

Mental health services accessible for people with Learning Disabilities in Salford

Community Mental Health Services

Start	Start offers several services. Inspiring minds. This consists of a weekly studio-based creative workshops for people experiencing poor mental health ranging from mild/moderate to more severe and enduring conditions. It encourages members, aged 18 plus, to try a range of art forms to build confidence and self-esteem thereby supporting recovery, which ultimately enables people to re-connect to their local community. Reach out. 'Reach Out; Start to End Suicide' brings together suicide attempt survivors, those experiencing or have experienced suicidal thoughts and/or ideation in a peer-to-peer creative arts support group. Inspiring Minds and Reach out may accept people with a learning disability providing they have a diagnosed mental health condition, have capacity to understand instructions, particularly around health and safety (due to the use of knives, scissors, and woodwork tools), and can get to the venue. Referrals must be made by professionals. Please contact 0161 351 6000 to discuss each referral cases before referring to this service. Wellbeing matters This programme aims to support people to feel more connected to their community, more confident and less socially isolated by linking them into local groups and services. This START service only accepts referrals via GP, due to the link workers for this project being connected to individual GP practises. Website: https://www.startinspiringminds.org.uk/ Telephone: 0161 351 6000
Six Degrees 	Six Degrees offers 6-8 sessions one-to-one with a psychological wellbeing practitioner either face-to-face or online, or group sessions. Sessions are for any individual who has the capacity to engage in 1:1 assessments and follow-up. Easy-read and self-help resources can be provided. Website: https://six-degrees.org.uk/ Telephone: 0161 983 0900 Where patients require more intensive support, Six Degrees can refer to Primary Care Psychology for further support.

12/08/2026; Version 3

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Primary Care Psychology	Primary Care Psychology support individuals with moderate to severe psychological and emotional distress associated with the later-life ageing process or later life needs and difficulties. They also see younger people who themselves are experiencing later life-type difficulties, e.g., Parkinson's disease or early stages of dementia. Primary Care Psychology referrals can be made via statutory and non-statutory organisations, including GP, Six Degrees Social Enterprise, Salford Primary Care Psychology Service, Community Mental Health Teams, Intermediate Care, Practise and district Nurses, integrated care teams, Age UK, and carers' centres. Website: https://www.gmmh.nhs.uk/older-adult-psychology-services/ Telephone: 0161 938 4649
Living Well	Living well is for individuals whose social situations are having a negative impact on their mental health, for people experiencing distress due to trauma, and for people who need more support with the mental health. This level of support is considered before the Community Mental Health team and focuses on skills, aspirations, and experiences. Living Well Salford is a community service created in partnership between START, Mind in Salford, Six Degrees & Greater Manchester Mental Health Trust. The Living Well partners provide a broader range of staff to the living well clinical team, for example through employing recovery support workers and peer support workers. To access support: Website: https://www.gmmh.nhs.uk/living-well/ Telephone: 0161 271 0042  Referral and Assessment Hub Refe Salford Adult CMHT and specialist referral form. Complete the embedded referral form. Referrals can be made by any GMMH team, GPs, Adult Social Care, CAMHS, VCFSE integrated partners and the police. Email form to: salford.communityreferralassessment@gmmh.nhs.uk Salford Referral and Assessment Hub contact number: 0161 358 0626 Following the acceptance of a referral Living well will assess your needs and dependent on this may provide clinical support, peer support, a recovery worker, or may refer on to Start, Mind in Salford, or Six degrees.

