

Signposting and Guidance

Mental Health and Wellbeing and Social and Emotional Health

Buzz Manchester Health and Wellbeing Service www.buzzmanchester.co.uk

Mental Health in Manchester www.mhim.org.uk

42nd street www.42ndstreet.org.uk

Manchester Mind <http://www.manchestermind.org/>

Start2 <http://www.start2.co.uk/> (creative activities for wellbeing/self-help)

Gaddum Centre- Therapy and advocacy service including bereavement support

(<https://www.gaddumcentre.co.uk> / 0161 834 6069)

Kooth (Free, safe and anonymous online support for young people aged 10-25)

www.kooth.com

Relationships and Sex Education

Buzz Manchester Health and Wellbeing Service www.buzzmanchester.co.uk

Fresh 4 Manchester <https://www.fresh4manchester.nhs.uk/who/outreach-services/>

Brook <https://www.brook.org.uk/find-a-service/service/manchester-19-years-and-under>

Confidential sexual health and advice to young people aged 19 or under.

Drugs and Alcohol

Eclipse is a free and confidential drug and alcohol service for young people under 19 and

families in Manchester. <https://www.changegrowlive.org/eclipse-manchester>

Healthy Lifestyles

Free swimming for Manchester residents <https://mcractive.com/free-swimming>

Advice on walking routes in and around Manchester <https://mcractive.com/walking>

Advice on ways to get yourself and your friends and family moving more with GM Moving

<https://www.gmmoving.co.uk/>

BActive Manchester <https://www.activecommunities.org.uk/bactivemrc>