



OUR SERVICES – Available to Manchester City residents

Welcome Team

We reply to emails and answer the phones, responding to enquiries, helping people to access our services and listen to those who are experiencing difficulties.

Phone number: 0161 769 5732 (10am-3pm, Monday-Friday, excluding bank holidays)

Email address: info@manchestermind.org

Support sessions -

We offer support sessions at the Zion Centre in Hulme on Mondays (10-12.30) (for first timers) and Thursdays (10-12.30, fortnightly) (for those that have attended before). This is for those who are 18 years and older. This is an opportunity to meet with staff and talk about things that are troubling you. There's always food and drink available. Places need to be booked.

Adult Counselling (18 years plus)

Person Centred Counselling can be offered face to face at the Zion centre in Hulme, online or by phone. There is a cost for this service which is £36 per 1 hour session. We make sure the counselling is right for you through a free initial assessment. If cost is an issue the Welcome Team can signpost you to free counselling in Manchester.

Listening Ear Service (18 years plus)

A weekly emotional support call, for between 6-8 weeks. Each call lasting up to an hour. A confidential space to offload and have someone listen, without judgement or any pressure. Calls are offered between the hours of 9-5, Mon-Friday.

Peer Support Groups (18+)

We run 5 support groups in different locations. We have two sit down groups in community venues (Openshaw and Harpurhey), an online group, a walk and talk group in Alexandra Park and a walking football group in Whalley Range. You will meet with the same people once a week to share, understand and give mutual support to each other whilst struggling with your mental health.

Advice Service (benefits, housing and debt)

We provide impartial advice on welfare benefits, debt and housing to those with mental health needs living in Manchester. You are welcome to call us to make a self-referral.

If the team are unable to take on new requests then they or the Welcome Team can suggest other organisations in Manchester to help.

Mindfulness courses

We run mindfulness-based courses over 6-8 weeks, including a course for those who are affected by the menopause and mindfulness for stress.

Building a Healthy Future – Long-term conditions

This 6 week course is for those living with a long-term physical condition(s). The course aims to help lift your mood and will teach you a range of tools and techniques to manage stress and life's challenges.

Mums Matter

Support for mums struggling with their mental health with children up to 2 years old. 8-week wellbeing courses face to face in Children's Centres, across Manchester, with a creche for babies.