



## Useful numbers during Covid-19

[General](#) | [Bereavement](#) | [Business support](#) | [Children and young people](#) | [Carers](#) | [Disability and autism](#) | [Food banks and clubs](#) | [Health conditions](#) | [Homelessness](#) | [Housing associations](#) | [LGBTQ+ and gender diversity](#) | [Mental health](#) | [Older people](#) | [Recovery and addiction](#) | [Victim support](#)

### General

<b>Name</b>	Manchester Central Hub
<b>Phone number</b>	0800 234 6123
<b>Phone line hours</b>	Monday to Saturday, 8.30am - 5.30pm
<b>Email</b>	<a href="mailto:COVIDSupport@manchester.gov.uk">COVIDSupport@manchester.gov.uk</a>
<b>Website</b>	<a href="https://bit.ly/2z5hkPd">https://bit.ly/2z5hkPd</a>
<b>Service description</b>	Hub to support Manchester's most vulnerable people, and help them cope with the impacts of the coronavirus outbreak

<b>Name</b>	Manchester City Council
<b>Phone number</b>	0161 234 5000
<b>Phone line hours</b>	Monday to Friday, 8.30am - 5.30pm
<b>Email</b>	
<b>Website</b>	<a href="https://secure.manchester.gov.uk/">https://secure.manchester.gov.uk/</a>



<b>Service description</b>	The local authority providing the majority of local government services in Manchester
----------------------------	---

<b>Name</b>	Macc
-------------	------

<b>Phone number</b>	0161 834 9823
---------------------	---------------

<b>Phone line hours</b>	Monday to Friday, 10am - 4pm
-------------------------	------------------------------

<b>Email</b>	<a href="mailto:info@macc.org.uk">info@macc.org.uk</a>
--------------	--

<b>Website</b>	<a href="http://www.manchestercommunitycentral.org">www.manchestercommunitycentral.org</a>
----------------	--

<b>Service description</b>	Manchester city-wide infrastructure organisation for the voluntary, community and social enterprise sector; providing specialist information, advice, development support
----------------------------	---

<b>Name</b>	Greater Manchester Police
-------------	---------------------------

<b>Phone number</b>	101 (non-emergency)
---------------------	---------------------

<b>Phone line hours</b>	24 hours
-------------------------	----------

<b>Email</b>	
--------------	--

<b>Website</b>	<a href="http://www.gmp.police.uk">www.gmp.police.uk</a>
----------------	--

<b>Service description</b>	Police force for Greater Manchester
----------------------------	-------------------------------------

<b>Name</b>	Citizens Advice Manchester
-------------	----------------------------

<b>Phone number</b>	0344 411 1222
---------------------	---------------



<b>Phone line hours</b>	
<b>Email</b>	Online chat function on the website
<b>Website</b>	<a href="http://www.citizensadvicemanchester.org">www.citizensadvicemanchester.org</a>
<b>Service description</b>	Free, confidential, impartial and independent advice and information on a wide range of subjects

<b>Name</b>	Greater Manchester Combined Authority
<b>Phone number</b>	0161 778 7000
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:enquiries@greatermanchester-ca.gov.uk">enquiries@greatermanchester-ca.gov.uk</a>
<b>Website</b>	<a href="http://www.greatermanchester-ca.gov.uk">www.greatermanchester-ca.gov.uk</a>
<b>Service description</b>	Made up of the ten Greater Manchester councils and Mayor, who work with other local services, businesses, communities and other partners to improve the city-region

<b>Name</b>	Greater Manchester Voluntary Centre for Voluntary
<b>Phone number</b>	0161 277 1000
<b>Phone line hours</b>	Monday to Friday, 9am - 5pm
<b>Email</b>	<a href="mailto:gmcvo@gmcvo.org.uk">gmcvo@gmcvo.org.uk</a>
<b>Website</b>	<a href="http://www.gmcvo.org.uk">www.gmcvo.org.uk</a>



<b>Service description</b>	The voluntary, community and social enterprise (VCSE) sector support and development organisation covering the Greater Manchester city region
<b>Name</b>	Manchester Credit Union
<b>Phone number</b>	0161 231 5222
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@manchestercreditunion.co.uk">info@manchestercreditunion.co.uk</a>
<b>Website</b>	<a href="http://www.manchestercreditunion.co.uk">www.manchestercreditunion.co.uk</a>
<b>Service description</b>	Provides safe, competitive and fair financial services to anyone that lives or works in Manchester. Open to anyone who lives or works in the City of Manchester, Bury, Rochdale, Tameside, Trafford and the High Peak

## Bereavement

<b>Name</b>	Child Bereavement
<b>Phone number</b>	0800 02 888 40
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:support@childbereavementuk.org">support@childbereavementuk.org</a>
<b>Website</b>	<a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a>
<b>Service description</b>	Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement



<b>Name</b>	Greater Manchester Bereavement Service
<b>Phone number</b>	0161 983 0902
<b>Phone line hours</b>	Monday to Friday, 9am - 5pm (except bank holidays) Wednesday, 9am - 8pm
<b>Email</b>	
<b>Website</b>	<a href="https://greater-manchester-bereavement-service.org.uk">https://greater-manchester-bereavement-service.org.uk</a>
<b>Service description</b>	Support is available to anyone within Greater Manchester, bereaved or affected by a death. No one needs to feel alone as they deal with their grief

<b>Name</b>	Greater Manchester Suicide Bereavement Information Service
<b>Phone number</b>	0161 983 0700
<b>Phone line hours</b>	Monday to Friday, 10am - 4pm
<b>Email</b>	<a href="mailto:SB.IS@nhs.net">SB.IS@nhs.net</a>
<b>Website</b>	<a href="http://www.shiningalightonsuicide.org.uk">www.shiningalightonsuicide.org.uk</a>
<b>Service description</b>	A confidential information service for people bereaved or affected by suicide

