



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

NHS
Stockport
Clinical Commissioning Group

Are you feeling
anxious, stressed,
or **low** at this time?
Helping you find
the **right support in**
Stockport

If you prefer to access support online:

18+

SilverCloud

Online therapy for residents aged 18 and over with programmes that can help ease stress levels, improve sleep or build resilience.

gm.silvercloudhealth.com/signup

16+

Togetherall

24/7 anonymous online support for anyone in Stockport aged 16 or over.

www.togetherall.com

11-18

Kooth

Online counselling and emotional wellbeing support for young people aged 11-18.

www.kooth.com

Living Life to the Full

Online courses and resources covering low mood, stress and resilience.

www.gmhealthhub.org/feeling/living-life-to-the-full

16+

Online or talking therapies (IAPT service)

Online programmes completed in your own time, face to face, over the telephone or as part of a group/workshop.

www.selfhelpservices.org.uk/service/stockport call 0161 480 2020 or

www.penninecare.nhs.uk/services/stockport-healthy-minds call 0161 716 5640

Every Mind Matters

NHS advice and tips on looking after your or someone else's mental health and wellbeing.

www.nhs.uk/oneyou/every-mind-matters

Shining a Light on Suicide

Greater Manchester website with resources and support for anyone concerned about suicide.

www.shiningalightonsuicide.org.uk

If you prefer to speak to someone:

Open Door

18+

Mental health & wellbeing support for Stockport residents.

Helpline available 24/7, call **0800 138 7276**

Safe Haven drop in, open

Monday to Friday 10am to 8pm,

Saturday to Sunday 12pm to 8pm

72-74 Prince's Street, SK1 1RJ

Email opendoorstockport@makingspace.co.uk

NHS Mental Health Helpline

Pennine Care NHS Foundation Trust 24/7 line for all ages. Call **0800 014 9995**

Shout - 24/7 text service

Chat with trained crisis volunteers by text message.

Simply text **SHOUT** to **85258**

Emotional Wellbeing Hub

Guidance for parents/carers of children up to the age of 25. Call **0161 217 6028**

8.30am to 5pm Monday to Thursday

8.30am to 4.30pm on Friday

Domestic Abuse

If you are experiencing domestic abuse call: MASSH (Multi Agency Safeguarding & Support Hub) **0161 217 6028**

24/7 National Domestic Abuse Helpline call **0808 2000 247**

Greater Manchester Bereavement Service

Support and information for anyone bereaved.

Call **0161 983 0902**

Monday to Friday 9am to 5pm,

Wednesday 9am to 8pm

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

ChatHealth

11-19

Text or send an instant message on the website to speak to a professional. Get a reply within 24 hours.

www.chathealth.nhs.uk or text **0748 063 5227**

SHINE

11-17

Weekly wellbeing groups for young people, focusing on creative activities and developing skills to support emotional wellbeing, resilience and confidence.

www.beacon-counselling.org.uk/counselling-services/shine

If you want help with practical challenges, such as money, housing, food supply, loneliness or caring responsibilities:

The Prevention Alliance

One-to-one information and advice (by phone, online and face to face) to help improve your mental or physical wellbeing, relationships, housing, finance or employment and help you build stronger support networks.

Call **0161 474 1042** Monday to Friday 9am to 4.30pm

If you are deaf, text **0753 946 8560**

www.stockporttpa.co.uk

18+

Viaduct Care Wellbeing and Self-Care Service

Non-medical support to help you improve your mental and physical health and wellbeing, including support with long term physical health conditions. Also supports with finding community activities and support groups in your local area.

www.viaductcare.org.uk/our-services/wellbeing-and-self-care-service

Signpost Stockport for Carers

Information and support for anyone caring for friends and family.

Call **0161 442 0442** Monday to Friday 8am to 4pm, or **0161 947 4690** for the Young Carers Team

www.signpostforcarers.org.uk/who-we-are

Stockport Council Coronavirus Helpline

Support for anyone looking for help with practical challenges caused by the COVID-19 pandemic.

Call **0161 217 6046** Monday to Friday 9am to 5pm

www.stockport.gov.uk/coronavirus

If you would like help to cut down on or stop using drugs, drinking alcohol, smoking or gambling:

START Team

A team that can help you access support around alcohol, drugs or smoking.

Call **0161 474 3141** or email START@stockport.gov.uk
www.healthystockport.co.uk

MOSAIC

0-25

Free, confidential support for people 25 and under who need help with drug or alcohol issues themselves, or to cope with parents who misuse substances.

Call **0161 218 1100**

Gambling

Advice and support for anyone affected by problem gambling.

www.gamcare.org.uk or

www.begambleaware.org

National Gambling Helpline available 24/7:
0808 802 0133

Additional Help & Support:

Links to more support in Stockport

More online resources, details about local organisations, as well as national support and helpline numbers can be found here:

www.stockport.gov.uk/mental-wellbeing-support-coronavirus

The page includes a link to further resources specific to children and young people.

URGENT HELP if you need help straight away

- **Samaritans:** call **116 123** - available 24/7
- **Hopeline UK:** if you're under 35, call **0800 068 4141** - 9am to midnight every day of the year (including weekends and bank holidays)
- **Open Door:** mental health & wellbeing support for Stockport residents. Helpline available 24/7 - call **0800 138 7276**
- **Dial 999:** in a life-threatening emergency

Stay well physically and mentally

There are a lot of things you can do to help you stay well through uncertain times - the five ways to wellbeing are worth keeping in mind every day:

1 Connect

Talking to others regularly can help if you're feeling worried - your friends, family or one of the support services overleaf.

If you'd like help with getting connected digitally, please call the **DigiKnow Helpline** on **0753 712 7095**

3 Learn something new

Spending time on activities you enjoy can really help your mental health, but you could also learn something new.

Without putting yourself under any pressure, why not try a new hobby or learn a new skill? Visit **www.stockport.gov.uk/groups** for new activities to try

5 Take notice

Take breaks from the news and social media and make time to notice your senses, feelings and the world around you.

Paying more attention to the present moment is a good way of escaping cycles of negative thoughts and feelings and improve your mental wellbeing. Visit **www.penninecare.nhs.uk/mindfulness** for more

2 Keep active and healthy

Movement can really help your mood - try to get some exercise every day. Advice can be found at **www.healthystockport.co.uk**

It's also important to eat healthy, balanced meals and stay hydrated by drinking enough water. Try to avoid smoking, alcohol and recreational drugs

4 Give to others

Acts of giving and kindness can improve your own mental wellbeing.

This could involve telling someone how much you appreciate them, or getting involved with volunteering in Stockport if you can - you can find more information by visiting **www.stockportvolunteerhub.org.uk**