



Support and Advice Services for Young Carers & Young Adult Carers.

Safeguarding & Support

Type of Support	Name of Service	Contact Details	Who's it for	Opening Times	Notes
EMERGENCY SERVICES*	Police Fire brigade Ambulance	999 *101 – call this number if you need to speak to the police but it is not an emergency.	All Ages	24/7	if you or somebody else is in an emergency, call immediately!
Safeguarding Concerns	Social Care Service	0161 234 5001	No age restriction	24 Hrs 7 days a week	If you are concerned for the safety or wellbeing of a child or adult, you can contact our social care service
Family Support	Early Help Hubs	North 0161 234 1973 Central 0161 234 1975 South 0161 234 1977	*See notes	8:30 - 4:30pm Monday to Friday	Only accepts referrals from professionals working with Young People
Young people with special educational			0-25 yrs and		Telephone helpline for advice and support for young

needs disabilities (SEND)	Information, Advice and Support Manchester	0161 209 8356	parents/carers	Monday to Friday from 8.30 - 4.00 p.m	people with SEND and their parents/carers Local offer
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Help and Support

Type of Support	Name of Service	Contact Details	Who's it for	Opening Times	Notes
Worried about COVID 19 Symptoms	NHS	Call 111 or visit www.111.nhs.uk/covid-19	If you have health concerns or concerns for the health of the person you care for related to the corona virus, Covid-19.	24/7	
Covid-19 Help with : Delivery of food, delivery of medication, combating loneliness, fuel payments	Manchester Community Response Hub	800 234 6123	Manchester Residents High Risk, Socially isolated without support including Young Carers	8.30 - 5.30pm Monday to Saturday	

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Help & Support Manchester	Manchester City Council Directory of Services	www.hsm.manchester.gov.uk Twitter @MCRYoungCarers	Site includes an area specific to Young Carers .	Online	The site is regularly updated with advice and support
Advice & Support	KOOTH	www.kooth.com	Young people aged 11-18 We work with a range of young people including Young Carers	Monday to Friday 12pm – 10pm Saturday to Sunday 6pm – 10pm	Online counselling and emotional well-being service for children and young people
Wellbeing & Mental Health Support	42nd Street	www.42ndstreet.org.uk . Appointment	Young People age 13- 25	Online appointment booking system. Free online support, giving you weekly one-to-one support with an allocated worker to help you through tough times	Young people can access our online support 1-2-1 support with Mental Health Practitioners
Health & Wellbeing Advice	NHS Chat Health	Young people text 07507330205 www.chathealth.nhs.uk	Age 11-16 yrs	9:00 - 4:00pm Monday to Friday	Text for advice on all kinds of health issues, such as sexual health, emotional health and wellbeing

Support and Advice	The Mix	Talk to us via online, social or our free, confidential helpline www.themix.org.uk Helpline: 0808 808 4994 Crisis Messenger: Text : THEMIX to 85258.	Young People age 13-25.	Phones are open 7 days a week from 4pm to 11pm. Webchat to us 4pm to 11pm, Crisis messenger operates 24 /7 in-the-moment support and problem solving.	We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs via online, social and mobile
Mental Health & Support	Young Minds	www.youngminds.org.uk Text YM to 85258	14 - 25 yrs	24 hrs 7 days a week	There is also a parent support line. 08088025544 Mon – Fri 9.30 - 4.00
Support & Advice	Sorted Manchester Mind	If you need to speak to a member of our team please call 0161 221 3054 or cypadvice@manchestermind.org .	15-25 Our advice service for young people is now available via the phone, email and video call.	TBC	If you or someone you know is aged 15-25 and needs help with benefits, debts or housing please get in touch.
Mental Health Support for those in Crisis	SHOUT	Text Shout to 85258	All ages	Get 24/7 help from our team of Crisis Volunteers	Shout is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

Mental Health Support	Greater Manchester Mental Health NHS Foundation Trust	01204 483071 www.gmmh.nhs.uk/coronavirus-updates	All ages	24/7	We are still here to respond to the needs of all our service users and carers
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Stay Connected

