

People First Bulletin

Autumn 2024

World Mental Health Day Thursday 10 October 2024

This year's theme is workplace mental health. The theme highlights the importance of addressing mental health and wellbeing in the workplace, for the benefit of people, organisations, and communities.

On World Mental Health Day, let's all come together to talk about mental health and show everyone that mental health matters. Talking about our mental health can help us cope better with life's ups and downs. So, on World Mental Health Day and beyond it, why not check in with your friends, family, peers, or colleagues?

Additional support can also be found at:

Be Well: Wherever you are in life, Be Well can help you develop the skills, knowledge and confidence to take control of your life, health and wellbeing. Ask your GP or other professional for a referral. 0161 848 2420

Manchester mental health 24/7 helpline: Greater Manchester Mental Health NHS Foundation Trust's helpline for their service users and carers is open 24/7 and can be called free of charge any time, day or night. 0800 953 0285

Manchester Self Help Services: Manchester's Self Help Services (part of Big Life Group) provide free therapeutic support for anxiety and low mood to the whole of Manchester. You can be referred by your GP, or other professional or self-refer. 0161 848 2420 additional support available,

Complaints

At People First Housing Association we aim to provide a high level of service and to help us achieve this we welcome feedback from people that use our services. All feedback will be viewed positively and seen as providing vital intelligence on our performance, culture, and reputation and as a means of being able to improve our services. We review all our complaints regularly and act upon these, such as providing training for staff, or changing a procedure.

For more information please visit our website which details all our complaints policy and annual service improvement plan. A copy of our complaints leaflet is attached with this newsletter.

Money Advice

Get free, confidential and independent advice on debt problems from:

Citizens Advice Manchester – at the Customer Service Centre in the Town Hall Extension (call them on 0808 278 7800 to book a debt advice session).

Step Change Debt Charity – a specialist debt charity

Debt Advice Foundation – a specialist debt charity

Debtors Anonymous – a twelve-step programme for people who want to stop incurring unsecured debt

Money Helper – set up by Government to give advice (includes advice on tax and National Insurance)

National Debtline – a four-step guide to preventing and dealing with debt.

Citizens Advice
Call 03444 111 444
citizensadvice.org.uk

Samaritans Call 116 123

Money Advice Service
Call 0800 138 777
moneyadvice.service.org.uk

Greater Manchester Mental Health The 24/7 Helpline number is
0800 953 0285

StepChange
Call 0800 138 111
stepchange.org

Please also find a copy of our Privacy notice. If you would like this in large print or a different language please contact us on 0161 235 6900.



0161 235 6900

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People First aims to promote equality of access to all. It is registered under the Co-operative and Community Benefit Societies Act 2004 Reg No 27746R. It has charitable status