**People Who Can Help**

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| **University of Bolton contacts:** |
| **Chaplaincy**Chancellor’s MallTel: 01204 903415Text: 07967585670Email: chaplain@bolton.ac.uk Website: [www.bolton.ac.uk/chaplaincy](http://www.bolton.ac.uk/chaplaincy) | **Disability Team**Student CentreChancellor’s MallTel: 01204 903478 / 01204 903439SMS: 07799 657 035Email: disabilityinfo@bolton.ac.uk Website: [www.bolton.ac.uk/studentservices/disability/home.aspx](http://www.bolton.ac.uk/studentservices/disability/home.aspx) |
| **International Student Journey Officer**Student Recruitment and AdmissionsChancellors MallTel: 01204 903496Email: studentimmigration@bolton.ac.ukWebsite: [www.bolton.ac.uk/StudentServices/ImmigrationWelfare/Home.aspx](http://www.bolton.ac.uk/StudentServices/ImmigrationWelfare/Home.aspx)  | **Life Lounge**T2 Eagle Tower,Chancellors MallTel 01204 903566Email lifelounge@bolton.ac.ukWebsite:<http://www.bolton.ac.uk/StudentServices/Lifelounge/Home.aspx>  |
| **Counselling Service**Life Lounge, Student ServicesTel: 01204 903566Email: lifelounge@bolton.ac.uk Website: <http://www.bolton.ac.uk/StudentServices/Lifelounge/Counselling-and-CBT-clinic-registration-form.aspx> | **Student Liaison Officers**Tel: 01204 903595 / 01204 903229Email: slo@bolton.ac.ukWebsite: [www.bolton.ac.uk/slo](http://www.bolton.ac.uk/slo) |
| **Mental Health Advisor:**Disability TeamStudent CentreChancellor’s MallTel: 01204 903067Webpage: <http://www.bolton.ac.uk/StudentServices/Disability/mental-health-advisor>  |  |

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| **External organisations that may provide a source of support:** |
| **Abortion/Pregnancy/Family Planning Advice/Sexual Health** |
| **Abortion/Pregnancy/Family Planning Advice / Sexual Health (Local)**Integrated Sexual Health DepartmentRoyal Bolton HospitalMinerva RoadFarnworthBoltonBL4 0JRTel: 01204 390771Website: [boltonft.nhs.uk/services/sexual-health/contact-details/](http://www.boltonft.nhs.uk/services/sexual-health/contact-details/) | **Bolton NUPAS** Bolton Pregnancy Advisory Service4th & 5th floorNelson HouseNelson SquareBolton BL1 1JTTelephone:0333 004 6666Fax: 01204 364 745Email: info@nupas.co.ukNupas.co.uk/clinics/bolton |
| **Rainbow Pregnancy Advice Centre (Local)**Bolton Pentecostal ChurchBury New RoadBoltonBL2 2BDTel: 01204 522002 | **Brook (National)****Confidential Sexual Health Advice** Go to Website to find nearest available: [www.brook.org.uk/your-life/category/pregnancy](http://www.brook.org.uk/your-life/category/pregnancy) |
| **Marie Stopes UK (National)****Family planning support** Tel: 03453 008090 (24 hr line)Email: services@mariestopes.org.uk. Website:[www.mariestopes.org.uk/women/abortion](http://www.mariestopes.org.uk/women/abortion)services |  |

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| **Advocacy Service** |
| **Action for Children (local)**The Bolton HubBold StreetBoltonBL1 1LSTel: (01204) 546087Ruth.gandy@actionfo... https://www.actionforchildren.org.uk/in-your-area/services/childrens-rights/bolton-children-and-young-peoples-service/ | **Coram Voice (National)**Coram Voice, Gregory House, Coram Campus,49 Mecklenburgh Square, London WC1N 2QATel: 020 7833 5792,fax: 020 7713 1950, email: help@coramvoice.org.ukWebsite:<http://www.coramvoice.org.uk/young-peoples-zone> |
| **Adaptive Equipment** |
