



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

I'm feeling low, anxious, stressed, depressed and:

If you prefer to access support online:

18+

SilverCloud

Free online therapy for residents aged 18 and over with online programmes that can help ease stress levels, improve sleep or build resilience.

www.gm.silvercloudhealth.com

16+

The Big White Wall

24/7 anonymous support for anyone in Stockport aged 16 or over.

www.bigwhitewall.com

11-18

Kooth

Free online counselling and emotional wellbeing support for young people aged 11-18.

www.kooth.com

Living Life to the Full

Free online courses and resources covering low mood, stress and resilience.

www.gmhealthhub.org/feeling

16+

Self help Stockport

Online, interactive e-therapy and talking therapies.

www.selfhelpservices.org.uk

Every Mind Matters

Advice and practical tips.

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

Shout - 24/7 text service

Chat with trained crisis volunteers by text message.

Simply text SHOUT to 85258

If you prefer to speak to someone:

Open Door - mental health helpline

18+

For any Stockport resident aged 18 and over. Open 24 hours a day, 7 days a week.

Call 0800 138 7276 or email opendoorstockport@makingspace.co.uk

(email monitored 10am to 8pm, 7 days a week)

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/>

Stockport Healthy Minds

16+

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

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

<https://www.penninecare.nhs.uk/services/stockport-healthy-minds>

I'm feeling low, anxious, stressed, depressed and:

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

Coronavirus helpline

For advice and signposting on issues arising from life's stressors, including financial hardship, social isolation, food poverty, or if you are in a coronavirus vulnerable group or visit

www.stockport.gov.uk/coronavirus-help-vulnerable-people/where-to-find-help-if-youre-a-vulnerable-person/

Call 0161 217 6046 Mon to Fri 9am to 5pm, Sat and Bank Holidays 10am to 4pm.

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're deaf, call 07539 468 560'

<https://stockporttpa.co.uk/>

18+

Viaduct Care Wellbeing and Self-care service

If you're over 18, speak to your GP receptionist for a referral, which offers telephone and online support for those registered with a Stockport GP

If you would like help to stop drinking, taking drugs, gambling:

START (Stockport Triage Assessment Referral Team)

26+

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

Call 0161 474 3141 or email START@stockport.gov.uk

MOSAIC

0-26

Free, confidential support for people 25 and under who need help themselves or to cope with parents who misuse substances.

Call 0161 218 1100.

Gambling

18+

Advice and support for anyone affected by problem gambling.

www.gamcare.org.uk
www.begambleaware.org

National Gambling helpline
Freephone 24/7 0808 8020 133.

URGENT HELP if you need help straightaway

Samaritans - call free 24/7 on 116 123. | SHOUT text SHOUT to 85258.

Hopeline UK - if you're under 35 - call 0800 068 41 41 - 9am to 10pm weekdays, 2pm to 10pm weekends.

Dial 999 - in a life-threatening emergency.

Links to further sources of 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:

<https://www.stockport.gov.uk/wellbeingcoronavirus> The page includes a link to further resources specific to children and young people. <https://stockport.fsd.org.uk/kb5/stockport/fsd/advice.page?id=zPgonwIQaX0>

Stay well physically and mentally

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

- Stay in regular touch with family and friends by phone or online and talk to them about how you are feeling
- Find ways to stay active at home and try to avoid sitting still for long periods of time
 - Spend time doing things you enjoy such as reading, cooking, indoor hobbies
- Try to eat healthy, well balanced meals and drink enough water so you stay hydrated
 - Avoid smoking, alcohol and drugs

If you are feeling anxious or worried, try to limit the amount of time you spend watching, reading or listening to media coverage – it may help to check the news at set times or just a couple of times a day

Don't be embarrassed to ask for help or accept offers of help from friends and family.