

Are you
worried,
stressed,
or feeling low?



This leaflet lists free, confidential support services in Stockport. They've helped thousands of people feel better.

You might feel worried, stressed, lonely, or have problems like addiction. Or maybe life just feels hard right now. Whatever the reason, these services are here for you - **online, by phone, or face to face.**

You can also find simple tips for feeling stronger and happier on the Healthy Stockport website: www.healthystockport.co.uk/topic/mental-health-and-wellbeing



Urgent - if you need help straightaway

You can call these numbers at any time, day or night:

- Dial **999** in a life-threatening emergency.
- Call **111** and select mental health (**Option 2**). Speak to a mental health advisor who will listen and help you find the right support.
- **Samaritans** call 116 123.
- **HOPELINE247** if you're under 35 call 0800 068 4141.

Open Door

In person mental health **crisis support** if you're feeling anxious, stressed or unable to cope.

You can drop in at any time between 10am-6pm, Monday-Friday and 12pm-5pm, Saturday and Sunday.

Stockport Wellbeing Hub, 83 St Petersgate, SK1 1DN. Tel: 0161 549 9717.
<https://www.makingspace.co.uk/support-for-carers/open-door>

Go to A&E in a life-threatening emergency or if you're not able to find help elsewhere.

Get help online

If you need some help to get online call Digiknow on 0772 421 7888, Monday to Friday, 9am to 5pm.

Kooth and Qwell

Digital platforms offering **24/7 access to self-help tools, professional support, and moderated peer communities** if you're **aged 10-25 (Kooth)** and **aged 26+ (Qwell)**.

www.kooth.com

www.qwell.io

Silvercloud

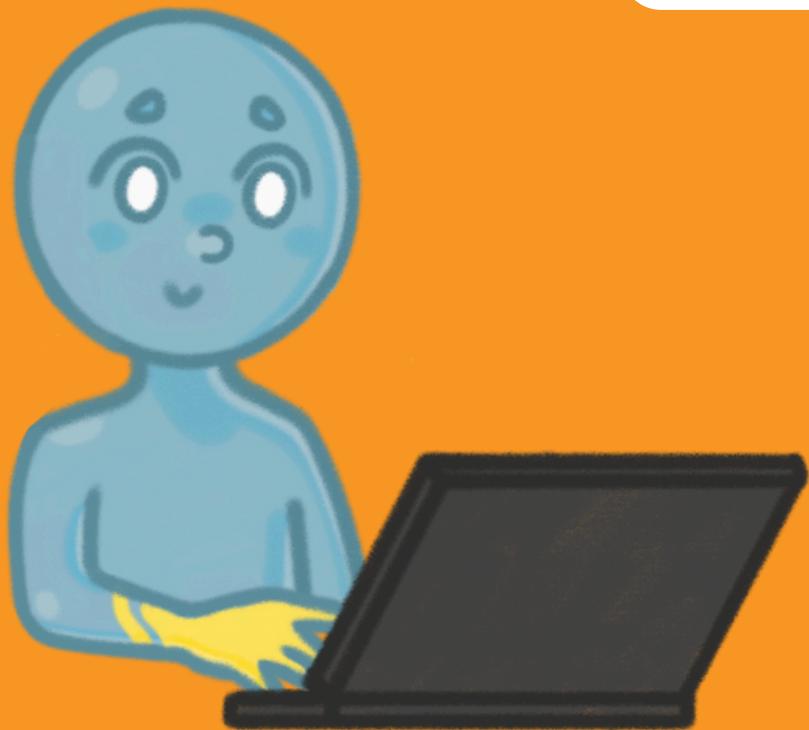
Programmes to help ease stress levels, improve sleep or build resilience. For people aged over 16.

gm.silvercloudhealth.com/signup

Every Mind Matters

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

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



Shining a Light on Suicide

A Greater Manchester website with resources and support if you're **concerned about yourself or someone else in relation to suicide**.

www.shiningalightonsuicide.org.uk

Togetherness

Free **online learning** to help you understand your **pregnancy, baby, children, teenagers, and relationships** in general. Enter the code REDROCK along with your Stockport postcode at <https://togetherness.co.uk/mul/stockport/>

Talk with someone

Talking Therapies

Talk with a trained professional who can help you develop **new ways to cope**. Talk in person, over the phone, or as part of a group/workshop. Open Monday-Friday, 9am-5pm.

Pennine Care - Tel: 0161 716 5640.

<https://www.penninecare.nhs.uk/stockporttalk>

The Big Life Group - Tel: 0161 480 2020.