| **Bolton Council (Local)****Independent Living Service**Tel: - 01204 337020/337900Minicom: 01204 337945Website:[www.bolton.gov.uk/website/pages/Supportingindependencefordisabledpeople.aspx](http://www.bolton.gov.uk/website/pages/Supportingindependencefordisabledpeople.aspx) EMAIL: independentlivingservices@bolton.gov.uk  |  |
| **Alcohol Drugs and Substance Misuse**  |
| **Bolton Integrated Drug and Alcohol Service (BIDAS)****(Local)**69-73 Manchester RoadBoltonBL2 1ESTel: 01204 557977E-mail: info@boltondrinkanddrugs.org Website: https://www.mylifeinbolton.org.uk/ProviderDetails.aspx?ProviderID=910284 | **Harbour Project (Local)**Supporting anyone affected by Drug/Alcohol misuseSt Luke's Drop-in Chorley Old RoadBolton BL1 3BETel: 01204 62274Email: harbourproject@btinternt.com (couldn’t find?)Website: [www.talktofrank.com/treatment-centre/harbour-project](http://www.talktofrank.com/treatment-centre/harbour-project) |
| **Alcohol Drugs and Substance Misuse CONTINUED:** |
| **Al Anon (National)**Offer Family Groups providing support to anyone whose life is, or has been, affected by someone else’s drinking, regardless of whether that person is still drinking or not.Local groups available see website for detailsHelpline 020 7403 0888Website: <http://www.al-anonuk.org.uk/>  | **Alcoholics Anonymous (National)**Various locations for meetings Tel: 0800 9177 650 Email: help@aamail.org Website: [www.alcoholics-anonymous.org.uk/](http://www.alcoholics-anonymous.org.uk/) |
| **Alcohol Concern (National)**Alcohol Concern,27 Swinton Street London, WC1X 9NWcontact@alcoholconcern.org.uk Office Phone: 0203 907 8480Website: [www.alcoholconcern.org.uk/](http://www.alcoholconcern.org.uk/)  | **Narcotics Anonymous (National)**Go To website and type in postcode for nearest meeting. Tel helpline : 0300 999 1212 (10.00am – midnight)Website: <http://ukna.org/na-meeting/bolton-4> |
| **Anorexia/Eating Disorders** |
| **Support Line (National)**Check website for further details. Helpline: 01708 765200Email: info@supportline.org.ukWebsite:<http://www.supportline.org.uk/problems/anorexia.php> |  |

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| **Anxiety and Depression** |
| **Mental Health Independent Support Team (MhIST)** (Local)Hanover HouseHanover StreetBoltonBL1 4TGTel: 01204 527200E-mail info@mhist.co.ukWebsite: [www.mhist.co.uk](http://www.mhist.co.uk) | **Social Anxiety (National)**E-mail: contact@social-anxiety.org.ukWebsite: [www.social-anxiety.org.uk](http://www.social-anxiety.org.uk) |
| **Aspergers and Autism** |
| **Bolton Autism Spectrum Support Team (Local)****Barnett House,****Viking Works,****Weston Street,****Bolton,****BL3 2RX**Tel: 01204 483000Website: <https://www.gmmh.nhs.uk/autism-spectrum-conditions-support-team> | **National Autistic Society (Local)**Website: [www.autism.org.uk/manchester](http://www.autism.org.uk/manchester)Email: nas@nas.org.ukTelephone: 0808 800 4104 |
| **Action for aspergers (National)**Tel: 01536 266681  (24 hours/7 days; message facility available)Website: <https://www.actionforaspergers.org/>Email: info@actionforaspergers.org | **National- Autism Initiatives (National)** Autism Initiatives UK Sefton House,Bridle Road,Bootle,Merseyside,L30 4XR                       Tel: 0151 330 9500Email: info@autisminitiatives.orgWebsite: <http://www.autisminitiatives.org/default.aspx> |
| **Benefits** |
| **Bolton Welfare Rights Service (Local)**Town HallVictoria SquareBoltonBL1 1RUTel: 01204 333820Email: welfare.rights@bolton.gov.ukWebsite: [www.bolton.gov.uk/website/pages/Benefitsadvice.aspx](http://www.bolton.gov.uk/website/pages/Benefitsadvice.aspx) |  |
