

Directory of emotional wellbeing and mental health support in Stockport (May 2020)

What is available	Target groups / suitable for...	Organisation	How to access (including times)
STOCKPORT CORONAVIRUS WELFARE LINE for anyone needing support during the COVID19 pandemic, including signposting for shopping help, befriending, pharmacy support, financial hardship, food poverty, etc. call our dedicated phone number for support: 0161 217 6046 (Monday to Friday, from 9am to 5pm and on Saturdays and Bank Holidays from 10am to 4pm)			
National			
On-Line info, advice, guidance and self-help			
General guidance on looking after your mental wellbeing during COVID	All	Public Health England	https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19
NHS site on mental wellbeing and mental health advice, while staying at home; Coronavirus anxiety tips; General mental wellbeing	All	NHS – Every Mind Matters	https://www.nhs.uk/oneyou/every-mind-matters/
Advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus (COVID-19) outbreak.	Anyone supporting children	Public Health England	https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing
Wellbeing and mental health advice website –including information for employers on anxiety, stress, loneliness, bereavement, trauma	All	Mind	https://www.mind.org.uk/information-support/coronavirus/
Coronavirus-specific advice on mental wellbeing while staying at home, home-working, finance and housing, abusive relationships	All	Mental Health Foundation	https://www.mentalhealth.org.uk/coronavirus https://mentalhealth.org.uk/coronavirus/finance-housing-debt-money-unemployment-worries
Webinars and blogs on a number of Coronavirus anxiety specific topics, including OCD	All	Anxiety UK	https://www.anxietyuk.org.uk/coronanxiety-support-resources/
User-friendly website on Building your Wellbeing and Helping you Cope; To help you feel calmer, ideas to help you cope,	All	4MentalHealth	http://learn.4mentalhealth.com/sites/default/files/courses/wb8/index.html

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make your wellbeing plan Site also includes a printable leaflet with tips for looking after your mental wellbeing during self-isolation/staying at home.			Printable 30-3-30 leaflet: http://learn.4mentalhealth.com/sites/default/files/30-3-30.pdf
Safety Plan – make your own safety plan, which you can keep and return to when you need a reminder for how to keep yourself safe e.g. from suicidal thoughts	All Depression, low mood	4MentalHealth	https://staying-safe.net/home
Online info, advice and guidance for specific settings or issues			
Information, advice and links to bereavement support.	Anyone who is bereaved	Good Grief Trust	https://www.thegoodgrieftrust.org/
Gambling - information about signs of problem gambling how to gamble safely and where to get help if you or someone you know has problems with their gambling NHS Northern Gambling Service provides specialist addiction therapy and recovery to people affected by gambling addiction. Also provide help to people close to those with gambling addiction, such as family, partners, and carers.	Anyone affected by gambling	National Gambling Helpline NHS Northern Gambling Service	Gamcare online information and Getting-help-to-control-your-gambling. https://www.leedsandYorkpft.nhs.uk/our-services/northern-gambling-service/
Guidance for Employers			
Wellbeing and mental health advice in the workplace	Employers	Mental Health Foundation Mind	https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working https://www.mind.org.uk/workplace/mental-health-at-work/coronavirus-supporting-yourself-and-your-team/
National Helpline Numbers			
Non-judgemental listening service for people struggling and in distress	All	Samaritans	https://samaritans.org 116 123 Free calls 24 hours a day 7 days a week
Preventing male suicide	Men	CALM	https://thecalmzone.net 0800 58 58 58 Free calls 5pm – midnight 7 days per week

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Provides information, friendship and advice to older people	Older people	Silverline	https://thesilverline.org.uk 0800 4 70 80 90 Free calls 24 hours a day 7 days a week
Emotional support, guidance and information	Anyone affected by mental illness, including family and carers	SANEline	https://sane.org.uk Currently leave a message on 07984 967 708 giving name and contact number. Someone will ring back as soon as is practicable. Or email on support@sane.org.uk Check website for changes
Support and advice from trained suicide prevention advisors	Young people up to age 35, Anyone concerned about a young person	Papyrus HOPELINE UK	Call: 0800 068 4141 Text: 07860039967 Email: pat@papyrus-uk.org 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays https://papyrus-uk.org/hopelineuk/
Online, chat or phone support for children from counsellors	Children and young people	Childline	https://www.childline.org.uk/get-support/contacting-childline/ Telephone: 0800 1111 (during COVID19 this is 9am to midnight only)
Gambling - support & advice about gambling	Anyone affected by gambling	National Gambling Helpline	You can call the national gambling helpline free of charge on 0808 8020 133 24 hours a day 7 days a week
On-Line peer support			
Supportive online community where you can be yourself. Safe place to listen, share and be heard.	All	Elefriends	https://www.elefriends.org.uk/
Local Stockport Services			
On-Line, info advice, guidance and Self-help			

