

# Helpful Contacts

support for young people during COVID-19

## Support & Advice

Manchester Community Response Hub (in response to COVID-19) - for Manchester residents, high risk, socially isolated without support, care leavers, Young Carers

Help with:

- Delivery of food
- Delivery of medication
- Combating loneliness
- Fuel payments



0800 234 6123

8.30am - 5.30pm  
Monday - Saturday

### Connect

- for 16-25 year old's

Help with:

- support and welfare advice



0161 232 7863

12noon - 8pm  
Monday - Friday

## Domestic Violence

National Domestic Violence Hotline

- for all ages

Help with:

- domestic violence
- emotional well-being
- support and advice

0808 200 0247

24 hours a day

7 days a week

## Mental Health

Kooth

- for 11-25 year old's offering free, online counseling



support

[www.kooth.com](http://www.kooth.com)

9am - 10pm Monday  
- Friday

## Homelessness

Centrepoint

- for 16-24's;

Help with:

- at risk of becoming homeless
- homelessness



0808 800 0661 /

0161 228 7654 /

0161 2354 5001

9am - 5pm

Monday - Friday

## Well-Being

Childline

- up to 18

Help with:

- feelings, thoughts
- bullying
- health
- relationships

**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

0800 1111

9am - midnight

7 days a week