| **Bereavement** |
| **Bereavement and Donor Support Team (Local)**Tel: 01204 390448Website: <http://www.boltonft.nhs.uk/patients-and-visitors/hospital/support-services/bereavement-and-donor-support-services/> | **The compassionate Friends (Local)****Have a group meeting in Bolton**Click on link for nearest available meeting Helpline: 03451232304Email: helpline@tcf.org.ukWebsite: [www.tcf.org.uk/](http://www.tcf.org.uk/) |
| **Cruse Bereavement Care (National)****National Helpline:****0808 808 1677**Website: [www.cruse.org.uk/?domain=www.crusebereavementcare.org.uk](http://www.cruse.org.uk/?domain=www.crusebereavementcare.org.uk) | **Sudden Infant Death Syndrome and Cot Death support group (National)**The Lullaby Trust11 Belgrave RoadLondonSW1V 1RBTel: 020 7802 3200support@lullabytrust.org.uk[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)Bereavement support 0808 802 6868 |

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| **Budgeting** |
| **Bolton's Money Skills Service (Local)**Bolton's Money Skills ServiceGround FloorBolton Town HallVictoria SquareBolton CouncilBL1 1RU For Money Advice and Debt Guidance.Call 01204 33 2916For Money Skills Group Training Sessionscall 01204 33 1968Email: moneyskills@bolton.gov.uk | **Hoot Credit Union** The Square53-55 Victoria SquareBoltonBL1 1RZ Telephone: 01204 365024Fax:01204 527736Email:enquiries@wisewithmoney.org.ukWebsite: [www.wisewithmoney.org.uk/contact.html](http://www.wisewithmoney.org.uk/contact.html) |
| **Bullying/Harassment** |
| **Victim Support (Local)**Please click on link for information re: - local services. Website: [www.victimsupport.org.uk/](http://www.victimsupport.org.uk/)Telephone: 08 08 16 89 111 | **Anti-Bullying Alliance (National)**[Website: www.anti-bullyingalliance.org.uk/](http://Website:%20www.anti-bullyingalliance.org.uk/) |
| **Bullying UK (National)**Website: <http://www.bullying.co.uk/>Helpline: 0808800 2222 |  |
| **Carers** |
| **Bolton Carer Support (Local)**Bolton Carer Support:Thicketford CentreThicketford RdTonge MoorBoltonGreater Manchester BL2 2LW01204 363056 24 Hour. <http://www.boltoncarers.org.uk/index.php/contact>  |  |

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| **Children and Families (Safeguarding)** |
| **Children and Families (Local)**Child protection and safeguardingBolton CouncilTel: 01204 337777Email: boltonsafeguardingchildren@bolton.gov.uk[Website: www.bolton.gov.uk/website/pages/Childprotection.aspx](http://Website:%20www.bolton.gov.uk/website/pages/Childprotection.aspx) | **Bolton Safeguarding Children’s Board (Local)**Website: <http://boltonsafeguardingchildren.org.uk/>Tel: 01204 337479Email: boltonsafeguardingchildren@bolton.gov.uk |
| **Community Faith support groups**  |
| **Bolton Council of Mosques (Local)**1 Vicarage StreetBoltonBL3 5LE Tel: 01204 363680Website: [www.thebcom.org/](http://www.thebcom.org/)Email: admin@thebcom.orgTel: 01204 363 680 | **Bolton Christian Community Cohesion (Local)**Bolton Christian Community CohesionThe Second FloorThe Bolton HubBold StreetBL1 1LSWebsite: <http://www.gmim.org.uk/boltonccc/>Tel: 01204 546138/6139Email: info@bolton.gmim.org.ukmary@bolton.gmim.org.uk |
