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Early Break  
Annara House  
7-9 Bury Road  
Radcliffe, M26 2UG  
0161 723 3880



"Supporting  
your  
mental  
wellbeing"

**Early Break**  
earlybreak.co.uk

**Bury** Council **NHS** Bury Clinical Commissioning Group

## PRESS RELEASE (page 1 of 2)

Date: 17 August 2020

### Launch of 'Getting Help Line' to support mental wellbeing in Bury

T: 0161 464 3679 / E: [GettingHelpLine@earlybreak.co.uk](mailto:GettingHelpLine@earlybreak.co.uk)

Acknowledging that this is a particularly tough time for some people emotionally, Early Break is launching a new 'Getting Help Line' in Bury on 17 August 2020 to offer non-clinical, non-urgent support for anyone experiencing low level emotional health and wellbeing difficulties.

The new helpline is being launched on behalf of Bury Council and NHS Bury Clinical Commissioning Group (CCG) and is available to Bury residents of all ages.

The 'Getting Help Line' will be open Monday to Saturday from 8am until 8pm. Early Break's experienced and professionally trained call handlers will offer confidential support by giving advice, guidance and signposting people of all ages to appropriate local services to meet their needs.

#### The service can be reached in a number of ways:

On the phone: 0161 464 3679 - Monday to Saturday from 8am to 8pm

By E-mail: [GettingHelpLine@earlybreak.co.uk](mailto:GettingHelpLine@earlybreak.co.uk)

Online: [earlybreak.co.uk/gettinghelpline](http://earlybreak.co.uk/gettinghelpline)

Professionals in Bury supporting someone experiencing mental health difficulties can also refer them to the 'Getting Help Line' service by completing a referral form on the Early Break website.

**Gemma Philburn, Emotional Health & Wellbeing Manager, at Early Break said** "Whilst our voluntary sector, public services and NHS are feeling increased pressure, we are so pleased to be able to offer this service to all residents in Bury.

"As an organisation, our work in the mental health sector has grown immensely over the past few years and it is our priority to ensure people are getting the help that they need at the right time, particularly those who are not already in contact with services or support organisations.

"We are delighted to have the opportunity to work in partnership with NHS Bury CCG and Bury Council and, in unison, we are all committed to the emotional welfare of Bury residents."

**Cllr. Andrea Simpson, Bury Council Cabinet Member for Health and Wellbeing said:** "The coronavirus outbreak means that life has changed for all of us for a while, and it's natural that this may cause people to feel worried or anxious, lonely or frustrated.

"The good news is that there is lots of support available locally. As part of Bury's recovery plan, our Getting Help Line is now available six days a week for people from Bury of all ages. If you feel you need some advice, guidance or support, get in touch and the team will help to connect you with the best local services to meet your needs."

**Dr. Daniel Cooke, local GP and Clinical Director for Mental Health at NHS Bury CCG added:**

“There are some simple things you can do to help you take care of your mental health and wellbeing. It’s important to still connect with people over the phone or by video call. Make sure you talk about your worries and find time to do things you enjoy.

“If you feel you need some extra support, there are lots of options in place for local people and the Getting Help Line is our latest addition, offering confidential advice and guidance to help you to access the right support.”

**ENDS**

**Notes to Editor:**

The Getting Help line offers confidential support, advice and guidance to Bury residents of all ages.

**For more information contact Jacqui Selby, Early Break Marketing, on 0161 723 3880/07894 619519**

Early Break supports young people and families in the Greater Manchester area with substance related issues and the wider complexities, such as mental health & wellbeing, domestic violence and exploitation. Early Break is an award winning charity and has supported thousands of people since 1994. They are a respected and recognised advocate for the ever changing needs of young people today. <https://earlybreak.co.uk/>