<b>Name</b>	Jewish Bereavement Counselling Service
<b>Phone number</b>	0208 951 3881
<b>Phone line hours</b>	



<b>Email</b>	<a href="mailto:enquiries@jbcs.org.uk">enquiries@jbcs.org.uk</a>
<b>Website</b>	<a href="https://jbcs.org.uk">https://jbcs.org.uk</a>
<b>Service description</b>	Supports individuals and families when they face a loss by providing a high-quality child and adult bereavement support and provide information to all families from a Jewish perspective

<b>Name</b>	Once Upon a Smile
<b>Phone number</b>	0161 711 0339
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@onceuponasmile.org.uk">info@onceuponasmile.org.uk</a>
<b>Website</b>	<a href="http://www.onceuponasmile.org.uk">www.onceuponasmile.org.uk</a>
<b>Service description</b>	Provides emotional and practical support at time of need to enable those to adjust to a new life without loved ones

<b>Name</b>	Rainbow Trust
<b>Phone number</b>	0161 628 2194
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:enquiries@rainbowtrust.org.uk">enquiries@rainbowtrust.org.uk</a>
<b>Website</b>	<a href="http://www.rainbowtrust.org.uk/greater-manchester-team">www.rainbowtrust.org.uk/greater-manchester-team</a>
<b>Service description</b>	Provides emotional and practical support to families who have a child with life-threatening or terminal illness



## Business support

<b>Name</b>	Business Growth Hub
<b>Phone number</b>	0161 359 3050
<b>Phone line hours</b>	Monday to Friday, 8am - 8pm and Saturday and Sunday, 9am - 1pm
<b>Email</b>	<a href="mailto:BGH@growthco.uk">BGH@growthco.uk</a>
<b>Website</b>	<a href="http://www.businessgrowthhub.com">www.businessgrowthhub.com</a>
<b>Service description</b>	Supports businesses at all stages of their growth journey with a broad range of services. They offer expert one-to-one and peer-to-peer business support, events, specialist programmes, funding and much more

<b>Name</b>	Business Support
<b>Phone number</b>	0300 456 3565
<b>Phone line hours</b>	Monday to Friday, 9am - 6pm
<b>Email</b>	
<b>Website</b>	<a href="http://www.gov.uk/business-support-helpline">www.gov.uk/business-support-helpline</a>
<b>Service description</b>	Get help with tax, regional help and advice on writing a business plan

<b>Name</b>	Greater Manchester Chambers of Commerce
<b>Phone number</b>	0161 393 4321



<b>Phone line hours</b>	
<b>Email</b>	
<b>Website</b>	<a href="http://www.gmchamber.co.uk">www.gmchamber.co.uk</a>
<b>Service description</b>	Provides first class business support to companies of all shapes and sizes

## Children and young people

<b>Name</b>	Care for the Family
<b>Phone number</b>	029 2081 0800
<b>Phone line hours</b>	Monday 10am - 5pm, Tuesday to Thursday 9am - 5pm, Friday 9am - 4.30pm
<b>Email</b>	<a href="mailto:mail@cff.org.uk">mail@cff.org.uk</a>
<b>Website</b>	<a href="http://www.careforthefamily.org.uk">www.careforthefamily.org.uk</a>
<b>Service description</b>	A national charity which aims to promote strong family life and to help those who face family difficulties

<b>Name</b>	Childline
<b>Phone number</b>	0800 1111
<b>Phone line hours</b>	
<b>Email</b>	





<b>Website</b>	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
<b>Service description</b>	A counselling service for children and young people up to their 19th birthday provided by the NSPCC

<b>Name</b>	Children's Society
<b>Phone number</b>	0300 303 7000
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:supportercare@childrenssociety.org.uk">supportercare@childrenssociety.org.uk</a>
<b>Website</b>	<a href="http://www.childrenssociety.org.uk">www.childrenssociety.org.uk</a>
<b>Service description</b>	Works with the most vulnerable young people

<b>Name</b>	Early Break
<b>Phone number</b>	0161 723 3880
<b>Phone line hours</b>	Monday to Thursday, 8am - 6pm Friday, 8am - 5pm
<b>Email</b>	<a href="mailto:info@earlybreak.co.uk">info@earlybreak.co.uk</a>
<b>Website</b>	<a href="https://earlybreak.co.uk">https://earlybreak.co.uk</a>
<b>Service description</b>	Offers a number of services to support the emotional health and wellbeing of children, young people and families



<b>Name</b>	Family Lives
<b>Phone number</b>	0808 800 2222
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a>
<b>Website</b>	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
<b>Service description</b>	Provides non-judgmental support and advice to anyone experiencing issues in their family life

<b>Name</b>	Gingerbread (single parents)
<b>Phone number</b>	0808 802 0925
<b>Phone line hours</b>	Monday 10am - 6pm, Tuesday, Thursday and Friday 10am - 4pm, Wednesday 10am - 1pm and 5pm - 7pm
<b>Email</b>	
<b>Website</b>	<a href="http://www.gingerbread.org.uk">www.gingerbread.org.uk</a>
<b>Service description</b>	Provides expert advice and practical support for single mums and dads in England and Wales

<b>Name</b>	Kidscape
<b>Phone number</b>	Whatsapp available but must email first
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:parentsupport@kidscape.org.uk">parentsupport@kidscape.org.uk</a>



<b>Website</b>	<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>
<b>Service description</b>	Provides children, families, carers and professionals with advice, training and practical tools to prevent bullying and protect young lives
<b>Name</b>	NSPCC
<b>Phone number</b>	0808 800 5000
<b>Phone line hours</b>	Monday to Friday 8am - 10pm Saturday and Sunday 9am - 6pm
<b>Email</b>	<a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>
<b>Website</b>	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>Service description</b>	The UK's leading children's charity, preventing abuse and helping those affected to recover
<b>Name</b>	Place2Be
<b>Phone number</b>	020 7923 5500
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:enquiries@place2be.org.uk">enquiries@place2be.org.uk</a>
<b>Website</b>	<a href="http://www.place2be.org.uk">www.place2be.org.uk</a>
<b>Service description</b>	Provides mental health counselling support and training to schools to improve the emotional wellbeing of pupils, families, teachers and staff