| **Bolton Hindu Forum (Local)**Website: [www.boltonhinduforum.org.uk/?page\_id=89](http://www.boltonhinduforum.org.uk/?page_id=89)Bolton Hindu Forum,Veda Mandir & Community Centre1 Thomas Holden StreetBoltonBL1 2QGTel: 01204 238018Email: pm@boltonhinduforum.org.uk | **Bolton Interfaith Council (Local)**The Bolton HubBold StreetBolton BL1 1LSTel No: 01204 546110Email: chan@boltoninterfaithcouncil.org.uk Website:[www.boltoninterfaithcouncil.org.uk/5.html](http://www.boltoninterfaithcouncil.org.uk/5.html) |
| **Bury Fellowship (Local)**(Christian Group providing a drop-in service, practical assistance and counselling)Manna HouseIrwell StreetBuryBL9 0HETel: 0161 764 8131 | **Urban Outreach (Local)**A registered Christian Charity, established in 1990 to work with disadvantaged and vulnerable individuals in the town of BoltonTel: 01204 385848Email: info@urbanoutreach.co.ukWebsite: <http://www.urbanoutreach.co.uk/home> |
| **Community Transport/Furniture assistance** |
| **Bolton Community Transport & Furniture Services (BCTFS) (Local)** (Will accept furniture, appliances and supply those in need and can provide transport with wheelchair accessible minibuses)63 Knowsley StreetBoltonBL1 2ASTel: 01204 364777Website: [www.bctfs.co.uk/](http://www.bctfs.co.uk/)Email: admin@bctfs.co.uk | **Community Care Options (Local)**Services for people who have a disability including Shop MobilityHead office1-3 The Courtyard, Calvin St, Bolton BL1 8PBTelephone:  01204  360220    email: support@comco.org.ukWebsite: [www.Comco.org.uk](http://www.Comco.org.uk) |
| **Guild of Help (Local)**27 Silverwell StreetBoltonBL1 1PPTel: 01204 524858<https://www.totalgiving.co.uk/charity/the-bolton-guild-of-help-incorporated>  |  |
| **Counselling** |
| **Beacon Bolton Counselling Services (Local)****(Daytime)**The Bolton Hub,Bold Street,BoltonBL1 1LS(Evening)1 Silverwell Lane,BoltonBL1 1QNWebsite: http://www.beaconcounselling.org/Tel: 01204 546100 (24hr answer service)Fax: 01204 546101Mobile: 07951 457176Email: enquire@beaconcounselling.org | **Bury Fellowship (Local)****(Christian Group providing a drop-in service, practical assistance and counselling****)**Manna HouseIrwell Street BL9 0HE Bury - RamsbottomGreater Manchester England0161 764 8131[www.bury.org.uk](http://www.cylex-uk.co.uk/reviews/viewcompanywebsite.aspx?firmaName=bury+christian+fellowship&companyId=15758305)(CONTINUED) |
| **Counselling CONTINUED:** |
|  **Simeon Centre Counselling Service (One point) (Local)**Simeon Centre Counselling ServiceVictoria HallKnowsley StreetBoltonBL1 2AS<http://www.simeoncentre.org.uk/> Tel 01204 387363Email: counselling@simeoncentre.org.ukThey offer an initial assessment appointment usually within 28 days of initial contact. |  |
| **Domestic Abuse** |
| **Fortalice (Local)**Fortalice provides frontline services including a 22 bed refuge for women and children who are affected by domestic abuse. It also has a Support Centre  where women children and young people (including males up to the age of 19) can access the following servicesYoung person’s project  - Just for You sessions and   group work  /  counselling for women and children  /   Group work for women /  One to one advice sessions for women /  professional accredited  training  /   Education in the Community  Schools community sites and  Colleges around healthy Relationships  and risk taking43 Bradford Street Bolton BL2 1HT Email: info@fortalice.co.uk Tel: 01204 365677/701846 Tel: 01204 701846 (24 hr) Website;  [www.fortalice.org.uk](http://www.fortalice.org.uk) | **Paws for Kids (Local)**Support for women and children experiencing domestic violence and abuse in the North West. 26 Chorley New Road,Bolton,BL1 4APTel: 01204 394 842Website: <http://www.pawsforkids.org.uk/> safehaven@pawsforkids.org.uk  |
