



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



December 2020

If you prefer to access support online:

18+

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/>

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

Online, interactive e-Therapy and talking therapies

16+

Improving Access to Psychological Therapies (IAPT)

www.penninecare.nhs.uk/services/stockport-healthy-minds/ call 0161 716 5640 or www.selfhelpservices.org.uk/service/stockport call 0161 480 2020

Every Mind Matters

NHS advice and tips on looking after your mental health.

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 daily,
72-74 Prince's Street, SK1 1RJ

Email opendoorstockport@makingspace.co.uk

Shout - 24/7 text service

Chat with trained crisis volunteers by text message.

Simply text SHOUT to 85258

Emotional Wellbeing Hub

0-25

Information, advice, and guidance for anyone 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: Stockport Without Abuse 0161 477 4294.

MASSH (multi agency safeguarding & support hub) 0161 217 6028.

Stockport Adult Social Care 0161 217 6029.

Greater Manchester Bereavement Service

Support and information for anyone bereaved. Call 0161 983 0902.

Mon to Fri 9am to 5pm, Wed 9am to 8pm.

<https://greater-manchester-bereavement-service.org.uk/>

Improving Access to Psychological Therapies (IAPT)

16+

Telephone support and treatment for people over 16 years registered with a Stockport GP.

Complete the online form or speak to your GP to access the service.

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

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

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

Stockport Council Coronavirus Helpline

Call 0161 217 6046 Mon to Thurs
9am to 5pm, Fri 9am to 4:30pm.

For links to information on a range of issues, visit: www.stockport.gov.uk/vulnerablepeoplecoronavirus

Signpost for Carers

Confidential information and support to unwaged carers in Stockport
Call 0161 442 0442 Mon to Fri 8am to 4pm,
or 0161 947 4690 for the Young Carers Team
www.signpostforcarers.org.uk/who-we-are

The Prevention Alliance

Provides support in working through challenges you may face.
Call 0161 474 1042 Mon to Fri 9am to 4.30pm.
If you are deaf, text 07539 468 560
<https://stockporttpa.co.uk/>

18+

Viaduct Care Wellbeing and Self-care service

Individual self care support for anyone aged 18+ registered with a Stockport GP.

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

URGENT HELP if you need help straightaway

- Samaritans - call 116 123. Available 24/7.
- SHOUT text SHOUT to 85258.
- Hopeline UK – if you're under 35 – call 0800 068 41 41 - 9am to midnight every day of the year (inc weekends and bank holidays).
- Dial 999 – in a life-threatening emergency.

If you would like help to reduce or stop using drugs, drinking alcohol or gambling:

START Team

26+

Help you access alcohol and /or drug support/treatment.

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
www.begambleaware.org

National Gambling Helpline. Available 24/7
0808 8020 133.

Additional Help & Support:

Links to more support in Stockport

More online resources for support with self-help, peer support, and details about local organisations, as well as national support and helpline numbers can be found here: www.stockport.gov.uk/wellbeingcoronavirus The page includes a link to further resources specific to children and young people.

Pennine Care NHS Foundation Trust:

Mental Health Helpline – call 0800 014 9995 (24 hours a day)

Stay well physically and mentally

There are lots of things you can do to help you stay well physically and mentally - they are particularly important during the current coronavirus pandemic.

Don't be embarrassed to ask for help or accept offers of help from others.

- Stay in regular touch with friends or family – if you would like help with getting connected digitally, please call the DigiKnow Helpline on **07537 127095**.
- Talk to others if you feel worried - your friends, family or someone on one of the helplines listed in this leaflet.
- Movement helps the mood - find ways to move more and build physical activity into your daily routine.
- Spend time doing things you enjoy, such as reading, music, cooking, hobbies.
- Try to focus on the things you can control and change and accept what you can't – this can help you cope better during times of uncertainty.
- Structure can help - create a daily plan so you can structure your day.
- Take care of your health - try to eat healthy, well balanced meals and drink enough water so you stay hydrated.
- Avoid smoking, alcohol and drugs – support is available from START or MOSAIC as listed in this leaflet.
- Limit your time following the news if it makes you anxious.