

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



@BuryYouthService



@youthbury





jobcentreplus

Bury Job Centre
0800 169 0190
Office and phone lines closed Dec 25th, 26th & 1st Jan.

Silver Street, Bury, BL9 0DP



Citizens Advice Bureau Bury & Bolton
0808 278 7804
Victoria Plaza, 1 Oxford Street, Bolton, BL1 1RD



Connexions Bury
Closed 22nd December @12pm till 3rd January
0161 253 7733
3 Knowsley Place, Knowsley St, Bury BL9 0EJ



National Careers Service
Closed Christmas Day and New Year's Day
0800 100 900
Mon-Fri 8am-8pm and Sat 10am-5pm



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 limited opening times so check buryleisure.bury.gov.uk for most up to date information.



Early Break
Closed 25th, 26th 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



Domestic violence Helpline
0808 2000 247



GM Mental Health NHS Foundation Trust
0800 953 0285. 24hr help line



Bury Youth Service
www.youthservice@bury.gov.uk

The Youth Service closes 22nd December and will reopen Monday 8th January



Sexual Health Clinic
0300 303 8565

Monday to Friday between 9:00am-5:00pm.



Samaritans
24/7 Helpline
116 123 or 0330 094 5717



Bury Council
Emergency Helpline - 0161 253 6606
0161 253 5251- Housing
0161 253 5353- Bins
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



Shelter
National Homelessness hotline 0808 800 4444 or Shelter Manchester 0161 820 7589
Open 8am-8pm Mon-Fri & 9am-5pm Weekends and Bank Holidays.



Bereavement Support
Helpline 0808 808 1677 or
www.cruse.org.uk



Kooth
Online Mental Health support service for young people
www.kooth.com