**Useful numbers**

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In an emergency please dial 999

Non Emergency NHS 111 or Police 101

**AgeUK**: 0800 678 1602

**Samaritans** 116 123 24/7

**British Heart Foundation**: 0300 330 3311

**Diabetes UK**: 0345 123 2399

**Mind Charity**: 0300 123 3393

**Scope**: 0808 800 3333

**The Silver Line UK:** 0800 470 8090

**Minds Matter**: 0161 343 5748

**Healthy Minds :** 0161 716 4242 (mon fri 9-5)
**Pennine Care FT**

**Pennine Care Mental**: 0161 716 4247

**Health Access Team**

18-65 years Monday - Friday: 9am - 5pm

**Get up & Go – (Age UK Tameside) –** 0161 308 5000 **–** Providing a counselling service in Bereavement, Loneliness, Anxiety and Depression

**Minds Matter -** 0161 343 5748

**Tameside, Oldham and Glossop Mind -** 0161 330 9223

**The Beacon Counselling Trust -** 0151 321 1099 - for **individuals and families affected by problem gambling**

**Military Veterans Service -** 0300 323 0707 - ex-service personnel for conditions including depression, alcohol and substance misuse, anger problems and post-traumatic stress disorder.

**Derbyshire Recovery and Peer Support Service -** 01773 734989

**The Bureau Glossop -** 01457 865 722enable you to find out about the different community activities and services that exist locally

**Action Together -** 0161 339 2345

**Anthony Seddon Drop-in -** 0161 376 4439