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Mental Wellbeing webpages – including links to a range of self-help resources, and sources of local support	All	Stockport Council	https://www.stockport.gov.uk/health-and-wellbeing-coronavirus/mental-wellbeing-coronavirus
Range of support offers for emotional wellbeing and mental health for children and young people – including bereavement, bullying, anxiety, stress, substance misuse, domestic violence	Children and young people and anyone caring for them	Stockport Council	Stockport Local Offer Webpages for personal wellbeing during the Coronavirus outbreak https://stockport.fsd.org.uk/kb5/stockport/fsd/advice.page?id=zPgonwIQaX0 and more resources for mental wellbeing, including children-specific help sites: https://stockport.fsd.org.uk/kb5/stockport/fsd/advice.page?id=l6Quw022rbw
Self-help Reading materials and online sessions Based on CBT (cognitive behavioural therapy) approach	Low mood, stress Coping with long-term illness New parents/ parents to be	Living Life to the Full	Free to Greater Manchester residents here: https://www.gmhealthhub.org/feeling/living-life-to-the-full we also have some hard copies available in public health
Mental Wellbeing webpages – including links to resources and support	All	Greater Manchester	https://www.gmhealthhub.org/feeling
Online programmes to help ease stress levels, improve sleep or build resilience.	stress, anxiety, low mood and depression	SilverCloud	Greater Manchester Silver Cloud website. https://gm.silvercloudhealth.com/signup/
A website with support and resources for anyone concerned about suicide - sections on 'Are you feeling suicidal?', 'Are you	All	Shine a Light on Suicide campaign	http://www.shiningalightonsuicide.org.uk/

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concerned about someone?', and 'Are you bereaved by suicide?'			
Local Helpline Numbers (some services also provide online support)			
Open Door - Stockport Mental Health Support Line Emotional support, practical advice, guidance and telephone support for Stockport residents with mental health needs, whether referred to services or not. Support to those who are experiencing extreme emotional distress or are nearing crisis point and feel that there is nowhere else to turn.	All aged 18 or over and normally resident in Stockport CCG/Council area.	Open Door provided by Mental Health Matters on behalf of Making Space	0800 138 7276 24hrs a day 7 days a week Webchat available at www.mhm.org.uk opendoorstockport@makingspace.co.uk
Mental Wellbeing Hub – one phone number to provide advice and support for young people’s mental wellbeing and health, including from a range of services such as Parenting, School Wellbeing Service, Educational Psychology, School Nursing, Healthy Young Minds.	Children and young people (0-25 years) and those caring for them	Stockport Council	Access to this is through the Multi-Agency Safeguarding and Support Hub (MASSH), 0161 217 6028 . It's open 8.30am to 5pm Monday to Thursday and 8.30am to 4.30pm on Friday
An anonymous online 24/7 peer mental health support community	People aged 16+	Big White Wall	https://www.bigwhitewall.com/
24/7 text service. You can simply and discreetly communicate with trained crisis volunteers by text message. They can offer support and provide signposting to other services that can offer specialist support and ongoing help.	All	Shout	Shout can be contacted 24 hours a day, 7 days a week – simply text 'SHOUT' to 85258.
On-line counselling and emotional well-being platform for children and young people	Children and young people from age 11	Kooth	https://www.kooth.com/ Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm
Support and information for anyone bereaved	Anyone bereaved	Greater Manchester Bereavement Service	Telephone 0161 983 0902 on Monday to Friday 9am to 5pm (except bank holidays), or Wednesday 9am to 8pm or visit www.greater-manchester-bereavement-service.org.uk

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Confidential information service for those bereaved or affected by suicide.	Anyone affected or bereaved by suicide	GM Suicide Bereavement Information Service	http://www.shininglightonsuicide.org.uk/bereaved/ Monday to Friday 10am-4pm (except bank holidays). Telephone 0161 983 0700.
Stockport services – Note this describes their current offer of telephone and online support			
Open Door (Virtual) Although the new Open Door in the town centre will not be opening at present, a video/telephone appointment-based service will be on offer for those who need it.	All aged 18 or over and normally resident in Stockport CCG /Council area	Making Space	Referrals are taken by the Open Door Helpline (see above) E-mail referrals: opendoorstockport@makingspace.co.uk Please include: •your contact details •details of the person you're referring including: •address •date of birth •reason for the referral and any challenging behaviours •confirmation you have the persons consent to contact us
Telephone and online support with social issues (including low mood, loneliness, anxiety, finance, housing, long-term health).	Adults (18+) registered with a Stockport GP	Viaduct Care Wellbeing and Self-Care service	https://www.viaductcare.org.uk/our-services/wellbeing-and-self-care-service/ Speak to your GP or receptionist for a referral.
Telephone support for people needing help and advice with <ul style="list-style-type: none"> • health and wellbeing • benefits/income • loneliness and befriending • housing circumstances • other local services • domestic abuse 	Anyone who is vulnerable due to their health, wellbeing or situation.	The Prevention Alliance	Call 0161 474 1042 Monday to Friday from 9:00am to 4:30pm. https://stockporttpa.co.uk/ Signed video about our BSL service during this period
Telephone and Online support for People experiencing difficulties with their mental health, Offering social contact, support with mental health, looking after yourself and others mental health, including information, advice, guidance and coping techniques for people, staff and organisations.	People experiencing difficulties with their mental health, Staff who are homeworking	Stockport and District Mind	Phone: 0161 480 7393 (leave a message if you can't get through and you will be called back) – Mondays – 9.30am-1:00pm Tuesdays – 9.30am-4.30pm (closed for lunch 1-1.30pm) Wednesdays – 9.30am-1:00pm

