# Online, remote and face to face support

# that may be available

## MIND

**Side by Side:** Anxiety & Depression peer support via online posts and sharing.

Further details - <https://www.mind.org.uk/information-support/side-by-side-our-online-community/frequently-asked-questions-about-side-by-side/>

Registration - <https://sidebyside.mind.org.uk/accounts/register/>

**Manchester MIND**: Friday, 10am-12pm: Zoom – complete online group referral form,

<https://data.manchestermind.org/peer-support/self-referral>

## Anxiety UK

**Self Care Infoline:** tools available via phone 24/7 - 03444 775 774

## No Panic

Range of free online information and tools for anxiety, panic attack and phobias.

**Anxiety Support Messaging Service:** weekly sessions covering areas such as general anxiety, OCD, phobias etc.

Further Details - <https://nopanic.org.uk/anxiety-support-chat/>

**No Panic Helpline**: staffed 1-1 helpline, national rate calls 10am-110pm - 0300 772 9844

## Social Anxiety UK

 **Social Anxiety Chatroom:** further details and sign-up link - <https://www.social-anxiety.org.uk/>

## Support Line

**Emotional Support Line**: telephone based support for a range of mental health issues including anxiety and depression

Details - <https://www.supportline.org.uk/about/aims-of-service/>

Helpline - 01708 765200

# Face to Face support

## Manchester MIND face to face peer support

* Tuesday morning Walking Football: Whalley Range Sports Centre
* Wednesday morning Walk and Talk: Alexandra Park, Moss Side/Whalley Range border
* Thursday, 10.30am-12.30pm: Face to face in Openshaw
* Friday, 2pm-4pm: Face to face in Harpurhey

Complete online group referral form:

<https://data.manchestermind.org/peer-support/self-referral>