## Carers

<b>Name</b>	Carers Trust
<b>Phone number</b>	0300 772 9600
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@carers.org">info@carers.org</a>
<b>Website</b>	<a href="https://carers.org/">https://carers.org/</a>
<b>Service description</b>	Works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems

<b>Name</b>	Gaddum
<b>Phone number</b>	0161 834 6069
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@gaddum.org.uk">info@gaddum.org.uk</a>
<b>Website</b>	<a href="http://www.gaddumcentre.co.uk">www.gaddumcentre.co.uk</a>
<b>Service description</b>	Provides advocacy, carers support and therapy services in Greater Manchester

<b>Name</b>	Manchester Carers Centre
<b>Phone number</b>	0161 272 7270



<b>Phone line hours</b>	Monday to Thursday, 10am - 3pm
<b>Email</b>	<a href="mailto:admin@manchestercarers.org.uk">admin@manchestercarers.org.uk</a>
<b>Website</b>	<a href="http://www.manchestercarers.org.uk">www.manchestercarers.org.uk</a>
<b>Service description</b>	The centre offers a range of practical and emotional support services to help make a positive difference to Carers' lives in Manchester

## Disability and autism

<b>Name</b>	Contact
<b>Phone number</b>	020 7608 8700
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@contact.org.uk">info@contact.org.uk</a>
<b>Website</b>	<a href="https://contact.org.uk/">https://contact.org.uk/</a>
<b>Service description</b>	For families with disabled children. They support families, bring families together and help families take action for others

<b>Name</b>	Disabled Living
<b>Phone number</b>	0161 607 8200
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@disabledliving.co.uk">info@disabledliving.co.uk</a>



<b>Website</b>	<a href="http://www.disabledliving.co.uk">www.disabledliving.co.uk</a>
<b>Service description</b>	Provides impartial information and advice about products, equipment and services for disabled people

<b>Name</b>	Henshaws
<b>Phone number</b>	0300 222 5555
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@henshaws.org.uk">info@henshaws.org.uk</a>
<b>Website</b>	<a href="http://www.henshaws.org.uk">www.henshaws.org.uk</a>
<b>Service description</b>	Supports people living with sight loss and other disabilities

<b>Name</b>	Action on Hearing Loss
<b>Phone number</b>	0845 685 8000
<b>Phone line hours</b>	Monday to Friday, 9am - 5pm
<b>Email</b>	<a href="mailto:communication.services@hearingloss.org.uk">communication.services@hearingloss.org.uk</a>
<b>Website</b>	<a href="http://www.actiononhearingloss.org.uk">www.actiononhearingloss.org.uk</a>
<b>Service description</b>	A charitable organisation working on behalf of the UK's 9 million people who are deaf or have hearing loss



<b>Name</b>	Alzheimer's Society
<b>Phone number</b>	0333 150 3456
<b>Phone line hours</b>	Monday to Wednesday 9am - 8pm, Thursday to Friday, 9am - 5pm, Saturday to Sunday, 10am - 4pm
<b>Email</b>	<a href="mailto:helpline@alzheimers.org.uk">helpline@alzheimers.org.uk</a>
<b>Website</b>	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
<b>Service description</b>	A care and research charity for people with dementia and their carers

<b>Name</b>	Autistic Society for the Greater Manchester Area
<b>Phone number</b>	0161 866 8483
<b>Phone line hours</b>	Monday to Friday, 8.45am - 4.15pm
<b>Email</b>	<a href="mailto:admin@asgma.org.uk">admin@asgma.org.uk</a>
<b>Website</b>	<a href="http://asgma.org.uk/">http://asgma.org.uk/</a>
<b>Service description</b>	Supports people affected by Autistic Spectrum Disorders in Greater Manchester

<b>Name</b>	ADHD Foundation
<b>Phone number</b>	0151 237 2661
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@adhdfoundation.org.uk">info@adhdfoundation.org.uk</a>



<b>Website</b>	<a href="http://www.adhdfoundation.org.uk">www.adhdfoundation.org.uk</a>
<b>Service description</b>	Works in partnership with individuals, families, doctors, teachers and other agencies to improving emotional well being, educational attainment, behaviour and life chances through better understanding and self management of ADHD, ASD and related learning
<b>Name</b>	National Autistic Society
<b>Phone number</b>	Autism Helpline 0808 800 4104 Supporter Care Team 0808 800 1050
<b>Phone line hours</b>	Monday to Friday, 10am - 3pm
<b>Email</b>	
<b>Website</b>	<a href="http://www.autism.org.uk">www.autism.org.uk</a>
<b>Service description</b>	Transform lives, change attitudes and create a society that works for autistic people

## Food banks and clubs

<b>Name</b>	Greater Together Manchester
<b>Phone number</b>	0161 828 1409
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@greatertogethermanchester.org">info@greatertogethermanchester.org</a>
<b>Website</b>	<a href="http://greatertogethermanchester.org/find-support/food-banks/">http://greatertogethermanchester.org/find-support/food-banks/</a>





<b>Service description</b>	Aims to provide leadership and support for anti-poverty work across Greater Manchester and Rossendale
----------------------------	---

<b>Name</b>	Manchester Central Foodbank
-------------	-----------------------------

<b>Phone number</b>	0792 841 2339
---------------------	---------------

<b>Phone line hours</b>	Monday to Friday, 9am - 12pm
-------------------------	------------------------------

<b>Email</b>	<a href="mailto:info@manchestercentral.foodbank.org.uk">info@manchestercentral.foodbank.org.uk</a>
--------------	--