<https://www.thebiglifegroup.com/service/talking-therapies-stockport/>

Pure Innovations - Tel: 0161 804 4415.

<https://www.pureinnovations.co.uk/wellbeing/stockport-therapy-services/>



Domestic Abuse Support

Support if you're in an abusive relationship, including **safety planning, advice and counselling**.

Tel: 0161 474 1042.

<https://stockportsupport.com/about-us/meet-partners/domestic-abuse-support>

Bereavement Service

Support and information for anyone bereaved or **affected by a death**. Open Monday-Friday, 9am-5pm. Tel: 0161 983 0902.
<https://greater-manchester-bereavement-service.org.uk/>

Child and adolescent mental health service (CAMHS)

Support for **under 18's** experiencing **moderate to severe mental health difficulties**. Self-refer or ask a professional to refer you. Open Monday-Friday, 9am-5pm. Tel: 0161 716 5868.

<https://www.penninecare.nhs.uk/stockportcamhs>

Young people's mental health support

Support if you're a **student or parent** of a child in school or college, experiencing issues like **worry, anxiety and low mood**. Speak to your teacher or the **school's designated mental health lead** for more information.

Shine

A **creative early help and wellbeing service** if you're **aged 11-17**. Tel: 0161 440 0055.
<https://beacon-counselling.org.uk/counselling-and-wellbeing/children-and-young-people/shine/>

Help with life's challenges

Work Well

Helping you to **stay in work** or **return to work** if you've had to give up your job due to a **health-related condition**. Tel: 07890 527 111.

Email:
workandskills@stockport.gov.uk

"I have to thank the cost of living team for their help and support as for someone like myself, in poor physical and mental health, your help has been a life saver. Will always be grateful."

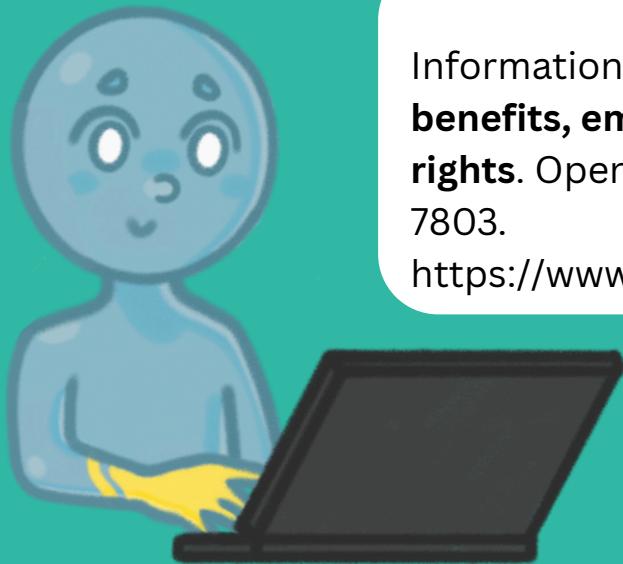
Cost of Living Hub

Find out what support you may be eligible for if you're **struggling with the cost of living**. Search online at: <https://www.stockport.gov.uk/topic/cost-of-living-support> or call the Cost of Living Advice line; open Monday-Friday, 9.30am-4pm. Tel: 0161 474 2140.

Citizens Advice

Information and **advice** around **finance worries, benefits, employment, your relationships and your rights**. Open Monday-Friday, 8:30-5:30pm. Tel: 0808 278 7803.

<https://www.citizensadvicegm.org.uk/citizensadvicesort>



Stockport Support Hub

A **single point of access** to advice and services including **housing, finances, transport, local groups/activities, carers support and domestic abuse support**. Open Monday-Friday, 8.30am-5pm. Tel: 0161 474 1042, text (for the deaf community) 07539 468 560. <https://stockportsupport.com/>

Housing Advice

For general advice including **private rented accommodation, affordable housing, assistance for home repairs and supported/older person's housing**.

<https://www.stockport.gov.uk/topic/housing>

If you are a housing tenant, you can access a range of support and advice via your neighbourhood housing officer.

Help to make changes to improve your health

"They are nice people at START. I liked that they had lots of time to talk to me and I wasn't rushed - I could talk about everything I wanted to".



