Services in Oldham- HELP AND SUPPORT

Safeguarding – EMERGENCY SERVICES

- If an adult or child is at immediate danger contact the Police on 999, or 111 to report a crime.
- Children's Safeguarding - MASH- 0161 770 7777 (Option 2) . For urgent concerns outside office hours or Emergency Duty Team- 0161 770 6936
- Adults Safeguarding- 0161 770 7777 (Option 3)
- Early Help Team - 0161 770 7777 (Option 1)
- Oldham Emergency coronavirus hub (emergency food, medicine and other essential items you may need) - 0161 770 7007
- Medical help fast, but not life-threatening - 111
- Homeless/Housing Advice – 0161 770 4605 (out of hours number – 0800 9887061)
- NSPCC Helpline – 0808 800 5000
- Childline - 0800 1111

HEALTH

- Royal Oldham Hospital - 0161 624 0420
- Integrated Care Centre - 0161 621 3400
- Out of hours GP - 0161 934 2827
- Dental Emergency Service- 0333 332 3800
- Out of hours Dental Emergency Service 0161 337 2246

Community Covid-19 testing site, Southgate Street (Oldham Library car park) Anyone who suspects they have coronavirus can go to the NHS booking website or call NHS 119 – the test and trace number – to book an appointment at the site which operates seven days a week. This is a walk-through testing, so you don’t need to be in a vehicle to access.

Mental Health- If you are feeling low in mood, depressed, anxious, suicidal and need to support TALK TO SOMEONE

Adults

- Make an appointment with your GP or in an emergency (suicidal thoughts) Royal Oldham A&E department or phone and ambulance- 999
Oldham Mental Health Access Team – 0161 909 8080
Healthy Minds (Adults) - 0161 716 2777
The Sanctuary Helpline – 0300 003 7029 (8pm -6am)
The Samaritans Helpline – 116 123 (24hours)
SANE Helpline- 0300 304 700 (6pm-11pm)
Silver line Helpline- 0800470 8090

Children/young people

- Child and Adolescence Mental Health – 0161 716 2020 or contact MASH to make a referral (0161 770 7777) or CONTACT YOUR GP
- TOG MIND- 0161 330 9223
- CHILDLINE – 0800 1111 (calls are free and the number does not show on telephone bill)
- Oldham Bereavement Support Service 0161 627 8207

Domestic Violence

- 24hr National Domestic Violence Helpline - 0808 2000 247
- Police (Emergency help and advice ) 101 or 999
- National Centre for Domestic Violence Legal Advice Line (Injunctions) – 0844 8044 999
- Threshold Women’s service helpline – 0161 628 4991 (24hrs)
- National Centre for Domestic Violence legal advice line - 0844 8044 999
- MALE (men’s advice line and enquires) - 0808 801 0327
- NSPCC Helpline – 0808 800 5000
- One point housing options and advice – 0161 3937117 (If you need support with housing as a result of domestic abuse)

Housing, Finances and debt

- First Choice Homes Oldham- 0161 393 7117
- Housing Options – 0161 770 4605
- Citizens Advice Bureau – 0844 847 2639 (from landline) or 0300 330 0650 (from mobile)
- Homelessness Advice Team – Emergency 24 hour phone line: 0800 988 7061
- Environmental Health – 0161 770 2244
- Universal Credit Helpline number - 0800 328 5644
- My Coldhurst (food parcel)- 07732635365
Asylum Seekers & Refugees

- Refugee Action Greater Manchester - 0161 831 5420 (general enquiries)
- Asylum Helpline: 0161 835 2499
- Asylum Seeking Team: 0161 770 3538 (The asylum helplines can help with housing problems dealing with agencies, finding English Language courses, legal representative, finding schools etc)
- No recourse to public funds helpline - 020 7527 7121
- Asylum support application UK - 0808 8000 631 (this is for asylum seekers that can’t support themselves financially and want to apply for asylum support)
- Asylum Help UK - 0808 8000 630
- Immigration advice - 0333 414 9244
- The British Red Cross — 0161 888 8932.
- UK Education & Faith Foundation (Ukeff) — 0161 660 6818. Provide hot meals, food parcels and advice clinic.