Community Mental Health Teams (CMHTs)	CMHTs are for people experiencing problems relating to a severe mental health problem – Severe mental illness is defined by the impact on functioning in relational, social, occupational and daily functioning such as Complex trauma, Psychosis, Complex Emotional and Relational needs, Severe Mood or Anxiety disorder. A CMHT may also be appropriate for people experiencing moderate mental health difficulties who have had an inadequate response to primary care interventions such as medications, social prescribing and talking therapies. This may include, moderate mood disorder, moderate anxiety, complex psychosocial stressors which have longstanding impact on mental health, self-harm, and longstanding difficulties as a result of trauma. Prescot house contact number: 0161 357 1202 Cromwell house contact number: 0161 357 1280 Ramsgate house contact number: 0161 938 4184  Referral and Assessment Hub Refe Salford Adult CMHT and specialist referral form. Complete the embedded referral form. Referrals can be made by any GMMH team, GPs, Adult Social Care, CAMHS, VCFSE integrated partners and the police. Email form to: salford.communityreferralassessment@gmmh.nhs.uk Salford Referral and Assessment Hub contact number: 0161 358 0626 A triage outcome/ decision will be made within 24 hours of receipt and referrals will either be forwarded to appropriate service, offered advice or an assessment booked in within 28 days of the referral receipt date. Referrals that are indicated as urgent following Triage will have an assessment arranged within 7 working days. The triage practitioner will contact the referrer and the service user, to inform them of the assessment date and time and share the RAH telephone number and crisis pathways with them.
Salford Early Intervention Team	The Early Intervention in Psychosis Team (EIT) works with people who have experienced a first episode of psychosis. It is a multidisciplinary consisting of staff from a variety of disciplines, including nursing, social work, occupational therapy, and psychology. Website: www.gmmh.nhs.uk/salford-early-intervention-team-eit Telephone: 0161 358 2500

Clinical Neuropsychology Salford Royal	Clinical Neuropsychologists can work therapeutically with people who have neurological conditions such as brain injuries, epilepsy, or multiple sclerosis (MS). People are supported by the service in a variety of ways, including: Providing a confidential and safe place to talk about the condition, how it feels, and how it affects the person's life. Completing in-depth assessments of an individual's thinking skills, to advise on cognitive strengths and weaknesses or to inform medical diagnoses and treatments and working together to develop strategies to help manage day-to-day life. Telephone: 0161 206 4694 Email: reftoneuropsych@nca.nhs.uk
Clinical Health Psychology	Clinical Health Psychology have different specialities providing psychological support to individuals with various physical health conditions in outpatient and in-patient settings. They aim to reduce the impact of the condition on the individual and improve their quality of life by helping them to adjust to and cope with their physical health condition. The team consists of the following departments: General medicine: provide support to individuals with a range of medical conditions to reduce the impact of their symptoms and enhance coping strategies. Long covid and fatigue: supports patients living with fatigue following a confirmed or suspected COVID-19 infection. Renal: Supporting patients living with kidney disease. Gastroenterology and intestinal failure: Supporting patients living with gastroenterology conditions (e.g. Crohn's) and intestinal failure. Chronic Fatigue Service: Supports people who have a diagnosis of CFS or myalgic encephalomyelitis. Also support those with fibromyalgia. Bariatrics and Weight Management: Supports people who are accessing the medical weight management programme at Salford Royal. Telephone: 0161 206 5588 Email: psychology.referrals@nca.nhs.uk
Salford Learning Disability Team	Salford Learning Disability Team can support with difficulties such as feeling anxious, angry, or low in mood, displaying behaviours that challenge, and difficulties with friendships and relationships, along with other mental health difficulties. Referrals for mental health support can be made to the team via the following portal: Portal: https://adultsportal.salford.gov.uk/web/portal/pages/home

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Emergency and crisis support	
Urgent GP appointment	You can arrange an urgent GP appointment if you feel safe enough or have someone who can help you get there (same day) or telephone: 111 .
Emergency services	If you or someone else is in immediate danger, telephone: 999 . You can also attend the local accident and emergency department.
Crisis line	Mental health crisis 24/7 Telephone: 0800 953 0285
Salford Home Based Treatment Team	Salford Home Based Treatment Team Telephone: 0161 358 2424 - Opening Times: 24/7 .
No. 93 Crisis Café	There is also a crisis café available to people living in Salford: No. 93 Crisis Café – Telephone: 0161 271 0339 ; Telephone option 2: 07778012838 An out of hours friendly and supportive community space open to anyone from Manchester, Bolton, Salford and Trafford, experiencing a mental health crisis. Our aim is to offer support and advice from qualified Mental Health Practitioners and support staff in a relaxed and comfortable environment, avoiding long waits in Emergency Departments.
The Samaritans	Call on 116 123 - 24-hour crisis helpline (free for everyone).
Shout	Text Shout to 85258 - Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

