

Wellbeing Support over the Summer

For young people who are finding things tough there is support available throughout the summer holidays.

Local help available in Stockport:

- **ChatHealth** is a confidential new text messaging service that enables children and young people aged 11-19 to contact the Stockport school nursing team about any health queries or concerns they may have. Available Monday to Friday (excluding Bank Holidays) from 8.30am – 4.30pm.
<https://chathealth.nhs.uk/start-a-chat/h/StockportSNs>
- **Kooth** - is a free, safe and anonymous online support and counselling service for young people age 11-18, to support mental wellbeing: <https://www.kooth.com>
- **Stockport Emotional Wellbeing Hub** - information, advice, and guidance for anyone up to the age of 25. Parents, carers and professionals can call **0161 217 6028** (during work hours).
- **SHINE** – An Emotional Help and Wellbeing Service for Stockport Young People aged 11-17 years. SHINE will be delivering group sessions with a focus on emotional help, wellbeing and creativity and providing specific signposting relevant to the needs of the individual young person. Telephone: **0161 440 0055** www.beacon-counselling.org.uk
- **The Proud Trust Proud Connections** - www.theproudsttrust.org/proud-connections is for both LGBT+ and questioning young people, and the adults that support them. Proud Connections offers a rich and growing set of resources and information, as well as the opportunity to speak directly with a Proud Trust youth worker via a one-to-one webchat.

National helplines and online support:

- **HopelineUK** is for young people experiencing suicidal thoughts, or for anyone concerned about someone (**0800 068 4141**, 9am – midnight daily)
- **Childline** can be contacted on **0800 1111**. Childline Message Boards - Want to say how you're feeling? Or ask a question? Here you can share your experiences, have fun and get support from other young people in similar situations www.childline.org.uk/get-support/message-boards
- **Young Minds** have a crisis text support service for young people, available 24/7, which is free from most phone networks. If you need urgent help **text YM to 85258**.
If you are a parent or carer worried about your child you can call the Parents Helpline free on **0808 802 5544** (9:30am - 4pm, Mon - Fri) or use our live parents webchat or our parents email service.
<https://youngminds.org.uk/contact-us/#if-you-are-a-young-person-in-need-of-support>

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- **NHS Every Mind Matters** website has Mental Health Self-Care tips and videos for young people at <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health>
- **BEAT Youthline** offers online chat and telephone support to young people struggling with an eating disorder - **0808 801 0711** www.beateatingdisorders.org.uk/support-services

The **Anna Freud Centre**, mental health charity for children, young people and their families have produced some 'Self-Care Summer' resources for primary and secondary age children and young people. These can be downloaded from:


<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-primary-pack>

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-secondary-pack>

Also find out about local services that can support you, or your family on the Stockport Local Offer website: <https://stockport.fsd.org.uk>

Parents/carers can also access these support lines free of charge:

- **Togetherall** – 24/7 anonymous online support for anyone in Stockport aged 16 or over. www.togetherall.com
- **Open Door** - Mental health & wellbeing support for Stockport residents Helpline available 24/7, call **0800 138 7276** Safe Haven drop in, open daily, 72-74 Prince's Street, SK1 1RJ Email opendoorstockport@makingspace.co.uk
- **Shout** – is a 24/7 crisis text service for when people need immediate support. **Text 'SHOUT'** to **85258** and you will be put in contact with a trained Crisis Volunteer
- **SilverCloud** - Online therapy for residents aged 18 and over with online programmes that can help ease stress levels, improve sleep or build resilience. <https://gm.silvercloudhealth.com/signup>

You can also watch videos from Stockport professionals on ways families can help improve emotional wellbeing and mental health by visiting  **YouTube @PACT Stockport**