

A family guide to help and support in Tameside

Emotional Wellbeing and Mental health



Living with Good Mental Health - 5 Ways to Wellbeing

The Five Ways to Wellbeing are a set of actions to promote people's wellbeing. They are: **Connect, BeActive, Take Notice, Keep Learning and Give.** These activities are simple things individuals can do in their everyday lives.

Connect

Feeling close to and valued by other people is important to everyone. It's clear that social relationships are essential for people's wellbeing and for acting as a buffer against mental ill health for people of all ages. With this in mind, try to do something different today and make a connection:

- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is.

Be active

Regular physical activity is linked with lower rates of depression and anxiety across all ages. But physical activity doesn't need to be particularly intense for you to feel good. Over activities such as walking can provide some level of exercise. Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at lunchtime
- Walk into work or school - perhaps with a colleague - so you can 'connect' as well!
- Get off the bus one stop earlier than usual and walk the final part of your journey to work
- Do some 'easy exercise', like stretching, before you leave for work/school in the morning.

Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness. Being aware of what is taking place in the present directly improves your wellbeing and savouring 'the moment' can allow you to make positive choices based on your own values and motivations.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Have a 'clear the clutter' day
- Take notice of how your colleagues/friends are feeling or acting
- Take a different route on your journey to or from work/school
- Visit a new place for lunch.

Keep Learning

Learning through life boosts self-esteem and encourages social interaction and a more active life.

Why not learn something new today? Here are a few more ideas:

- Find out something about your colleagues/ friends
- Sign up for a class
- Read the news or a book
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word.

Give

Giving and participating with others makes us feel happy and are good for our health. The smallest act of 'giving' can count; even giving a smile to someone can make a big difference, or giving your parents a hand cleaning the house can really help.

Committing to an act of kindness once a week over a six-week period is related with an increase in wellbeing.



www.tameside.gov.uk/mentalhealth

Scan the QR code for more information



Mental Health and Emotional Wellbeing Support

Urgent Support - When you need help straight away

Mental Health Helpline

A local mental health crisis helpline for all ages in Tameside

0800 014 9995 24 hours a day, 7 days a week

SAFE Tameside

You don't need to make an appointment to see us. You can drop in to our SAFE Tameside Hub at The Anthony Seddon Centre in Ashton at a time that is best for you: **1pm – 8pm** Please note that the last walk-in or bookable appointment is **at 7pm**.

Between 9am and 5pm call 0161 470 6104 to book your appointment.

Childline

Call 0800 1111 or visit www.childline.org.uk

Samaritans

A confidential national helpline supporting people in mental health crisis

116 123

**24 hours a day,
7 days a week**

www.samaritans.org

SHOUT

Confidential, 24/7 text messaging support service for anyone who is struggling to cope **TEXT SHOUT to 85258**

HOPELINE

0800 068 4141

Confidential suicide prevention advice for under 35 year olds. They're open 9am–12am (midnight) every day of the year.

Papyrus

Papyrus offers support to young people feeling suicidal

www.papyrus-uk.org/help-advice

Talk to an adult, friend or somebody that you trust as soon as you can

www.tameside.gov.uk/mentalhealth



Mental Health and Emotional Wellbeing Support

Community Support - Welcoming places you can go for support

Infinity Initiatives

Café, counselling, advocacy and support service

0161 339 6137
Weekdays 9am-2:30pm
with appointments
available outside these hours

The Anthony Seddon Fund

Peer Support for mental wellbeing

0161 376 4439
Weekdays
9am-5pm

Diversity Matters North West

Mental health awareness and peer support for BAME communities

0161 368 3268
Mon-Thurs 9am-5pm
Friday 10am-4pm

Health and Wellbeing College

Courses to support your mental wellbeing

0161 716 2666
Weekdays 9am-5pm

Tameside, Oldham & Glossop Mind

Peer support, counselling and drop in support for mental health

0161 330 9223
Weekdays 9am-5pm

OKE

Health Navigator Service – advice and additional support for health and mental health services for parents

www.facebook.com/ourkidseyes.uk/

Tel: 0161 342 5550 Mob: 07867484290

Email: oketameside@gmail.com

Community Hive

For mental health and emotional wellbeing the Community Hive offers walk in support in accessible neighbourhood locations

www.togmind.org/youth-in-mind/community-wellbeing-offer

Greater Manchester

0161 983 0902

Bereavement Service

We can help to find support for anyone in Greater Manchester that has been bereaved or affected by a death.

