



**The M-Thrive Community Hub will enable you to access advice and get help sooner by providing support about Manchester's emotional health and wellbeing offer.**

The M-Thrive Team will be able speak with you about what you may be worried about and discuss ways in which our community-based partners can help to reduce some of these worries.

We will work with you to find out what is best for you and your situation to ensure that you access the right support when it is needed.



**The M-Thrive Community Hub covers all of Manchester and are based at the following locations:**

Manchester Youth Zone, 931 Rochdale Road, Manchester M9 8AE

0161 203 3189 [mthrive@mft.nhs.uk](mailto:mthrive@mft.nhs.uk)

Kath Locke Centre, 123 Moss Lane East, Hulme, Manchester M15 5DD

0161 455 0211 ext 811 [mthrive.central@mft.nhs](mailto:mthrive.central@mft.nhs)

Lifestyle Centre, 206 Portway, Wythenshawe, Manchester M22 1QW

0161 436 0575 [mthrive.south@mft.nhs.uk](mailto:mthrive.south@mft.nhs.uk)

we can arrange to meet you elsewhere within North Manchester such as your school or a local Sure Start Centre by arrangement.

You can contact the M-Thrive Team on: 0161 203 5333 or by emailing us at: [mthrive@mft.nhs.uk](mailto:mthrive@mft.nhs.uk)

**Here For You**