| **National Domestic Violence Helpline (National)****Run in partnership between Women's Aid and Refuge**<http://www.nationaldomesticviolencehelpline.org.uk/>24 hour Helpline 0808 2000 247 |  |

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| **Epilepsy** |
| **Epilepsy Action (Local)**New Anstey HouseGate Way DriveYeadon, LEEDSLS19 7XYTel: 0808 800 5050 (UK) or +44 (0)113 210 8800 (international)Email: helpline@epilepsy.org.uk UK text messages: 0753 741 0044Website: <https://www.epilepsy.org.uk> | **Neurological Long Term Conditions Service (Local)**Breightmet Health CentreBreightmet Fold LaneBreightmetBoltonBL2 6NTTelephone:01204 463366 |
| **Young Epilepsy (National)**St. Piers LaneLingfield,Surrey RH7 6PWTel: 01342 832243 / Helpline: 01342 831342Email: info@youngepilepsy.org.ukWebsite: [www.youngepilepsy.org.uk/](http://www.youngepilepsy.org.uk/) |  |
| **Forced Marriages**   |
| **Fortalice (Local)**Fortalice provides frontline services including a 22 bed refuge for women and children who are affected by domestic abuse. It also has a Support Centre  where women children and young people (including males up to the age of 19) can access the following servicesYoung person’s project  - Just for You sessions and   group work  /  counselling for women and children  /   Group work for women /  One to one advice sessions for women /  professional accredited  training  /   Education in the Community  Schools community sites and  Colleges around healthy Relationships  and risk taking43 Bradford Street Bolton BL2 1HT Email: info@fortalice.co.uk Tel: 01204 365677/701846Tel: 01204 701846 (24 hr) Website;  [www.fortalice.org.uk](http://www.fortalice.org.uk) | **Victim Support (Local)**Click on link to find nearest local support. Website: [www.victimsupport.org.uk/](http://www.victimsupport.org.uk/)Tel: 08 08 16 89 111 |
| **Women’s Refuge for Asians (Manchester) (Local)**PO Box 44SDOManchesterM20 4BJTel: 0161 945 4187Email: info@saheli.org.ukWebsite: <http://saheli.org.uk/> |  |
| **Gambling** |
| **Gamblers Anonymous Bolton (Local)**Click on link to identify nearest meeting. Website: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk) |  |
| Hate crime |
| **Community Safety Services (Local)**Town HallVictoria SquareBoltonBL1 1RUTelephone 01204 331060Telephone 0161 8725050 Police: Non EmergencyTelephone 0800 555111 – CrimestoppersEmail: community.safety.services@bolton.gov.ukWebsite: [www.bolton.gov.uk/website/Pages/Hatecrime.aspx](http://www.bolton.gov.uk/website/Pages/Hatecrime.aspx) | **Victim Support (Local)**Click on link to identify nearest support/contact details. Website: [www.victimsupport.org.uk/](http://www.victimsupport.org.uk/)Tel: 08 08 16 89 111 |
| **Health (general)** |
| **Bolton Primary Care Trust (Local)**Information on hospital services availableRoyal Bolton HospitalMinerva RoadFarnworthBoltonBL4 0JRTel: 01204 390390[www.boltonft.nhs.uk/](http://www.boltonft.nhs.uk/) | **Get Active Team (Local)**The Get Active TeamCastle Hill Centre1st Floor, Rooms 1-34 to 1-35Castleton Street,BoltonBL2 2JWTel: 01204 333 215Freephone: 0800 458 9029 (from landlines only)Email: info@getactivebolton.co.ukTel: 01204 488202Website: [www.getactivebolton.co.uk](http://www.getactivebolton.co.uk/) |
| **Homeless Welfare** |