www.greater-manchester-bereavement-service.org.uk

My Recovery Tameside

My Recovery Tameside is a free and confidential drug and alcohol service for adults, young people, families, carers affected others in Tameside.

www.changegrowlive.org/my-recovery-tameside

Home Start

[Pregnancy and Early Years \(tameside.gov.uk\)](http://tameside.gov.uk)

Dads Matter

[Pregnancy and Early Years \(tameside.gov.uk\)](http://tameside.gov.uk)

www.tameside.gov.uk/mentalhealth



Mental Health and Emotional Wellbeing Support

Service Support - When you need support from a service

Minds Matter

Guided self-help, peer support and counselling to address everyday life challenges impacting your wellbeing

www.penninecare.nhs.uk/healthymindstameside

0161 470 6100
(9am-5pm)

NHS Tameside and Glossop Talking Therapies

can offer a range of talking therapies to support your mental health. Their service is delivered by a range of trained professionals, including therapists and counsellors, who will find a level of treatment that is right for you.

www.penninecare.nhs.uk/tamesidetalk

0161 716 4242
(9am-5pm)

Early Help

Family Information Service on 0161 342 4260 for help and advice on Early Help Services available.

Monday to Wednesday: 8.30am - 5pm

Thurs: 8.30am - 4.30pm

Fri: 8.30am - 4pm

www.tameside.gov.uk/Early-Help/Parent-Carer/The-early-help-access-point

Parenting Support

Do you need support, advice and guidance? The Parenting Team are here to support parents, carers and professionals.

parentingreferrals@tameside.gov.uk

0161 368 7722

Please note that e-mails will only be viewed during 8.30am and 5pm – Monday to Friday.

www.tameside.gov.uk/mentalhealth



Mental Health and Emotional Wellbeing Support

Online Support - For support you can access anytime

Silvercloud

Online support for your mental health
gm.silvercloudhealth.com/signup

Living Life to the Full

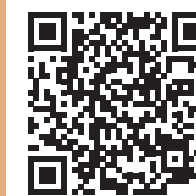
Resources to support mental wellbeing
www.llttfgm.llttf4.com

Kooth

Free, safe and anonymous mental health support for young people
www.koothplc.com

Qwell

Free, safe and anonymous mental health support
www.qwell.io



Scan this code with your phone to access more mental health support information

Further Support - For further help and support

CEDS

Our Community Eating Disorders Service offers advice and support to families, carers, and those who work with, or support, a child or young person.

0161 716 4060

pcn-tr.ceds@nhs.net

www.penninecare.nhs.uk/ceds-south

CAMHS

Specialist services to children and young people who are experiencing mental health difficulties. Mental Health referrals need to be made by a professional to the single point of access that includes Early Help, Mental Health and Safeguarding. Following triage, the referral will be supported by the most appropriate service.

www.penninecare.nhs.uk/tamesidecamhs

Speciality Community Perinatal Mental Health Team

The Specialist Perinatal CMHT supports women who experience high-risk mental health problems during and after pregnancy, and for their infant up to the age of one year. The team provides assessment, care and treatment including; the prevention, detection and management of maternal mental health problems that complicate pregnancy and the postpartum year. Monday to Friday, 9am to 5pm Phone: 0161 271 0188

www.gmmh.nhs.uk/perinatal-community

www.tameside.gov.uk/mentalhealth



A family needs SEND health advice or support



We need to know where our care is up to

We need something to do

We are struggling to cope

We need general advice

0161 342 5550
07867484290

Contact us:

www.ourkidseyes.org/contact-us
Facebook – [OKE Our Kids Eyes](#)

OKE HEALTH SERVICES NAVIGATOR

- Friendly advice 7 days a week
- Help you find the support you need in a variety of ways
- Help with queries on pathways

- We can connect you to services
- We will listen to you and help navigate the system with you
- We can offer support and advice and keep you up to date on the local offer