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Telephone support services	
Samaritans 	Samaritans are a telephone service for anyone to talk about anything. They take calls from people who are lonely, in distress, struggling with areas of life and a number of other things. Samaritans can be contacted at any time, day or night. Website: www.samaritans.org Telephone: 116 123
Mind	This infoline provides information on types of mental health problems, where to get help, medication and alternative treatments & advocacy. It is open 9am-6pm Monday-Friday (except bank holidays). Infoline on 0300 123 3393
CALM 	The Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide. Open 5pm until midnight every day. Website: https://www.thecalmzone.net/ Telephone: 0800 58 58 58
Silver Line 	Silver Line is a helpline for people over 55 to talk about anything. Website: https://www.thesilverline.org.uk/ Telephone: 0800 470 8090
Age UK 	Age UK helpline can offer advice for older adults. Telephone service open 8am – 7pm every day. Website: https://www.ageuk.org.uk/ Telephone: 0800 678 1602
LGBT Foundation 	LGBT Foundation offers a one-off telephone call of up to 40 minutes to discuss any current issues for an individual. If further support is needed, they will signpost the person to additional places of support. Website: https://lgbt.foundation/help/talking-therapies-programme/ Telephone: 03453 30 30 30

Third sector services

Mind in Salford	Mind have an advice team for those with mental health difficulties who require support around completing forms such as benefit forms and care forms. Website: https://www.mindinsalford.org.uk/ Telephone: 0161 710 1070
Rainbow Mind	Rainbow Mind are a service which offers support to people with mental health difficulties. They offer 1-1 IAPT sessions which are a form of talking therapy. Rainbow Mind can be via telephone or face to face dependent on need. Rainbow Mind will complete a screening with people to determine whether they can support the person who is referred, they do accept referrals from people with learning disabilities but will consider if adjustments need to be made (e.g., having a support worker or family member in the session). Email: Northernhub@rainbowmind.org
Respect for all counselling 	This service offers counselling services to autistic people, and people with learning disabilities and their families. One-to-one support, family and/or couples counselling, and parent/carer counselling is offered. Most sessions are offered online or via telephone. Face-to-face can be offered but their website advises that there is a long waitlist for this. GPs can apply for funding to refer to Respect for All Counselling. Website: https://www.respectforall.org.uk/ Telephone: 0161 532 4070

Bereavement services

Hospice UK 	Hospice UK offers support for bereavement and trauma via telephone. Website: https://www.hospiceuk.org/ Telephone: 0300 303 4434
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Marie Curie Telephone Bereavement support 	Marie Curie Telephone Bereavement Support is a free national helpline for if those or something they love has received a terminal illness diagnosis or has been bereaved due to terminal illness. Following on from the helpline call Marie Curie may offer up to six telephone call sessions. Information on bereavement including easy read resources can also be found on their website. Website: 0800 090 2309 Telephone: https://www.mariecurie.org.uk/help/support/bereavement
Cruse Bereavement support 	Cruse is the UK's leading bereavement charity offering a telephone support service to all individuals. Website: https://www.cruse.org.uk/ Telephone: 0808 808 1677
Care Concern 	Care concern provides grief, loss and supportive bereavement counselling services run by volunteers highly trained in loss and bereavement counselling and support. Email: care.concern@hotmail.co.uk Telephone: 07598 685745
Six Degrees 	Six Degrees offers one-to-one sessions for bereavement support for individuals. Website: https://six-degrees.org.uk/ Telephone: 0161 983 0900
Salford Learning Disability Team	Salford Learning Disability Team can support with Bereavement. They offer bereavement training for staff, group bereavement sessions and 1:1 support, dependent on need and appropriateness. Referrals for bereavement support can be made to the team via the following portal: Portal: https://adultsportal.salford.gov.uk/web/portal/pages/home.