

Find the right support

**Mental health and addiction
services in Bolton**

Resource packs for GPs
Version 5, Winter 2025/2026



**Greater Manchester
Mental Health**
NHS Foundation Trust



Adult service information

Mental health and addiction services in Bolton

Achieve Addictions Treatment and Recovery Services

This service provides drug and alcohol treatment and recovery services to individuals, families and communities.

For more information or to make a referral, please visit www.gmmh.nhs.uk/achieve or phone **01204 483090**.

✓ Self-referrals accepted

Autism Spectrum Conditions Service

This service supports adults aged 18 and over with a confirmed Autism diagnosis, offering short-term help for those adjusting to a new diagnosis or lacking support after childhood diagnosis.

The service doesn't accept self-referrals but for more information or to make a professional referral, please email ascbolton@gmmh.nhs.uk or phone **01204 483000**.

Urgent Mental Health Support

If you know of someone who needs urgent mental health support or something that makes them feel severely unsafe, distressed or worried about their mental health.

They can quickly and easily access support by calling **NHS 111** and selecting mental health **option 2**.

Community Mental Health Teams (CMHTs)

This service offers assessment, treatment, and care for people aged 16 to 70 with severe and ongoing enduring mental health problems.

The service doesn't accept self-referrals but for more information or to make a professional referral, please phone **01204 483003**.

Early Intervention in Psychosis Team (EIT)

This service supports young people experiencing a first episode of psychosis. The team consists of staff from a variety of disciplines, including nursing, social work, occupational therapy and psychology.

The service doesn't accept self-referrals but for more information or to make a professional referral, please visit gmmh.nhs.uk/Bolton-early-intervention-in-psychosis-team-eit or phone **01204 483003**.

Eating Disorder Service

This service offers a wide range of treatments in a variety of areas, such as medical treatments, a range of talking therapies, dietetic and nutritional treatments and other types of care and support.

The service doesn't accept self-referrals but for more information or to make a professional referral, please visit cwp.nhs.uk/our-services/bolton/eating-disorder-service-bolton or phone **01204 462785**.

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Home Based Treatment Team (HBT)

This service offers short-term, intensive community support as an alternative to inpatient care.

The service doesn't accept self-referrals but for more information or to make a professional referral, please phone **01204 483072**.

Homeless Services

This service delivers a range of trauma informed, mental health and dual diagnosis services for individuals experiencing or at risk of homelessness across the Greater Manchester footprint.

For more information, please visit **gmmh.nhs.uk/homeless-services**

Listening Lounge

A safe, confidential space for anyone aged 18 and over who feels low, anxious, has negative thoughts, or simply wants to talk in the evening or on weekends.

The service is available daily from 3pm to 10pm. To make a referral, please email **boltonll@family-action.org.uk** or phone **01204 917739**.

✓ Self-referrals accepted

Living Well

This service supports adults aged 18 and over with mental health challenges, focusing on recovery. The team helps users set and pursue their goals, encouraging them to try new things during their recovery process.

The service doesn't accept self-referrals but for more information or to make a professional referral, please phone **01204 483050**.

Memory Assessment and Treatment Service (MATS)

This service promotes the early identification of dementia, by encouraging people to attend a specialist assessment, with service users referred to the service by their GP following initial tests.

The service doesn't accept self-referrals but for more information or to make a professional referral, please phone **01204 483770**.

Older Adult Community Mental Health Team (OACMHT)

This service supports older adults who are experiencing difficulties with their mental health. Predominantly supporting adults over the age of 70 with a severe or enduring mental illness, or at any age with a diagnosis of Dementia.

The service doesn't accept self-referrals but for more information or to make a professional referral, please phone **01204 483771**.

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Post-COVID Syndrome Service (PCSS)

This service brings together a multi-disciplinary team of expert professionals to help those who are suffering from Post-COVID Syndrome (also known as Long COVID) to improve their psychological wellbeing and daily functioning.

The service is available to people registered with a GP in Manchester, Salford, Trafford, Bolton or Wigan, who are living with the lasting effects and impact of a probable COVID-19 infection.

