



---

## Useful Contacts in Salford

Any emergency contact Police, Ambulance, Fire service - 999

Any non-emergency Police enquiries - 101

Any non-emergency health enquires - 111

### Non-emergency support:

#### Benefits/Job:

**Welfare rights and debt advice Salford;** Call; 0161 710 1070

**Salford unemployed and community services;** Call; 0161 789 2999

**Salford Citizens advice;** Call; 0344 411 1444 Or 0845 345 4345

**Salford Job Centre Plus;** Call; 0800 169 0190

**HMRC Tax credits;** Call; 0345 300 3900

**Housing benefit/Council Tax;** Call; 0161 912 2220

#### Child contact:

**The gingerbread single parent helpline;** Call; 0808 802 0925.

**CAFCASS (Children and Family Court Advisory and Support Service);** Call; 0300 456 4000

**Child Contact and family support Salford;** Call; 0808 808 3555

**The Children's Society (Manchester/ Salford)** Call; 0161 257 3407

#### Counselling:

**NSPCC helpline: 24 hours a day 365 days a year;** Call; 0808 800 5000

**Counselling for children, young people and adults;** Call; 0161 941 7755

**Psychological Wellbeing Service;** Call; 0161 495 9096

**Self help and referral services;** Call; 0161 226 3871

**Gaddum Centre;** Call; 0161 834 6069

**Domestic Abuse:**

**Safe in Salford Helpline** – 0161 793 3232

**National domestic violence helpline (24/7 service)** – 0808 2000 247

**Manchester women's aid** – 0161 660 7999

**DV Assist** – 0800 195 8699

**Victim support** (*any crime not just DA*) – 0161 200 1950

**Fortalice** (Bolton) – 01204 365677

**Search for Refuge space – End the Fear:** Call; 0161 636 7525 / 0800 254 0909

**Sexual Assault:**

**Rape Crisis;** Call: 0808 802 9999

**St Mary's Sexual Assault Centre** 24-hour confidential service; Call: 0161 276 6515

**End The Fear:** Call; 0161 636 7525

**MASH;** Call; 0161 603 4350

**Drugs & Alcohol:**

**Achieve (Bolton, Salford and Trafford):** Call: 0161 871 2623

**Change, grow, live (Manchester/ Salford):** Call: 0161 226 5526

**Narcotics anonymous open 10am-12pm Everyday:** Call; 0300 999 1212

**Frank:** Call; 0300 1236600

**Ethnic groups/Immigration:**

**Jewish Women's Aid; Open Monday to Thursday, 9.30am to 9pm;** Call: 0808 801 0500

**Saheli** Call; 0161 945 4187

**Muslim women's network** Call; 0800 999 5786

**Greater Manchester Immigration Aid Unit** Call; 0161 740 5172

**Home office** Call; 020 7035 4848

**Honour Network for women seeking advice for forced marriage and honour based abuse;** Call: 0800 599 9247

**Aarladi Somali Community in Manchester:** Call: 01612262519

**Housing/Homelessness:**

**Salford Housing Options Project (SHOP):** Call; 0161 793 2020 or 0161 794 8888

**Salford Emergency Shelter:** Call; 0808 800 4444

**Manchester Homeless Advice Service** Call; 0161 234 4692

**Shelter Greater Manchester** Call; 0344 515 1640

**LGBT (Lesbian, gay, bisexual and trans):**

**LGBT Foundation:** Call; 0345 330 30 30

**Galop:** Call; 0800 999 5428

**Broken rainbow UK:** Call; 0845 260 5560

**Legal Advice:**

**Rights of women (free legal advice):** Call; 0207 251 6577

**DV Assist (Can provide legal advice, can calculate if eligible for legal aid, recommend solicitors etc):** Call; 0800 195 8699

**FLAWS (Finding Legal options for women survivors) 9-5 Everyday:** Call: 0203 745 7707

**Independent choices (Manchester/ Salford) Legal advice and support:** Call; 0161 636 7525

**Mental Health:**

**Salford Mental health services and advice:** Call; 0161 925 8022

**Salford Primary Care Psychological Therapy Service (Self Referral):** Call; 0161 358 0977

**Salford Mind:** Call; 0161 710 1070

**Samaritans (24/7):** Call; 116 123

**Greater Manchester Mental Health NHS Foundation Trust:** Call; 0161 773 9121

**Perpetrator Support:**

**Talk, Listen, Change (TLC):** Call; 0161 872 1100

**Respect:** Call; 0808 802 4040

**Refuge:**

**Independent Choices (Maintain National Refuge Information)** Call; 0161 636 7525

**Male refuge:** Call; 01823 334244

**Manchester Children and Family Refugee Asylum Seeker Service:** Call; 0161 2268137

**Social services:**

**Children's services (For Abuse or Neglect):** Call; 0161 603 4500

**Children's services (Family Support):** Call; 0161 603 4500

**Adult services:** Call; 0161 206 0604

### Older People:

**Action on elder abuse; Mon – Fri; 9-5:** Call; 0808 808 8141

**Age UK: Open 8am-7pm 365 days:** Call 0800 678 1602

**Independent age (General advice for the elderly):** Call;0800 319 6789

### Help for men:

**Men's Advice Line: open Monday to Friday, 10am to 1pm and 2pm to 5pm;** Call: 0808 801 0327

**ManKind Initiative (For male victims of Domestic abuse) Open Monday to Friday, 10am to 4pm and 7pm to 9pm (except Friday evenings):** Call: 01823 334 244

**Survivors Manchester (For male victims of sexual assault):** Call; 0161 236 2182

**M-Power (Helpline for men of victims of sexual assault) Open on Thursday evenings, 8pm to 10pm:** Call: 0808 808 4321

### Foodbank:

**Manchester Central Foodbank: Open 10am-12noon every Tuesday, Wednesday and Friday:** Call; 0161 272 5210 or 07928412339

Address: Manchester Universities' Catholic Student Chaplaincy  
Avila House, 335-337 Oxford Road, Manchester, M13 9PG

**Salford Food Bank: OPEN WEDNESDAYS; 1-3pm** Call; 0161 637 4500

Address; Dallas court; south way Langworthy Road; Salford Quays; M50 2GF

**Mocha Parade: NON SPECIFIC OPENING TIMES;** Call; 0161 637 4500

Address; Christ Central Mocha Parade Lower Broughton Salford; M7 1QE

**Connect Church: NON-SPECIFIC OPENING TIMES;** Call; 0161 637 4500

Address: Connect Church Mather Avenue entrance off Chadwick Road Eccles;  
M30 0UG

### FAMILY SUPPORT

Human Kind - [info@humankindcharity.org.uk](mailto:info@humankindcharity.org.uk) Call : +44 (0)1325 731160

<https://humankindcharity.org.uk/service/the-salford-intensive-family-intervention-project>



Please note. we have tried our best to include free phone only numbers.

This was correct at time of publishing. Please check before making any calls and take responsibility for any charges which may be incurred. V1.0 March 2022