<b>Website</b>	<a href="https://manchestercentral.foodbank.org.uk">https://manchestercentral.foodbank.org.uk</a>
----------------	---

<b>Service description</b>	Provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis
----------------------------	---

<b>Name</b>	Manchester South Central Foodbank
-------------	-----------------------------------

<b>Phone number</b>	0784 209 3922
---------------------	---------------

<b>Phone line hours</b>	
-------------------------	--

<b>Email</b>	<a href="mailto:info@manchestersouthcentral.foodbank.org.uk">info@manchestersouthcentral.foodbank.org.uk</a>
--------------	--

<b>Website</b>	<a href="http://manchestersouthcentral.foodbank.org.uk/">http://manchestersouthcentral.foodbank.org.uk/</a>
----------------	---

<b>Service description</b>	Provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis
----------------------------	---

<b>Name</b>	Mustard Tree
-------------	--------------

<b>Phone number</b>	0161 850 2282
---------------------	---------------



<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:information@mustardtree.org.uk">information@mustardtree.org.uk</a>
<b>Website</b>	<a href="https://mustardtree.org.uk/">https://mustardtree.org.uk/</a>
<b>Service description</b>	Offers access to low cost food through a food club, clothing and household essentials such as furniture, pots and pans

<b>Name</b>	Trussell Trust
<b>Phone number</b>	0808 208 2138
<b>Phone line hours</b>	Monday to Friday, 10am - 4pm
<b>Email</b>	<a href="mailto:enquiries@trusselltrust.org">enquiries@trusselltrust.org</a>
<b>Website</b>	<a href="http://www.trusselltrust.org">www.trusselltrust.org</a>
<b>Service description</b>	Supports a network of over 1,200 food bank centres to provide emergency food and compassionate, practical support to people in crisis, while campaigning for long-term change to the structural issues that lock people into poverty

## Health conditions

<b>Name</b>	Be Well
<b>Phone number</b>	0161 470 7120
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:learnwell@thebiglifegroup.com">learnwell@thebiglifegroup.com</a>



<b>Website</b>	<a href="http://www.thebiglifegroup.com/service/be-well/">www.thebiglifegroup.com/service/be-well/</a>
<b>Service description</b>	Here to help you find a way to live and feel well whatever twists and turns life brings. For ages 18+
<b>Name</b>	Greater Manchester Health and Social Care Partnership
<b>Phone number</b>	0161 742 6023
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:gm.hscinfo@nhs.net">gm.hscinfo@nhs.net</a>
<b>Website</b>	<a href="http://www.gmhsc.org.uk">www.gmhsc.org.uk</a>
<b>Service description</b>	Works to improve the health, wealth and wellbeing of the people in Greater Manchester
<b>Name</b>	Manchester Health and Care Commissioning
<b>Phone number</b>	0161 765 4004
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:communicationsmanchester@nhs.net">communicationsmanchester@nhs.net</a>
<b>Website</b>	<a href="http://www.mhcc.nhs.uk">www.mhcc.nhs.uk</a>
<b>Service description</b>	Partnership between Manchester City Council and NHS Manchester Clinical Commissioning Group. The organisations came together to ensure a more joined up and effective approach to commissioning health and social care services for the people of Manchester



<b>Name</b>	Manchester Local Care Organisation
<b>Phone number</b>	
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:enquiries@manchesterlco.org">enquiries@manchesterlco.org</a>
<b>Website</b>	<a href="http://www.manchesterlco.org">www.manchesterlco.org</a>
<b>Service description</b>	Here to improve the health of local people in the city

<b>Name</b>	NHS 111
<b>Phone number</b>	111
<b>Phone line hours</b>	24 hours
<b>Email</b>	
<b>Website</b>	<a href="https://111.nhs.uk/">https://111.nhs.uk/</a>
<b>Service description</b>	Can help if you have an urgent medical problem and you're not sure what to do

<b>Name</b>	Terrence Higgins Foundation
<b>Phone number</b>	0808 802 1221
<b>Phone line hours</b>	Monday to Friday, 10am - 6pm Saturday and Sunday, 10am - 1pm
<b>Email</b>	<a href="mailto:info@tht.org.uk">info@tht.org.uk</a>



<b>Website</b>	<a href="http://www.tht.org.uk">www.tht.org.uk</a>
<b>Service description</b>	A charity that campaigns on and provides services relating to HIV and sexual health

## Homelessness

<b>Name</b>	The Booth Centre
<b>Phone number</b>	0161 835 2499
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@boothcentre.org.uk">info@boothcentre.org.uk</a>
<b>Website</b>	<a href="http://www.boothcentre.org.uk">www.boothcentre.org.uk</a>
<b>Service description</b>	Brings about positive change in the lives of people who are homeless or at risk of homelessness, to help them plan for and realise a better future

<b>Name</b>	Coffee for Craig
<b>Phone number</b>	0754 359 0330
<b>Phone line hours</b>	Monday to Friday, 7pm - 9pm and Saturday to Sunday, 5pm - 7pm
<b>Email</b>	
<b>Website</b>	<a href="http://www.coffee4craig.com">www.coffee4craig.com</a>
<b>Service description</b>	Offers an evening and weekend service, offering hot meals, showers and medical support to the city's homeless community



<b>Name</b>	Crisis
<b>Phone number</b>	0300 636 7967
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:enquiries@crisis.org.uk">enquiries@crisis.org.uk</a>
<b>Website</b>	<a href="http://www.crisis.org.uk">www.crisis.org.uk</a>
<b>Service description</b>	UK national charity for homeless people. The charity offers year round education, employment, housing and well-being services

<b>Name</b>	Shelter
<b>Phone number</b>	0808 800 4444
<b>Phone line hours</b>	Weekdays, 8am - 8pm Weekends, 9am - 5pm
<b>Email</b>	
<b>Website</b>	<a href="https://england.shelter.org.uk">https://england.shelter.org.uk</a>
<b>Service description</b>	Helps millions of people every year struggling with bad housing or homelessness through our advice, support and legal services

