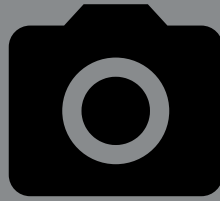


NEED HELP NOW?



for Persona staff

ring the Samaritans

0800 069 6222

dedicated social care
workers' helpline
7am-11pm
7 days a week

(or general number
below)

text SHOUT

text FRONTLINE
to **85258**

for support related
to your care role
any time day or night

(or general number
below)

ring Your Care - Vivup

0800 023 9324

24 hours a day
free from any
landline/mobile

or

03303 800 658

(charged at local rates)

ring the Samaritans

116 123

from

7am-11pm

7 days a week

text SHOUT

text GMBury

to 85258

for general

crisis support

24/7

for support with domestic abuse or any crime

ring

0161 200 1950

Gtr Manchester

Victims' Services

ring Cruse

0808 808 1677

7 days a week

for support with

grief and

bereavement

**If your life or someone else's is in danger,
please call 999***

***If you're calling from a mobile and can't speak,
press 55 when prompted and the operator
will forward your call to the police as an emergency**



get help now or
take a photo for later

Persona
We're all about you