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	which is impacting their mental health. Managers supporting their staff with their mental health		<p>Thursdays – 9.30am-4.30pm (closed for lunch 1-1.30pm) Fridays – Closed all day Email: info@stockportmind.org.uk For social media search for Stockport mind Web: www.stockportmind.org.uk</p> <p>If you're caring for loved ones, friends etc, call 0161 475 6229 or email carerssupport@stockportmind.org.uk</p>
<p><u>Telephone support</u> Wellbeing support. Building confidence, dealing with anxiety, distraction techniques Support to help you through self-isolation</p>	Adults	Age UK Stockport	<p>Telephone 0161 480 1211 Monday – Friday 9:00am -5:00pm</p> <p>Email Contact info@ageukstockport.org.uk Website Contact www.ageukstockport.org.uk</p>
<p>Stockport Access Team is the single point of referrals to Pennine Care NHS Foundation Trust mental health services for adults. They triage, assess and signpost to secondary care mental health services and other services.</p>	Adults	Pennine Care NHS Foundation Trust Access Team	<p>https://www.penninecare.nhs.uk/stockportaccessteam Telephone 0161 419 4678</p>
<p>Sight loss and mild/moderate hearing loss counsellors available to provide emotional support by phone. Also offering advice on how to deal with anxiety along with safeguarding issues.</p>	People with sight/hearing loss	Walthew House	<p>Monday – Friday, 9am until 4pm via the phone and online only. 0161 480 2612 https://www.walthewhouse.org.uk/</p>

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Support for people with mental health diagnosis/contact with mental health services			
24-hour helpline for anyone using any Pennine Care NHS Foundation Trust services, and their carers	Existing service users and their carers	Pennine Care NHS Foundation Trust	Call 0333 200 4339 24-hours a day
Mental health and essential practical support to enable people achieve their personal recovery.	Working age adults in Stockport who are or have been discharged from care coordination from Community Mental Health Teams.	Mental Health Prevention & Personalisation Service, SMBC and Pennine Care NHS Foundation Trust.	Recommendation from Care Coordinator or self-referral Telephone 0161 716 4331 leave a message and your call will be returned Mon- Fri 9:00am – 5:00pm Email pcn-tr.pps@nhs.net
(Currently telephone) support for adults experiencing severe and enduring mental health problems. <i>Man about a Dog</i> peer support project: Peer support for men and women who have survived a suicide attempt and who continue to have thoughts of ending their life. Also open to those experiencing suicidal thoughts.	Adults in Stockport Suicide attempt survivors	Stockport Progress and Recovery Centre (SPARC)	Telephone 0161 429 9744 http://sparc4me.org.uk/ <i>Man about a Dog</i> team: Chris or Rachel can be contacted by email at themanaboutadog@gmail.com or text or call them on 07706 115 471
Support for people on their move away from statutory services, helping them to be more confident and resilient in everyday life.	Accessible to anyone who has been in secondary Mental Health Care	Mental Health Network	Professional or self-referral via www.pureinnovations.co.uk/what-we-offer/mental-health-network/
Advocacy support from our team of independent mental health advocates. We can talk through issues such as rights, care, treatment and discharge planning. We can support patients to contact other	Patients and carers of those detained on Mental Health wards in Stockport, including patients	Stockport Advocacy	Our phoneline 0161 989 0031 is available for anyone to leave a message 24 hours a day 7 days a week, these messages are accessed instantly between 9:00 am -4:30pm and an IMHA will respond by returning the call as quickly as possible.

