

# 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](http://www.beacon-counselling.org.uk)
- **The Proud Trust Proud Connections** - [www.theproudtrust.org/proud-connections](http://www.theproudtrust.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](http://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>