0161 301 6054

Joel.morton@activetameside.com

Aiden.hopkins@activetameside.com

ACTIVE TAMESIDE SEND TEAM

- Access to supported activities
- Build confidence
- Connect to other services
- About the services

- We can find the right support for you
- We can connect you to like-minded people
- We can make you stronger and help you try new things

Call the Access Point:

0161 342 4260

SEND FAMILY SUPPORT IN EARLY HELP

- Access to specialist parenting advice
- Offer group support and interventions to understand your child with additional needs
- Advice on behaviour

- We can help you implement strategies
- We can connect you to other families
- We can help you access social care support

www.tameside.gov.uk/mentalhealth



Children And Young People's Mental Health and Emotional Wellbeing - Getting Advice and Getting Help



Mental Health Support in Tameside

More information for adults and children's mental health services

Local Offer for SEND Tameside SEND Local Offer



www.tameside.gov.uk/localoffer

Do you have a query around Autism or ADHD and need support?

ADHD / ASD Consultation Offer



Contact the CAMHS Service on **0161 716 3600** to access one of the Tuesday Consultation slots with one of the Neuro Specialist Team. This could be delivered digitally, over the phone or where there are risks, we can support face to face. You can access more than one consultation appointment if you need to.



The Community Hive

(8-18 Year olds)

TOG Mind

Every Wednesday 4-8pm in Ashton, other localities available

**Brief Intervention Walk In
Online Support**

Families and Young People Can SELF-REFER to the Community Hive - online support and drop ins

School Nurse Health Advice Line

Call 0161-366-2317

Monday to Friday 9am-4pm



Live information on the **Facebook page**

KOOTH Online Counselling and Peer Support Forum

(11-25 year olds)

Free to register, no referral needed



There is additional support for young people in schools so please speak to the pastoral lead about accessing support in school. The mental health in schools team is expanding across schools.

www.penninecare.nhs.uk/tameside-mhsupport

Early Help

Neighbourhood Support and Advice for families in Tameside



Young Adult's (18-25) Mental Health and Emotional Wellbeing - Getting Advice and Getting Help



Free, safe and anonymous mental wellbeing support across the UK - go to Qwell.io to get started today.

Support available includes:

- Live chat or messaging with qualified mental health professionals
- Self help tools and activities
- Online community

Live chat available from: Monday - Friday: 12pm - 10pm, Saturday and Sunday: 6pm - 10pm

For further information on available support or for specialist support that you will need to be referred to, please visit the [Mental Health Local Offer](#) pages



Kooth is an online counselling and emotional wellbeing platform for children and young people aged 11 to 25 years.

The digital platform, which is available on any web-enabled, internet connected device (e.g. laptop, smartphone, tablet) is available 24/7, 365 days a year

No referral required - register here www.kooth.com

Local Offer for SEND
Tameside SEND Local Offer



www.tameside.gov.uk/localoffer

Explore the [Health and Wellbeing College](#) for courses designed to empower you to take control of your own health and wellbeing, through learning new skills and connecting with people

HEALTH AND WELLBEING COLLEGE

Minds Matter supports people with mild to moderate mental health problems. Mental Wellbeing Practitioners, Peer Support Workers and Counsellors who can help you to manage and overcome your difficulties via; counselling, one-to-one support, groups, drop-in support and coaching.

The services operates from Monday - Friday 9am - 4.30pm, and is open to anyone aged 16+ years.

Self-referral accepted. Phone: **0161 470 6100**

www.thebiglifegroup.com/service/mindsmatter/



Healthy Minds is a talking therapies service. Providing support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood / depression, stress, worry or anxiety, feelings of hopelessness or panic attacks.

Healthy Minds also offer a service for complicated bereavements and adjustments to life events (6-12 months post incident).

The service is open to anyone aged 16 years +. Self referrals are accepted. Monday - Friday 9am - 5pm

Phone: **0161 716 4242**

Website: www.penninecare.nhs.uk/healthymindstameside

Healthy Minds offers an online therapy programme called SilverCloud which is available 24 hours a day, seven days a week. You can start the therapy straight away and it can be done at a time and place that suits you. You'll also have access to the system for a year after you've been discharged from the service.

[Click here to refer to SilverCloud](#)



Pennine Care
NHS Foundation Trust