<b>Name</b>	Street Support Network
<b>Phone number</b>	
<b>Phone line hours</b>	



<b>Email</b>	<a href="mailto:info@streetsupport.net">info@streetsupport.net</a>
<b>Website</b>	<a href="https://streetsupport.net">https://streetsupport.net</a>
<b>Service description</b>	Supporting local people and organisations to tackle homelessness

## Housing associations

<b>Name</b>	Arawak Walton Housing Association
<b>Phone number</b>	0161 272 6094
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@arawakwalton.com">info@arawakwalton.com</a>
<b>Website</b>	<a href="https://arawakwalton.com">https://arawakwalton.com</a>
<b>Service description</b>	Housing association in Manchester

<b>Name</b>	Arcon Housing Association
<b>Phone number</b>	0161 214 4120
<b>Phone line hours</b>	
<b>Email</b>	<a href="http://www.arcon.org.uk/contact-us-form">www.arcon.org.uk/contact-us-form</a>
<b>Website</b>	<a href="http://www.arcon.org.uk">www.arcon.org.uk</a>



<b>Service description</b>	Housing association in Manchester
----------------------------	-----------------------------------

<b>Name</b>	Equity Housing Group
-------------	----------------------

<b>Phone number</b>	0300 123 4460
---------------------	---------------

<b>Phone line hours</b>	Monday to Friday, 8am - 5pm
-------------------------	-----------------------------

<b>Email</b>	<a href="mailto:customersolutions@equityhousing.co.uk">customersolutions@equityhousing.co.uk</a>
--------------	--

<b>Website</b>	<a href="http://www.equityhousing.co.uk">www.equityhousing.co.uk</a>
----------------	--

<b>Service description</b>	Housing association in Manchester
----------------------------	-----------------------------------

<b>Name</b>	Great Places Housing Group
-------------	----------------------------

<b>Phone number</b>	0300 123 1966
---------------------	---------------

<b>Phone line hours</b>	Monday to Friday, 8am - 6pm
-------------------------	-----------------------------

<b>Email</b>	<a href="mailto:CAT@greatplaces.org.uk">CAT@greatplaces.org.uk</a>
--------------	--

<b>Website</b>	<a href="http://www.greatplaces.org.uk">www.greatplaces.org.uk</a>
----------------	--

<b>Service description</b>	Housing association in Manchester
----------------------------	-----------------------------------

<b>Name</b>	The Guinness Partnership
-------------	--------------------------

<b>Phone number</b>	0303 123 1890
---------------------	---------------





<b>Phone line hours</b>	Monday to Friday, 8am - 8pm and Saturday, 9am - 5pm
<b>Email</b>	
<b>Website</b>	<a href="http://www.guinnesspartnership.com">www.guinnesspartnership.com</a>
<b>Service description</b>	Housing association in Manchester

<b>Name</b>	Jigsaw Homes
<b>Phone number</b>	0300 11 11 212
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@jigsawhomes.org.uk">info@jigsawhomes.org.uk</a>
<b>Website</b>	<a href="http://www.jigsawhomes.org.uk">www.jigsawhomes.org.uk</a>
<b>Service description</b>	Housing association in Manchester

<b>Name</b>	Mosscaire St Vincent's Housing Group
<b>Phone number</b>	0161 226 4211
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:enquiry@msvhousing.co.uk">enquiry@msvhousing.co.uk</a>
<b>Website</b>	<a href="http://www.msvhousing.co.uk">www.msvhousing.co.uk</a>



<b>Service description</b>	Housing association in Manchester
----------------------------	-----------------------------------

<b>Name</b>	Northwards Housing
-------------	--------------------

<b>Phone number</b>	0300 012 3123
---------------------	---------------

<b>Phone line hours</b>	Monday to Friday, 8.45am - 4.30pm
-------------------------	-----------------------------------

<b>Email</b>	
--------------	--

<b>Website</b>	<a href="http://www.northwardshousing.co.uk">www.northwardshousing.co.uk</a>
----------------	--

<b>Service description</b>	Housing association in Manchester
----------------------------	-----------------------------------

<b>Name</b>	One Manchester
-------------	----------------

<b>Phone number</b>	0330 355 1000
---------------------	---------------

<b>Phone line hours</b>	
-------------------------	--

<b>Email</b>	<a href="mailto:info@onemanchester.co.uk">info@onemanchester.co.uk</a>
--------------	--

<b>Website</b>	<a href="http://www.onemanchester.co.uk">www.onemanchester.co.uk</a>
----------------	--

<b>Service description</b>	Housing association in Manchester
----------------------------	-----------------------------------

<b>Name</b>	Onward Homes
-------------	--------------

<b>Phone number</b>	0300 555 0600
---------------------	---------------



<b>Phone line hours</b>	Monday, Tuesday, Thursday, Friday, 8am - 6pm
<b>Email</b>	
<b>Website</b>	<a href="http://www.onward.co.uk">www.onward.co.uk</a>
<b>Service description</b>	Housing association in Manchester

<b>Name</b>	Southway Housing Trust
<b>Phone number</b>	0161 448 4200
<b>Phone line hours</b>	Monday to Friday, 8am - 5.30pm
<b>Email</b>	
<b>Website</b>	<a href="http://www.southwayhousing.co.uk">www.southwayhousing.co.uk</a>
<b>Service description</b>	Housing association in Manchester

<b>Name</b>	Wythenshawe Community Housing Group
<b>Phone number</b>	0800 633 5500
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:customerenquiries@wchg.org.uk">customerenquiries@wchg.org.uk</a>
<b>Website</b>	<a href="http://www.wchg.org.uk">www.wchg.org.uk</a>



<b>Service description</b>	Housing association in Manchester
----------------------------	-----------------------------------

