

Do you feel like you are in a mental health crisis?

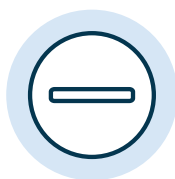
This may look like:



Feeling
overwhelmed



Stressed
and anxious



Not
coping well

If so, you can come to the Listening Lounge, the service is open **Monday to Friday, 1pm to 3pm.**

This service offers one-off interventions for adults (18+) living in Salford, who are experiencing a Mental Health crisis.

We can respond to your mental health crisis with things like:

- ▶ Coping tools
- ▶ Referrals to other places for more support
- ▶ Advice and one-off intervention
- ▶ Talking to someone with lived experience of mental health issues

Contact us

Salford Listening Lounge is open
Monday to Friday, 1pm to 3pm.

We are located at Hollybank, 40 Eccles Road, M6 8RA (Walk / drive up the hill and we're on the left, across from Kids Planet).



Please contact us if you require support with this information, including other languages, audiotape, Braille or larger print.

This service is delivered in partnership with:
Greater Manchester Mental Health NHS Foundation Trust, START and Mind in Salford



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The Listening Lounge is a friendly and supportive community space, for Salford residents aged 18 and over, who need someone to talk to in a time of mental health crisis.

This part of the Listening Lounge offer is being run by non-clinical members of staff such as Recovery Workers and Peer Support Workers, who have lived experience of mental health.

Our aim is to offer help and advice from Recovery Workers and Peer Support Workers to provide one to one holistic assessments of a person's mental health needs.

Things we can do in response to your mental health crisis

- ▶ One to one sessions with a Recovery Worker or Peer Support Worker
- ▶ Offer tools to cope in the future
- ▶ Onward journeys using our VCSE network (voluntary, community and social enterprise) - with your permission
- ▶ One-off intervention (such as anxiety management)
- ▶ A listening ear, if you feel like you need to talk to someone about your mental health crisis and the things causing it

What we ask of you if you attend

- ▶ That you respect our staff at all times
- ▶ Agree to us sending a quick summary of the session to your GP (in order to make sure you receive the best support)
- ▶ Try to be as honest as you can, so our staff can help you to the best of their ability
- ▶ Understand we are not clinical members of staff, but may need to escalate to a Mental Health Practitioner if we feel it would help you
- ▶ Understand the session is time limited and that we may be unable to see you, if you come in after 3pm



Please note this service is not able to offer long-term support, only one-off interventions in times of crisis.

If you need medical intervention, please attend your closest A&E department or ring 999.

If you find yourself in a mental health crisis outside of our opening hours, please contact 111 (option 2).

You can also ring the crisis line to enquire about the Listening Lounge and see if it's an appropriate place for you in the future.