

Service	Website	Phone Number / Email	Opening Hours (by phone)
Adult Social Services Oldham	www.oldham.gov.uk	0161 770 1122 0161 770 7777 adult.mash@oldham.gov.uk	8.40am-5pm (Mon-Fri)
Age UK	www.ageuk.org.uk www.ageuk.org.uk/oldham/	0800 169 2081 0161 622 9252 Maggie.hurley@ageukoldham.org.uk	8am-7pm (7 days) 9am-4pm (Mon-Fri)
Age UK – Shopping and Delivery Service	www.ageuk.org.uk/oldham/ www.housingcare.org	0161 633 0213	9am-4pm (Mon-Fri)
Anxiety UK	www.anxietyuk.org.uk	0844 477 5774 Text: 0753 741 6905 support@anxietyuk.org.uk	9.30am-5.30pm (Mon-Fri)
CALM	www.thecalmzone.net	0800 585 858	5pm -Midnight (Sat-Tue)
Children's Social Services Oldham	www.oldham.gov.uk	0161 770 3730 0161 770 7777 child.mash@oldham.gov.uk	8.40am-5pm (Mon-Fri)
Citizens Advice	www.citizensadvice.org.uk	0344 411 1444 0161 342 5005 Text: 0344 411 1445	9am-5pm (Mon-Fri)
Emergency Social Services	www.oldham.gov.uk	0161 770 6936	5pm-9am (Mon-Fri) (24hrs Sat-Sun)
Harmless	www.harmless.org.uk	info@harmless.org.uk	48-hour response
Mind - Oldham	www.togmind.org	0300 123 3393 0161 330 9223 office@togmind.org	9am-6pm (Mon-Fri)
Oldham Bereavement Support Services	www.oldhambereavement.webs.com	0161 627 8207	9am-2pm (Mon-Fri)
Respect UK	www.Respect.uk.net	0808 802 4040 info@respect.uk.net	9am-5pm (Mon-Fri)
Samaritans	www.samaritans.org	116 123	24 hours (7 days)

Crisis Support and Help Lines

If you, or someone you know is in mental health crisis and needs medical help fast:

- Ring 999 to contact emergency services
- Go to your nearest Accident and Emergency (A&E) department

If it is not a medical emergency, but you still need urgent help:

- Ring 111 for professional health advice and where to access appropriate health services
- Call your GP for a remote appointment