## LGBTQ+ and gender diversity

<b>Name</b>	African Rainbow Family
<b>Phone number</b>	0771 128 5567
<b>Phone line hours</b>	Monday to Friday, 9.30am - 5pm
<b>Email</b>	<a href="mailto:info@africanrainbowfamily.org">info@africanrainbowfamily.org</a>
<b>Website</b>	<a href="https://africanrainbowfamily.org">https://africanrainbowfamily.org</a>
<b>Service description</b>	Support for lesbian, gay, bisexual, transgender and queer (LGBTIQ) people of African heritage including refugees and wider Black and Asian minority ethnic groups

<b>Name</b>	LGBT foundation
<b>Phone number</b>	0345 330 3030
<b>Phone line hours</b>	Monday to Friday, 10am - 6pm
<b>Email</b>	<a href="mailto:info@lgbt.foundation">info@lgbt.foundation</a>
<b>Website</b>	<a href="https://lgbt.foundation">https://lgbt.foundation</a>
<b>Service description</b>	Advice, support and information services to lesbian, gay, bisexual and trans (LGBT) communities

<b>Name</b>	Mermaids
-------------	----------



<b>Phone number</b>	0808 801 0400 Text 85258
<b>Phone line hours</b>	Monday to Friday, 9am - 9pm
<b>Email</b>	<a href="mailto:info@mermaidsuk.org.uk">info@mermaidsuk.org.uk</a>
<b>Website</b>	<a href="https://mermaidsuk.org.uk">https://mermaidsuk.org.uk</a>
<b>Service description</b>	Advocacy organisation that supports gender variant and transgender youth

<b>Name</b>	Stonewall
<b>Phone number</b>	0800 050 2020
<b>Phone line hours</b>	Monday to Friday, 9.30am - 4.30pm
<b>Email</b>	<a href="mailto:info@stonewall.org.uk">info@stonewall.org.uk</a>
<b>Website</b>	<a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a>
<b>Service description</b>	Campaigns for the equality of lesbian, gay, bi and trans people across Britain

<b>Name</b>	Switchboard
<b>Phone number</b>	0300 330 0630
<b>Phone line hours</b>	Monday to Sunday, 10am - 10pm
<b>Email</b>	<a href="mailto:chris@switchboard.lgbt">chris@switchboard.lgbt</a>
<b>Website</b>	<a href="https://switchboard.lgbt">https://switchboard.lgbt</a>



<b>Service description</b>	Provides a one-stop listening service for LGBT+ people on the phone, by email and through instant messaging
----------------------------	---

## Mental health

<b>Name</b>	Anxiety UK
<b>Phone number</b>	0344 477 5774 Text 0753 741 6905
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a>
<b>Website</b>	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>
<b>Service description</b>	Works to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services

<b>Name</b>	Asian Family Counselling Service
<b>Phone number</b>	020 8574 0912
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:afcs@btconnect.com">afcs@btconnect.com</a>
<b>Website</b>	<a href="https://asianfamilycounselling.org">https://asianfamilycounselling.org</a>
<b>Service description</b>	Confidential and culturally sensitive mental health and relationship counselling services



<b>Name</b>	Greater Manchester Mental Health NHS Foundation Trust
<b>Phone number</b>	01204 483 071
<b>Phone line hours</b>	24 hours, 7 days a week
<b>Email</b>	
<b>Website</b>	<a href="http://www.gmmh.nhs.uk">www.gmmh.nhs.uk</a>
<b>Service description</b>	Provides inpatient and community-based mental health care for people living in Bolton, the city of Manchester, Salford and Trafford and a wide range of specialist mental health and substance misuse services. Also provides Health and Justice Services in a number of custodial settings.

<b>Name</b>	Listening Ear
<b>Phone number</b>	0151 488 6648
<b>Phone line hours</b>	Monday to Wednesday, 9am - 8pm Thursday to Friday 9am - 5pm
<b>Email</b>	<a href="mailto:enquiries@listening-ear.co.uk">enquiries@listening-ear.co.uk</a>
<b>Website</b>	<a href="https://listening-ear.co.uk">https://listening-ear.co.uk</a>
<b>Service description</b>	Provides help to those who've been bereaved, suffered loss or experienced separation

<b>Name</b>	Manchester Mind
<b>Phone number</b>	0161 769 5732



<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@mind.org.uk">info@mind.org.uk</a>
<b>Website</b>	<a href="http://www.manchestermind.org">www.manchestermind.org</a>
<b>Service description</b>	Offers information and advice to people with mental health problems and lobbies government and local authorities on their behalf

<b>Name</b>	National Self Harm Network
<b>Phone number</b>	
<b>Phone line hours</b>	
<b>Email</b>	
<b>Website</b>	<a href="http://www.nshn.co.uk">www.nshn.co.uk</a>
<b>Service description</b>	Supports individuals who self-harm to reduce emotional distress and improve their quality of life

<b>Name</b>	No Panic
<b>Phone number</b>	0844 967 4848
<b>Phone line hours</b>	Monday to Sunday, 10am - 10pm
<b>Email</b>	<a href="mailto:info@nopanic.org.uk">info@nopanic.org.uk</a>
<b>Website</b>	<a href="https://nopanic.org.uk">https://nopanic.org.uk</a>





<b>Service description</b>	Offers advice, support, recovery programs and help for people living with phobias, OCD and any other anxiety-based disorders
<b>Name</b>	OCD UK
<b>Phone number</b>	0333 212 7890
<b>Phone line hours</b>	Monday to Friday, 10am - 4.45pm
<b>Email</b>	
<b>Website</b>	<a href="http://www.ocduk.org">www.ocduk.org</a>
<b>Service description</b>	Provides advice, information, and support services for those affected by OCD, and campaign to end the trivialisation and stigma of OCD
<b>Name</b>	Papyrus
<b>Phone number</b>	01925 572 444
<b>Phone line hours</b>	Monday to Friday, 9am - 10pm, Saturday to Sunday, 2pm-10pm
<b>Email</b>	<a href="mailto:admin@papyrus-uk.org">admin@papyrus-uk.org</a>
<b>Website</b>	<a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a>
<b>Service description</b>	Provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person



