Support to reduce any immediate crisis

The Service offers an environment that enables you to access the support, interventions and opportunities that meets your immediate needs and identify a longer term plan.

Working with our team, we will provide you with information, and advice, about other places you can go during the day that may be able to provide support with your individual circumstances.

A friendly and supportive community alternative to traditional crisis services.

We provide support when you are in emotional distress and together we aim to find coping strategies that prevent crisis reoccurring and provide steps towards building the life you want.

To attend the crisis café call or text us on 07933882743

Opening Hours.

Monday to Friday, 7pm to 2am
(Last entry 12:30am)
Saturday and Sunday, 5pm to 2am
(Last entry 12:30am)

For more information contact:
(phone, text, email)

Mobile: 07933 882743 (from opening)
crisiscafe@bluesci.org.uk.

bluesci support at night

Out of hours support open to anyone in emotional distress, or experiencing a mental health crisis

NHS
Greater Manchester Mental Health
NHS Foundation Trust

Crisis Cafe

bluesci support at night

To Find Us:

Bluesci At Night
Old Trafford Wellbeing Centre
54-56 Seymour Grove
Old Trafford
Manchester
M16 0LN

www.bluesci.org.uk

About Us

Bluesci at Night are staffed by experienced mental health professionals and suitably trained support staff and volunteers.

We work in partnership with a wide range of services to connect you with ongoing support you may need.

We have one to one spaces so that you can talk with us and we will be serving tea, coffee, and soft drinks, and will provide other resources that will help you practice distraction, or experience some down time.

Additional support contacts:

NHS Greater Manchester Mental Health NHS Foundation Trust

GMMH Out Of Hours Helpline:
0800 953 0285

SANE

SANE:
0845 767 8000

SAMARITANS

SAMARITANS:
01204 521200

CAMPAIGN AGAINST LIVING MISERABLY CALM

CALM 5PM – 12AM:
0800 58 58 58

shout 85258 here for you 24/7

SHOUT
Text 85258