamplugh.org/> |  |