<b>Name</b>	Salvation Army
<b>Phone number</b>	0161 273 2081
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@salvationarmy.org.uk">info@salvationarmy.org.uk</a>
<b>Website</b>	<a href="http://www.salvationarmy.org.uk/manchester-central">www.salvationarmy.org.uk/manchester-central</a>
<b>Service description</b>	A user-led group providing information and signposting to the community on mental health issues

<b>Name</b>	Samaritans
<b>Phone number</b>	116 123
<b>Phone line hours</b>	24 hours
<b>Email</b>	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
<b>Website</b>	<a href="http://www.samaritans.org">www.samaritans.org</a>
<b>Service description</b>	Providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland

<b>Name</b>	Shout
<b>Phone number</b>	Text 85258
<b>Phone line hours</b>	24 hours



<b>Email</b>	<a href="mailto:info@giveusashout.org">info@giveusashout.org</a>
<b>Website</b>	<a href="http://www.giveusashout.org">www.giveusashout.org</a>
<b>Service description</b>	24/7 UK crisis text service available for times when people feel they need immediate support

<b>Name</b>	Six Degrees
<b>Phone number</b>	
<b>Phone line hours</b>	
<b>Email</b>	0161 983 0900
<b>Website</b>	<a href="http://six-degrees.org.uk">http://six-degrees.org.uk</a>
<b>Service description</b>	Provides support for people with mental health problems

<b>Name</b>	Supportline
<b>Phone number</b>	01708 765 200
<b>Phone line hours</b>	
<b>Email</b>	<a href="mailto:info@supportline.org.uk">info@supportline.org.uk</a>
<b>Website</b>	<a href="http://www.supportline.org.uk">www.supportline.org.uk</a>
<b>Service description</b>	Confidential emotional telephone support in the UK for men, women, children and young adults



<b>Name</b>	Turning Point
<b>Phone number</b>	0161 238 5149
<b>Phone line hours</b>	
<b>Email</b>	
<b>Website</b>	<a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>
<b>Service description</b>	Provides fast, open-access support, to guide you through challenging times

## Older people

<b>Name</b>	Age UK Manchester
<b>Phone number</b>	0161 833 3944
<b>Phone line hours</b>	Monday, Tuesday, Thursday and Friday, 9am - 4:30pm
<b>Email</b>	<a href="mailto:advice@ageukmanchester.org.uk">advice@ageukmanchester.org.uk</a>
<b>Website</b>	<a href="http://www.ageuk.org.uk/manchester/">www.ageuk.org.uk/manchester/</a>
<b>Service description</b>	An independent charity that helps older people in the community delivering services and activities



## Recovery and addiction

<b>Name</b>	Change Grow Live
<b>Phone number</b>	0161 214 0770
<b>Phone line hours</b>	Monday to Friday, 9am - 5pm
<b>Email</b>	<a href="mailto:Manchester@cgl.org.uk">Manchester@cgl.org.uk</a>
<b>Website</b>	<a href="http://www.changegrowlive.org/drug-alcohol-service-manchester">www.changegrowlive.org/drug-alcohol-service-manchester</a>
<b>Service description</b>	Works with adults, young people and anyone looking to live a happier and healthier life

<b>Name</b>	Eclipse – Manchester
<b>Phone number</b>	0161 839 2054
<b>Phone line hours</b>	Monday to Friday, 9am - 5pm
<b>Email</b>	<a href="mailto:eclipsemanchester@cgl.org.uk">eclipsemanchester@cgl.org.uk</a>
<b>Website</b>	<a href="http://www.changegrowlive.org/eclipse-manchester">www.changegrowlive.org/eclipse-manchester</a>
<b>Service description</b>	Free and confidential drug and alcohol service for young people under 19 and families in Manchester

<b>Name</b>	FRANK
<b>Phone number</b>	0300 123 6600 Text 82111
<b>Phone line hours</b>	24 hours a day, 7 days a week



<b>Email</b>	
<b>Website</b>	<a href="http://www.talktofrank.com">www.talktofrank.com</a>
<b>Service description</b>	Honest information about drugs – talk to Franks for facts, support and advice on drugs and alcohol

<b>Name</b>	GamCare
<b>Phone number</b>	0808 8020 133
<b>Phone line hours</b>	24 hours, 7 days a week
<b>Email</b>	
<b>Website</b>	<a href="http://www.gamcare.org.uk">www.gamcare.org.uk</a>
<b>Service description</b>	Provides information, advice and support for anyone affected by problem gambling

<b>Name</b>	Greater Manchester Mental Health NHS Foundation Trust Substance Misuse Services
<b>Phone number</b>	01204 483 071
<b>Phone line hours</b>	24 hours, 7 days a week
<b>Email</b>	
<b>Website</b>	<a href="http://www.gmmh.nhs.uk/substance-misuse-services/">www.gmmh.nhs.uk/substance-misuse-services/</a>
<b>Service description</b>	Provides community and inpatient alcohol and drug services and helps provide information, support and advice to aid people in their recovery



## Victim support

<b>Name</b>	GM Victim Support
<b>Phone number</b>	0300 303 0162
<b>Phone line hours</b>	Monday to Friday, 9am - 7pm and Saturday, 9am - 5pm
<b>Email</b>	
<b>Website</b>	<a href="http://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/greater-manchester">www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/greater-manchester</a>
<b>Service description</b>	Support for people affected by crime and traumatic incidents in England and Wales