Type of Support	Name of Service	Contact Details	Who's it for	Opening Times	Notes
Arts based Activities	The Horsfall/ 42nd Street Manchester	Instagram - www.instagram.com/thehorsfall_42ndstreet/ Twitter - @TheHorsfall Email rod.kippen@42ndstreet.org.uk for more details	We would love Young Carers to join in our daily art challenges and Summer art competition	Online activity to help young people feel connected in live art challenge	'Create and Connect' Daily activity – everyone ART IS..... Art competition – everyone under 25.

Mental Health Support	Greater Manchester Mental Health NHS Foundation Trust	01204 483071 www.gmmh.nhs.uk/coronavirus-updates	All ages	24/7	We are still here to respond to the needs of all our service users and carers
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Universal Youth Work Provision 8- 19 (Up to 25 additional needs)	Hideout Youth Zone	Facebook: HideOut Youth Zone Instagram: @hideoutyouthzone Twitter: @Hideout_YZ Referrals in the first instance to Adam Farricker (CEO) Adam.farricker@hideoutyouthzone.org Enquires@hideoutyouthzone.org	Young Carers across the city Telephone or online call to tackle loneliness, isolation online activities on all social media platforms using the #YZatHome	Monday to Friday 10 am to 4pm	Referral service see contact details. Young Carers will need to sign up to become a member which will be free of charge.
Advice & Support	Manchester Carers Centre	Young Adult Carers Project 0161 27 27 27 0 Or 07956 836 058	Age 16 - 25	Young Adult Carers Telephone appointments only during coronavirus Morning or evening and accessed as often as needed.	Appointments can be used to discuss a variety of topics; Corona Virus. Mental Health Worries Practical Support Needs such as food supplies or medication
Arts and Activity Based	The Honey Pot	www.honeypot.org.uk	Honey Pot is a Young Carers Children's Charity offering respite breaks age 5- 13	Online Activity Centre	Honeypot is currently close due to COVID 19 but will be offering an online activity centre.

Arts and Activity Based	Manchester Settlement	www.4CT.org.uk 0161 230 1420	Age 6-10 Play scheme in a bag. Delivered to your door.	Only available to those living in Miles Platting Newton Heath Beswick Clayton Openshaw Gorton	Limited numbers of packs available.
Universal Youth Work Provision 6- 19 (Up to 25 additional needs)	Manchester Youth Zone	www.facebook.com/manchesteryouthzone Twitter : @manchesteryz www.instagram.com/manchesteryouthzone	Age 6 – 25	Online challenges and engagement opportunities. Including Young Carers	Mental health Identity Sexual health Family & Friends Advice/just to get something off your chest...

National Services and Helplines.

Type of Support	Name of Service	Contact Details	Who's it for	Opening Times	Notes
Advice and Guidance Advice and Support	Carers UK	www.carersuk.org	For carers over 18.	Online information	A charity for carers of and adult young carers offering advice, information and an online forum
Advice and Support	Carers Trust	www.carers.org	All age	Online information	A charity for cares of all ages, offering advice and

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Advice and Support	NHS Choices	www.nhs.uk/conditions/social-care-and-support-guide/pages/young-carers-rights.aspx Carers Direct Phone: 0300 1231053	All ages	Online and phone support	specific webpage for young carers They also run a free telephone service called Carers Direct which provides advice to both adult and young carers..
Mental Health and Wellbeing	The Anna Freud National Centre for Children and Families	www.annafreud.org/selfcare/	All Ages	Online Information	A children's mental health charity. Support includes a list of strategies young people can use to promote self-care.
Advice and Support	The Children's Society	www.childrenssociety.org.uk/youngcarer/help-for-young-people	All age	Online Information	Lots of advice and resources for young carers on its website.
Advice and Support	Childline	www.childline.org.uk Call 0800 1111	Young People under the age of 19	9am to Midnight Monday to Sunday	Online counselling and emotional well-being service