



March 2020

We hope this letter finds you well at what we know to be a very challenging time.

With regards to our services and **NOVEL CORONA VIRUS (COVID-19)** we are now restricting face-to-face contacts in line with NHS guidance. All communication when possible will be via telephone.

Please contact your local service as soon as possible to ensure we have your preferred contact number.

Unity Cumbria	Barrow-in-Furness Tel: 01229 207020
	Carlisle & Eden Tel: 01228 212060
	Kendal Tel: 01539 742780
	Whitehaven Tel: 01946 350 020
	Workington Tel: 01900 270 010
Achieve Bury	0161 271 0020
Achieve Bolton	01204 483 090
Achieve Salford	0161 358 1530
Achieve Trafford	0161 358 0991

Please have the name of your Recovery Coordinator to hand.

Any requests for changes to your prescription **must** be received before 2pm on the day of calling. If you need to self-isolate, please **do not** attend your pharmacy. Instead, contact your Recovery Co-ordinator who will advise you on our next steps.

Please remember to follow government guidelines to keep safe.

If you have any questions about your treatment, please contact us.

The Trust is committed to safeguarding children, young people and vulnerable adults and requires all staff and volunteers to share this commitment.

Greater Manchester Mental Health NHS Foundation Trust, The Curve, Bury New Road,
Prestwich, Manchester M25 3BL (Tel: 0161 773 9121)



Helpful Online and Telephone Resources

Narcotics Anonymous 0300 999 1212

<http://www.nabyphone.com/>

Alcoholics Anonymous 0800 917 7650

<http://aaphonemeeting.org/>

Cocaine Anonymous 0300 111 2285 or 0800 612 0225

<https://www.ca-online.org/>

Adult Children of alcoholics

<https://adultchildren.org/>

al-anon

<http://www.phonemeeting.org.uk/>

SMART Recovery

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

Breaking Free

- 1) Visit www.breakingfreeonline.com
- 2) Click SIGN UP
- 3) Use **gmmh2020** to complete the required fields.

Please Note: If you are experiencing symptoms of Covid 19 – advice of NHS link re new updated information and dos and Don'ts: <https://www.nhs.uk/conditions/coronavirus-covid-19>