| **Bolton Homeless Welfare (Local)**Homeless welfareGround floorTown HallVictoria SquareBoltonBL1 1RU01204 335830 (Residents) Email: homelesswelfare@bolton.gov.ukWebsite: [www.bolton.gov.uk/website/Pages/Homelessness.aspx](http://www.bolton.gov.uk/website/Pages/Homelessness.aspx) |  |
| **The Salvation Army (Local)**102 St Georges RoadBoltonBL1 2BZTel: 01204 365455E-mail bolton.citadel@salvationarmy.org.ukWebsite: [www.salvationarmy.org.uk/bolton-citadel](http://www.salvationarmy.org.uk/bolton-citadel) | **Samaritans (Local)**16 Bark Street East, BoltonLancashireBL1 2BQTel: 01204 521200Website: <http://www.samaritans.org/branches/bolton-samaritans>  |
| **Street Life (Local)**Street Life works with rough sleepers and other homeless people to help them access suitable accommodation. Street Life runs a drop-in centre every Tuesday afternoon from the Urban Restore Centre.Urban Outreach Office,Environ House,Salop Street,Bolton BL2 1DZinfo@urbanoutreach.co.ukTelephone: 01204 385848Website: <http://www.urbanoutreach.co.uk/portfolio-posts/street-life/>  |  |

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| **Mental Health (Variety of Topics including Self Harm and suicide)** |
| **Bolton Employment Support Team (BEST) (Local)****Supports people with severe and enduring mental health problems with work preparation and placement experience**Office 3Bolton MarketAshburner StreetBoltonGreater ManchesterBL1 1TQTel1: 01204 337523Tel2 :01204 334162Opening times: 9:00 - 5:00Website: <https://www.gmmh.nhs.uk/bestactive-choices>  | **The Early Intervention in Psychosis Team (EIT) (Local)**Bentley House, Viking Works, Weston Street, BL3 2RXTelephone: 01204 483003Bolton Council Early Intervention Team Tel: 01204 338173Website: <https://www.gmmh.nhs.uk/bolton-early-intervention-in-psychosis-team-eit> |
| **Mental Health Independent Support Team (MhIST) (Local)**Hanover HouseHanover StreetBoltonBL1 4TGTel: 01204 527200E-mail info@mhist.co.uk[www.mhist.co.uk](http://www.mhist.co.uk) | **The Sanctuary (Local)**Providing an ‘overnight, every night’ service providing a place of safety and support to adults feeling at crisis point and living with difficulties such as panic attacks, depression and low mood.<https://www.selfhelpservices.org.uk/service/the-sanctuary/> Tel: 0300 003 7029 |
| **Mental Health Foundation (National)**Website: [www.mentalhealth.org](http://www.mentalhealth.org) | **Rethink (National)**Various local locationsTel: 0300 5000927Website: [www.rethink.org](http://www.rethink.org) |
| **Royal College of Psychiatrists (National)**21 Prescot StreetLondonE1 8BBTel: 020 7235 2351Website: www.rcpsych.ac.uk |  |
| **Mental Health (Variety of Topics including Self Harm and suicide) CONTINUED:** |
| **Sane (National)**St. Mark's Studios14 Chillingworth RoadIslingtonLondonN7 8QJTel: 020380951790Helpline: 0300 3047000Website: [www.sane.org.uk](http://www.sane.org.uk) | **Self Harm UK (National)**74 Bute StreetLutonBedfordshire LU1 2EYWebsite: [www.selfharm.co.uk/](http://www.selfharm.co.uk/) |
| **Students Against Depression (National)**Students Against Depression offers information and resources validated by health professionals alongside tips and advice from students who have experienced it all themselves. There is advice and guidance about obtaining support and taking action to tackle how you feel.Tel: Tel/fax: 01635 869754 admin@cwmt.org<http://studentsagainstdepression.org/> |  |
| **Rape and Sexual Violence** |