START (Stockport Triage Assessment and Referral Team)

Can help you access support if you want to **cut down on alcohol, reduce or stop using drugs, stop smoking, lose weight or be more active**. Open Monday-Thursday 9am-5pm and Friday 9am-4.30pm. Tel: 0161 474 3141 or use the contact form at <https://www.healthystockport.co.uk/contact-us>

Mosaic

If you're **under the age of 26**, and need **support and advice around drug and alcohol misuse**, Mosaic can help. This can be if you are using substances yourself or if you are affected by somebody else's substance misuse. Open Monday-Friday, 9am-5pm. Email: mosaic@stockport.gov.uk. You can self-refer online. <https://www.healthystockport.co.uk/getting-support-under-the-age-of-26>

Support for problem gambling

The NHS Northern Gambling Service offers **specialist therapy and recovery for gambling addiction**. Tel: 0300 300 1490. Email: referral.ngs@nhs.net. <https://www.northerngamblingservice.nhs.uk/i-am-looking-for-help/our-support-services/>

Advice and support for anyone affected by problem gambling. National Gambling Helpline available 24/7: 0808 802 0133. www.gamcare.org.uk or www.begambleaware.org

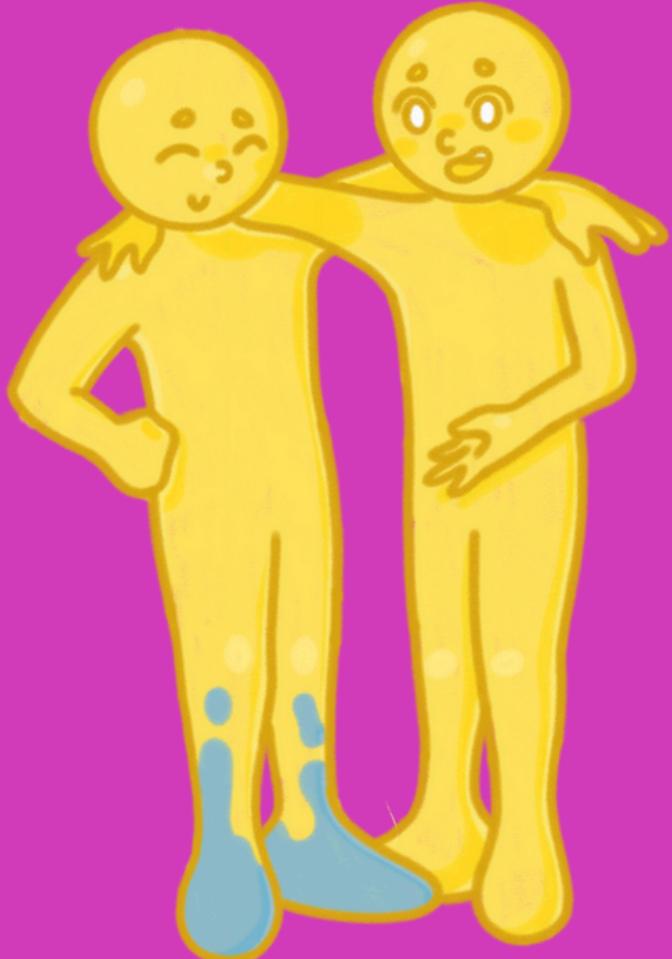
Be part of your community

Spending time with our community helps us feel connected, less alone, and emotionally stronger. This is important for our mental health and wellbeing.

Wellbeing and Self-Care Service

If you want support **connecting to activities and services in your community**, you can self refer or ask your GP to refer you to the Viaduct Wellbeing and Self Care service.
<https://viaductcare.org.uk/referrals/social-prescribing-referral/>

"The guys I met here [at Men in Sheds], I find terrific. There's a lot of banter, back and forth, up and down, and I really enjoy it. I'm really glad that I joined this organisation ... it's one of the best things I've ever done."



Live Well Directory

Find **events and activities** along with **services and organisations** that can support your **wellbeing**.
<https://www.stockport.gov.uk/directories/one-stockport-live-well-directory>

"The sense of community and support I've found has helped to reduce my feelings of isolation; the group [community gym sessions at Life Leisure Brinnington Park] are super supportive."

5 ways to feel good

These **5 activities** have been scientifically proven to boost your mood: it's worth considering how they fit into your every day, even in the smallest of ways.

1

Connecting with other people

Old friends, new friends, or just smiling at someone as you walk past: connecting with others can make you feel part of something bigger.

2

Getting active

Moving more is great for your brain too. From jogging to dad dancing, finding something you enjoy makes it easier to keep up.

3

Learning something new

Giving something a go gives us confidence and a sense of purpose: and you don't even have to be good at something to get the benefits!

4

Giving

Acts of kindness have 'feel good magic'. It doesn't have to cost money: your time, your words, and your presence all count.

5

Taking notice

Remembering the simple things we appreciate every day can help us to stop worrying about the past or the future.

What one thing could you do more of? Scan here for more info



 STOCKPORT
METROPOLITAN BOROUGH COUNCIL

 Greater Manchester