

SelfHelp

The Sanctuary

24 hours a day, 7 days a week

Struggling to cope?

If you're experiencing anxiety,
panic attacks, depression, suicidal
thoughts or are in crisis, call us now.

0300 003 7029

Manchester, Trafford, Salford, Stockport, Tameside & Glossop

 www.selfhelpservices.org.uk



www.facebook.com/SanctuarySHS



@WeAreSelfHelp

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