| **Manchester Rape Crisis (Local)****For women only**Tel: 0161 273 4500(Rape and sexual abuse counselling service)Email: mrcrasacs@btconnect.comWebsite:[www.manchesterrapecrisis.co.uk](http://www.manchesterrapecrisis.co.uk) | **St. Mary’s Sexual Assault Referral Centre** **The Old St Mary’s Hospital** York Place Oxford Road Manchester M13 9WL Tel: 0161 276 6515 (24 Hour Service) Email: stmarys.sarc@cmft.nhs.uk Website: [www.stmaryscentre.org/](http://www.stmaryscentre.org/)Twitter: @StmarysSARC |
| **Victim Support (Local)**Check online for details of local supportWebsite: [www.victimsupport.org.uk/](http://www.victimsupport.org.uk/)Tel: 08 08 16 89 111 | **Rape and Sexual Abuse Counselling (RASAC) (National)**Tel: 01962 868688/864433Website: [www.rasac.org.uk](http://www.rasac.org.uk) |

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| **Sexual Health** |
| **Integrated Sexual Health Department (Local)**N BlockRoyal Bolton HospitalMinerva RoadFarnworthBoltonBL4 0JRTel: 01204 390771Website: <http://www.boltonft.nhs.uk/services/sexual-health/> | **Urban Outreach Bolton**Reach Out offers practical and emotional support, information and guidance to women involved in street sex work in Bolton. The project helps women to exit prostitution and rebuild their lives. Urban Outreach Office,Environ House,Salop Street,Bolton BL2 1DZTel: 01204 385848Website: http://www.urbanoutreach.co.uk/portfolio-posts/reach-out/ |
| **Sexual identity** |
| **LGBT Foundation (National)**Wide range of support services to lesbian, gay, bisexual and trans\* people5 Richmond Street,ManchesterM1 3HFTel: 0345 3 30 30 30 (between 09:00am until 21:00pm Monday – Friday)Email: info@lgbt.foundationWebsite: https://lgbt.foundation | **Mermaids (National)**Suite 5 High Street House,2 High Street, Yeadon,Leeds, LS19 7PP[Website:](http://mermaidsuk.org.uk/index.php/contact) [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk/)Helpline Tel: 0344 334 0550Email: info@mermaidsuk.org.uk |
| **Young minds (National)**Website: <http://www.youngminds.org.uk/> |   |

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| **General Help and advice** |
| **Bolton & District Citizen’s Advice Bureau (Local)**Advice on Benefits and Tax credits, Community Care, Consumer advice, Housing, Immigration & Asylum, Money & Debt, Education, Relationships and Work26 – 28 Mawdsley StreetBoltonBL1 1LFTel: 0300 330 9071Website: [www.boltoncab.co.uk](http://www.boltoncab.co.uk). | **Bolton Community and Volunteer Services (CVS) (Local)**Supports Volunteers and promotes good practice to organisations on volunteeringThe Bolton HubBold StreetBoltonBL1 1LSTel: 01204 546010Email: info@boltoncvs.org.uk Website: <https://www.boltoncvs.org.uk/>  |
|  **Greater Manchester Immigration Aid Unit (GMIAU) (Local)**Tel: 0161 740 7722Website: [www.gmiau.org](http://www.gmiau.org) | **Storehouse Food Bank (Local)**Bolton's food bank and distribution project, providing emergency food parcels to individuals and families who find themselves in need of help due to illness, debts or fines, benefit delays, homelessness, domestic abuse, redundancy or family breakdown.Storehouse foodbank, new webpageUrban Outreach Office,Environ House,Salop Street,Bolton BL2 1DZTelephone01204 385848Emailinfo@urbanoutreach.co.uk<http://www.urbanoutreach.co.uk/portfolio-posts/storehouse/> |
| **Suzy Lamplugh Trust (National)****Personal safety advice**Tel: tel:08088020300Website: <https://www.suzylamplugh.org/>  |  |