

If you're experiencing anxiety, panic attacks, depression, suicidal thoughts or are in crisis, call us to arrange a visit or just to talk.

0300 003 7029



"The staff provide a lifeline and a reason to choose life"

"It's a safe place where you won't be judged"

SelfHelp
The Sanctuary

"You don't have to explain yourself because the staff know what it's like"

SelfHelp
The Sanctuary

Struggling to cope?

24 hour crisis service

**Here for you
7 days a week,
365 days a year**

Manchester, Trafford, Salford,
Stockport, Tameside and Glossop

0300 003 7029

www.selfhelpservices.org.uk/sanctuary
f www.facebook.com/SanctuarySHS
t @weareselfhelp

Call us now...

The Sanctuary offers a place of safety and support for adults feeling at crisis point.

During the day (6am – 8pm), we offer support and advice over the phone. Overnight (8pm – 6am), we offer a place to relax and talk through things with our support staff and make a plan for how to cope in the future.

Staff at The Sanctuary have personal experience of anxiety and depression. This helps us give the best support to others in their time of need.

We don't have beds at The Sanctuary so it is not a place to sleep over, but you can stay until you feel ready to leave. Lines are open 24 hours a day with visits available overnight from 8pm – 6am.



a place
to talk...

a place
to relax...