<b>Name</b>	Independent Choices
<b>Phone number</b>	0161 636 7525
<b>Phone line hours</b>	Monday to Friday, 10am - 4pm
<b>Email</b>	
<b>Website</b>	<a href="http://www.domesticabusehelpline.co.uk">www.domesticabusehelpline.co.uk</a>
<b>Service description</b>	Provides a confidential Helpline, a Community Helpline Language Service and an LGBT IDVA

<b>Name</b>	Jewish Women's Aid
<b>Phone number</b>	Domestic Abuse 0808 801 0500 Sexual Violence 0808 801 0656
<b>Phone line hours</b>	Domestic Abuse: Monday to Thursday, 9.30am - 9.30pm



	Sexual Violence: Monday 10am - 12pm, 1pm - 3pm, Tuesday 10am - 12pm, 1pm - 3pm and Thursday 1pm - 3pm
<b>Email</b>	Domestic abuse: <a href="mailto:clientsupport@jwa.org.uk">clientsupport@jwa.org.uk</a> Sexual violence: <a href="mailto:dina@jwa.org.uk">dina@jwa.org.uk</a>
<b>Website</b>	<a href="http://www.jwa.org.uk">www.jwa.org.uk</a>
<b>Service description</b>	Charity supporting Jewish women affected by domestic and/or sexual violence

<b>Name</b>	Manchester Rape Crisis
<b>Phone number</b>	0161 273 4500
<b>Phone line hours</b>	Monday to Friday, 10am - 4pm Wednesday and Thursday, 6pm - 9pm
<b>Email</b>	<a href="mailto:help@manchesterrapecrisis.co.uk">help@manchesterrapecrisis.co.uk</a>
<b>Website</b>	<a href="http://www.manchesterrapecrisis.co.uk">www.manchesterrapecrisis.co.uk</a>
<b>Service description</b>	Information, help and support after rape, sexual assault or sexual abuse

<b>Name</b>	The Pankhurst Trust (Incorporating Manchester Women's Aid)
<b>Phone number</b>	0161 660 7999
<b>Phone line hours</b>	Monday to Friday, 9.30am - 4.30pm
<b>Email</b>	<a href="mailto:referrals@manchesterwomensaid.org">referrals@manchesterwomensaid.org</a>
<b>Website</b>	<a href="http://www.pankhursttrust.org/manchester-womens-aid/advice-and-support">www.pankhursttrust.org/manchester-womens-aid/advice-and-support</a>





<b>Service description</b>	Provides services so that domestic abuse survivors can live a life free from the fear of domestic violence and abuse
<b>Name</b>	St Mary Centre – Sexual Assault Referral Centre
<b>Phone number</b>	0161 276 6515
<b>Phone line hours</b>	24 hours
<b>Email</b>	
<b>Website</b>	<a href="http://www.stmaryscentre.org">www.stmaryscentre.org</a>
<b>Service description</b>	Counselling service to anyone who has experienced rape, sexual abuse or sexual assault
<b>Name</b>	Hourglass
<b>Phone number</b>	0808 808 8141
<b>Phone line hours</b>	Monday to Friday, 9am - 5pm
<b>Email</b>	
<b>Website</b>	<a href="https://wearehourglass.org">https://wearehourglass.org</a>
<b>Service description</b>	Free-to-call helpline for older men, women and their families suffering from the five forms of abuse: physical, psychological, financial, sexual or neglect
<b>Name</b>	Galop
<b>Phone number</b>	0800 999 5428



<b>Phone line hours</b>	Monday, Tuesday, 10am - 5pm Wednesday to Friday, 10am - 8pm
<b>Email</b>	<a href="mailto:advice@galop.org.uk">advice@galop.org.uk</a>
<b>Website</b>	<a href="http://www.galop.org.uk">www.galop.org.uk</a>
<b>Service description</b>	Confidential and independent advice and support for LGBT+ people who have experienced sexual assault, abuse or violence

<b>Name</b>	Refuge
<b>Phone number</b>	0808 2000 247
<b>Phone line hours</b>	24 hours
<b>Email</b>	
<b>Website</b>	<a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a>
<b>Service description</b>	Supporting those who have experienced violence and abuse

<b>Name</b>	Karma Nirvana
<b>Phone number</b>	0800 599 9247
<b>Phone line hours</b>	Monday to Friday, 9am - 5pm
<b>Email</b>	<a href="mailto:info@karmanirvana.org.uk">info@karmanirvana.org.uk</a>
<b>Website</b>	<a href="https://karmanirvana.org.uk">https://karmanirvana.org.uk</a>



<b>Service description</b>	National helpline to support victims of honour-based abuse
<b>Name</b>	ManKind
<b>Phone number</b>	01823 334 244
<b>Phone line hours</b>	
<b>Email</b>	
<b>Website</b>	<a href="http://www.mankind.org.uk">www.mankind.org.uk</a>
<b>Service description</b>	Support for male victims of domestic abuse
<b>Name</b>	Respect
<b>Phone number</b>	0808 801 0327
<b>Phone line hours</b>	Monday and Wednesday, 9am - 8pm Tuesday, Thursday and Friday 9am - 5pm
<b>Email</b>	<a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a>
<b>Website</b>	<a href="https://mensadviceline.org.uk">https://mensadviceline.org.uk</a>
<b>Service description</b>	A team of friendly advisors who will listen and believe you, offer you non-judgmental support, practical advice and information
<b>Name</b>	Survivors Manchester
<b>Phone number</b>	0808 800 5005



<b>Phone line hours</b>	Monday, Wednesday, Friday 9am - 6pm Tuesday, 9am - 8pm Thursday, 9am - 8.30pm
<b>Email</b>	<a href="mailto:support@survivorsmanchester.org.uk">support@survivorsmanchester.org.uk</a>
<b>Website</b>	<a href="http://www.survivorsmanchester.org.uk">www.survivorsmanchester.org.uk</a>
<b>Service description</b>	Survivor-led/survivor-run voluntary organisation that aims to create and facilitate a safe space for male survivors of sexual abuse and rape to work through personal and sometimes painful issues