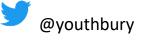
Useful Contacts:

Metrolink Enquiries – 0161 205 2000 Travel Line – 0871 200 2233 Rape Crisis Line GM – 0161 273 4500 SARSA (Rape & Sexual Abuse) - 0808 801 0456 **Early Break Helpline – 0161 464 3679** BARDOC - 0161 763 4242 **Fairfield Hospital – 0161 624 0420 Police - 101** Shelter Manchester – 0161 820 7589 Emergency Housing – 0161 253 5537/0161 253 6606 NSPCC - 0808 800 5000 / 0800 1111 Self-Harm Support – mind.org.uk Healthy Minds - 08001 884 884 **Samaritans – 116 123** GM Mental Health - 0800 953 0285 The Mix, info and DV support U25 – 0808 808 4994 LGBT+ Domestic abuse (galop.org.uk)- 0800 999 5428 This information was correct as of 13th November 2023.

The card was designed by Lucy, aged 15.

@buryyouthservice

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jobcentreplus	Bury Job Centre 0800 169 0190 Office and phone lines closed Dec 25th, 26th & 1st Jan. Silver Street, Bury, BL9 0DP	South Service Set your south Service	<u>Bury Youth Service</u> www.youthservice@bury.gov.uk The Youth Service closes 22nd December and will reopen Monday 8th January
citizens advice Bolton	<u>Citizens Advice Bureau Bury & Bolton</u> 0808 278 7804 Victoria Plaza, 1 Oxford Street, Bolton, BL1 1RD	virgincare sexual health hub	<u>Sexual Health Clinic</u> 0300 303 8565 Monday to Friday between 9:00am-5:00pm.
	<u>Connexions Bury</u> Closed 22nd December @12pm till 3rd January 0161 253 7733 3 Knowsley Place, Knowsley St, Bury BL9 0EJ	SAMARITANS	<u>Samaritans</u> 24/7 Helpline 116 123 or 0330 094 5717
National Careers Service Helping you take the next step	<u>National Careers Service</u> Closed Christmas Day and New Year's Day 0800 100 900 Mon-Fri 8am-8pm and Sat 10am-5pm		<u>Bury Council</u> Emergency Helpline - 0161 253 6606 0161 253 5251- Housing 0161 253 5353- Bins
Bury	Castle — Closed 24th, 25th, 26th Dec, and 1st Jan Radcliffe —closed 24th, 25th, 26th and 1st Jan Ramsbottom —closed 24th, 25th, 26th and 1st Jan Other days may be limted opening times so check buryleisure.bury.gov.uk for most up to date infor- mation.		0161 253 5678- MASH 0161 253 5200- Early Help Children's Social Care Services will be open over the festive period operating a duty service
Early Break	Early Break Closed 25th, 26 th December and 1st January 0161 723 3880. 7-9 Bury Road, Radcliffe, M26 2UG Getting Help Line open 8am—8pm, Mon—Saturday 0161 464 3679	SHELTER	<u>Shelter</u> National Homelessness hotline 0808 800 4444 or Shelter Manchester 0161 820 7589 Open 8am-8pm Mon-Fri & 9am-5pm Weekends and Bank Holidays.
Refuge For women and children. Against domestic violence.	Domestic violence Helpline 0808 2000 247	Cruse Bereavement Support	<u>Bereavement Support</u> Helpline 0808 808 1677 or www.cruse.org.uk
Greater Manchester Mental Health NHS Foundation Trust	<u>GM Mental Health NHS Foundation Trust</u> 0800 953 0285. 24hr help line	ke⊕th	Kooth Online Mental Health support service for young people Www.Kooth.com