

## **FURTHER RESOURCES:**



Wellbeing LIVE is kindly supported by [Talk About It Mate](#) , a Salford-based peer-support organisation promoting positive mental health and wellbeing. Volunteers from Talk About It Mate are available after each evening panel session for anyone who would like to talk.

**Salford City Council** have also suggested the following resources:

[Salford Council's mental health support](#)

[Salford Council's mental wellbeing page](#)

[Salford Council's health improvement service](#)

[Spirit of Salford Helpline](#) where residents and businesses can access support from the council services.

### **Other resources include:**

#### [Shout](#)

**Shout** 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support. Text **SHOUT** to 85258.

#### [Mind](#)

Mind provide **advice and support** to empower anyone experiencing a mental health problem. They **campaign** to improve services, raise awareness and promote understanding.

#### [Samaritans](#)

**Every** day, Samaritans volunteers respond to around 10,000 calls for help. They are available day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure

#### [Young Minds](#)

Young Minds aim to ensure all young people can get the mental health support they need.