



Part of **Greater Manchester
Crisis Spaces**



**Stockport Wellbeing Hub
83 St. Petersgate
Stockport
Greater Manchester
SK1 1DN**

Anxious? Stressed? Can't see a way forward? These can be signs that your mental health is under strain.

We are here for all Stockport residents aged 18+. Commissioned by NHS Greater Manchester Integrated Care as part of the crisis pathway, Open Door opened in 2020 as an essential service.

We can offer you support face-to-face at our safe haven in the town centre, or telephone support.

You can contact Open Door by phone by calling **0161 549 9717**. This is an answering service and a member of our team will respond to you as soon as they can. We can also provide more information about other local services available to you.

**To find out more or to book an appointment please email:
OpenDoorStockport@makingspace.co.uk**

What can Open Door do for you?

Open Door provides a safe haven for immediate crisis management and emotional support, structured guided self-help and IAPT approved computerised CBT programmes, taking a person-centred approach to hearing your needs and creating an action plan.

There is no wrong door, our door is always open to anyone who needs us. By offering an environment where we work collaboratively to understand your strengths and build on your resilience, we explore what you need, what you want and how to get there, we are able to ensure the right support is available at the right time!

Accessing Open Door

You do not need a referral and you can contact us directly. You can also ask another professional involved in your care to make a referral on your behalf should you prefer. You do not need to have a formal mental health diagnosis in order to access our support and you don't need an appointment. Just drop in during our opening times below.



Stockport Wellbeing Hub

Monday - Friday: 10am - 5.30pm

Saturday - Sunday: 12pm - 5pm

 [OpenDoorStockport](#)


making space
Kind hearted care and support