

What happens next?

When you arrive, one of our friendly team will welcome you to our space. In a one-to-one appointment, you can talk us through what's happening for you and agree your next steps.

Call 0161 470 6104

Monday to Friday: 1-8pm
(last drop-in at 7pm)

The Anthony Seddon Centre,
12 George Street, Ashton, OL6 6AQ

Saturdays / Bank Holidays: 10-3pm

Infinity Community Cafe, 13-15 Wood
Street, Ashton, OL6 6AT

Do you need urgent support?

It's important that you contact your GP. If your GP surgery is closed, their answer-phone will direct you to the right place or you can call:

NHS mental health helpline
24 hours a day on 0800 145 6485

Samaritans
24 hours a day on 116 123
or email jo@samaritans.org

Out of hours GP service (NHS Direct)
24 hours a day on 111

24/7 Pennine helpline
0800 014 9995

Contact us



www.thebiglifegroup.com/safetameside



0161 470 6104



SAFE Tameside

A place of safety and support for people in a mental health crisis

The Anthony Seddon Centre, 12 George Street, Ashton-under-Lyne, OL6 6AQ

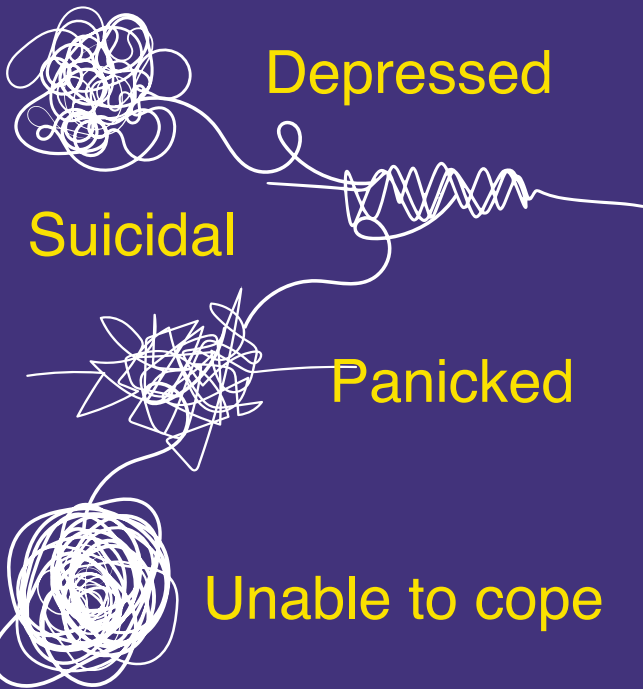
SCAN ME



Struggling to cope?

In crisis and need someone to talk to? We're here for you. Reach out for support and find comfort during difficult times. You're not alone.

You might be feeling...



...but we're here for you.

Who we are

SAFE Tameside is your local non-clinical crisis support.

We offer a friendly alternative to A&E, providing flexibility with drop-in and appointment options.



What people say



I am so grateful to you. I didn't know where to turn in this situation and the support you have given has made such a difference to us. Thank you.

Thank you for everything - I really appreciate it! I just wished I'd reached out to you earlier, honestly it's helping so much in such a short time.



SAFE Tameside has been amazing, I had the best support from you, you helped me turn my life around.

Help we provide

We offer personalised support to people who are in crisis, including onward referrals and signposting - to make sure you receive the right support at the right time.

Monday to
Friday

1pm to 8pm

Drop-in
or call to
book

You can drop-in or call us to book an appointment from Monday to Friday between 1pm - 8pm.



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