

## Helpful phone numbers

**GMMH** 24/7 Helpline number is:  
0800 953 0280

**GMMH** Online Coronavirus  
Information Hub:  
[https://www.gmmh.nhs.uk/  
coronavirus](https://www.gmmh.nhs.uk/coronavirus)

**Samaritans** Free, 24/7 listening  
support: 116 123

### Greater Manchester emergency helplines

These helplines have been  
created to ensure that vulnerable  
households can cope with the  
impacts of the coronavirus  
outbreak.

They can help with things like  
delivering food, delivering  
medication, combating loneliness  
and helping with fuel payments.

<b>Bolton</b>	01204 337 221
<b>Manchester</b>	0800 234 6123
<b>Salford</b>	0800 952 1000
<b>Trafford</b>	0300 330 9073

### Greater Manchester Community Hub

For help and support with food  
and medical supplies via SMS:  
07860 022 876

Messages will be responded to  
by the next working day.



## Season's Greetings



Sophie

Jono

Sophie F



Lydia

Nikki

Wendy

Heather



Dear

Wishing you a lovely festive season.

Thank you for your involvement with the iATtp study.

As we will be closed over the holiday period, please find up to date helpful numbers on the back of this card.

We will be in touch again \_\_\_\_\_.

Best wishes,  
iATtp team