The service also supports those feeling low, anxious, or are otherwise finding it difficult to adjust to their experiences post-COVID.

Self-referrals and referrals from other health professionals are accepted via an online portal.

For more information or to make a referral, please visit gmmh.nhs.uk/post-covid-syndrome-service, email pcs@gmmh.nhs.uk or phone **0161 271 0190**.

✓ Self-referrals accepted

Bolton Talking Therapies

This service is for adults aged 16 and over with common mental health problems like mild to moderate depression, anxiety and stress. We can help with other problems like panic attacks, phobias and post-traumatic stress disorder.

For more information or to make a referral, please visit gmmh.nhs.uk/bolton-talking-therapies or phone **01204 483100**.

✓ Self-referrals accepted

Parent and Infant Relationship Service (PAIRS)

This service supports mums, dads, partners and caregivers, antenatally up until baby is 2 years old, who may be experiencing difficulties adjusting to parenthood and would benefit from support in develop.

The service doesn't accept self-referrals but for more information or to make a professional referral, please email boltonpairsreferral@gmmh.nhs.uk or phone **01204 483222**.

Talking Therapies for People Affected by Cancer

This service is part of Talking Therapies and provides specialist support for those affected by cancer, including patients, survivors, loved ones and carers.

For more information or to make a referral, please visit gmmh.nhs.uk/bolton-talking-therapies or phone **01204 483100**.

✓ Self-referrals accepted



Young people service information

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Child and Adolescent Mental Health Services (CAMHS)

This service provides specialist assessment and treatment for serious mental health difficulties and associated risks in children and young people aged five to 18 who are registered with a Bolton GP.

The service doesn't accept self-referrals but for more information or to make a professional referral, please visit gmmh.nhs.uk/bolton-camhs or phone **01204 483222**.

Eating Disorder Service for Young People

This service offers assessment, treatment, and support for young people experiencing eating disorders and their families.

The service doesn't accept self-referrals but for more information or to make a professional referral, please phone **01942 764473**.

iThrive Hub

Bolton Together commissions this service to support the emotional health and wellbeing of children and young people aged 2–19 (up to 25 with SEND). Support is early-stage, short-term, and requires active involvement from the child or young person.

The service doesn't accept self-referrals but for more information or to make a professional referral, please visit bolton-together.org.uk

Mental Health Support Team (MHST)

This school-based early intervention service supports children and young people with mild to moderate mental health issues, such as worry, anxiety, or low mood, through brief, low-intensity interventions.

The service doesn't accept self-referrals but for more information or to make a professional referral, please email boltonmhst@gmmh.nhs.uk or visit gmmh.nhs.uk/bolton-mhst

CYP Crisis Service

This service uses the Thrive Model for CAMHS to support the mental health needs of children and young people (under 18) in Wigan and Bolton. It offers three pathways: Rapid Response (RRT), Home Intensive Treatment (HITT), and Paediatric Support.

The service only accepts referral via the following routes:

- Community CAMHS and extended NHS mental health services

- NHS 111
- All Age Mental Health Liaison
- Greater Manchester Assessment and Inreach (GMAIC) paediatric wards
- Adult NHS mental health services (aged 1 to 17)
- Safe Zones
- CAMHS medical on call rota

Self-help resources

Online and face-to-face

If you know of someone struggling with their mental health, it's important to know that help is available online and in person.

They can access confidential support through trusted websites such as...



Recovery Academy

Offering over 60 free face-to-face courses and 500+ digital resources on mental health, wellbeing, addiction and recovery. For more information, please visit recoveryacademy.gmmh.nhs.uk



NHS Every Mind Matters

A free online resource offering expert advice, tools and personalised plans to help manage stress, improve sleep and mental wellbeing. For more information, please visit nhs.uk/every-mind-matters



Mind

A leading mental health charity offering free information, tools and support to help understand and manage mental health. For more information, please visit mind.org.uk

We'd really appreciate your feedback

We'd like to hear whether you found this pack useful and any suggestions for future updates.
Kindly share your thoughts via email at communications@gmmh.nhs.uk.