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professionals involved in their care to get their voice heard. We can signpost on to other organisations that can help.	that are on leave and patients that have a Community Treatment Order in place.		We are currently working on turning this in to an active phone line...we will update when this has been done.
Support for those with severe and enduring mental health issues with practical needs, including support with shopping for those in isolation, mental health, alcohol advice, income and benefits advice.	Adults in Stockport	Stockport User Friendly Fellowship - STUFF	Mondays, Tuesdays, Wednesdays, Thursdays and Sundays, 11 am to 6 pm Contact via referral form: https://stockportstuff.vistaprintdigital.com/contact
Psychological/Talking Therapies and Counselling services			
Psychological /Talking Therapies To enable people with mild and moderate common mental health problems to access appropriate treatment through peer support, eTherapy and Talking Therapies.	People aged 16+ registered with a Stockport GP	Self Help Service (Big Life Group)	www.selfhelpservices.org.uk/Stockport Telephone 0161 480 2020 Mon - Fri, 9:00am - 5:00pm Self or GP referral Queries about referrals to stockportpws@selfhelpservices.org.uk <i>Reviewing how they deliver services, face to face will now be over the phone or through video call. Groups will not take place, virtual group options being considered</i>
Support and treatment for symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of hopelessness or panic attacks. Also help to deal with the effects of a long-term health problem or chronic pain, post-natal depression, obsessive compulsive disorder, phobias, or eating difficulties.	People aged 16+ registered with a Stockport GP	Stockport Healthy Minds	www.penninecare.nhs.uk <ul style="list-style-type: none"> • Speak with your GP, or health and social care professional • Self-refer by Telephone 0161 419 5725, 9:00am – 5:00pm

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(formerly CAMHS), specialised service for children and young people with more severe, complex and persistent mental health needs.	Children and young people	Stockport Healthy Young Minds	www.penninecare.nhs.uk 0161 716 5868 (requires referral) but also has helpful website: https://healthyyoungmindspennine.nhs.uk/
1:1 casework supporting women with issues such as housing, benefits, relationships (including domestic abuse), criminal justice and offending, mental health, personal development, support at meetings and advocacy. Counselling and psychotherapy to support women who are experiencing difficulties in their everyday life, whether these stem from your early childhood or are current stressors in the here and now.	Women experiencing difficulty in coping with everyday life	Stockport Women's Centre	https://www.stockportwomenscentre.co.uk/counselling-and-psychotherapy Telephone: 0161 355 4455 Mon – Fri 10:00am to 4:00pm E-mail: admin@stockportwomenscentre.co.uk Service is developing online service offer and looking at how women can be supported both over the phone and through video conferencing.
Employee Wellbeing Housing Provider Counselling Individual Counselling Couples Counselling C&YP Counselling Family Counselling Sex Therapy Mediation Domestic Abuse Services	All, as appropriate to service	Talk Listen Change	Telephone 0161 872 1100 https://talklistenchange.org.uk enquiries@talklistenchange.org.uk Current position – all services will be delivered digitally. Check website for changes
Telephone and online video counselling Individual Counselling Trauma Therapy & EMDR Couples Counselling Children & young people's counselling IAPT Psychological Therapies as part of Stockport IAPT Employee Counselling business well-being services	Adults, children and young people	Beacon Counselling	https://www.beacon-counselling.org.uk/ Telephone 0161 440 0055

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Staff supervision			
Other Stockport Specialist Services			
Support around drugs and alcohol Telephone advice and support, substitute prescribing (where appropriate), online programmes. START provide initial advice and then support into other local treatment services if needed. Mosaic for young people up to and including 26	People with drug and alcohol problems. START for Age Over 26 Mosaic for young people up to and including 26	START (part of SMBC) Mosaic (part of SMBC)	Telephone 0161 474 3141 (9:00am – 5:00pm Monday to Friday excluding bank holidays) Email: START@stockport.gov.uk . Visit: https://www.healthystockport.co.uk/contact-us If already in treatment, you can contact their service directly on - CGL: Telephone 0161 474 1343 - Pathfinder (Pennine Care): Telephone 0161 716 4000 - Mosaic (young people's service): Telephone 0161 218 1100
Support for Unpaid Carers Emotional support and Counselling Carers Assessments Social contact – peer volunteers and carer support workers Online peer support and activities Practical suggestions, information and advice re caring for someone Support with finance and benefits	those caring for friend/relative /neighbour that couldn't manage without them, including if person is in nursing or residential care) Former carers	Signpost Stockport for Carers	Email info@signpostforcarers.org.uk Telephone 0161 442 0442 Mon - Fri 8:00am – 4:00pm, including bank holidays.
Community Eating Disorder Service Provides evidence-based outpatient therapies for people aged 16 years and over with eating disorders. The areas that they help with include anorexia, bulimia, binge eating disorder, complex food phobias, and weight and body image distress.	Aged 16+ living and/or registered with a GP within Stockport (SK1 – SK8) criteria for access apply	Oakwood Psychological Services	https://www.oakwoodhouse.co.uk/stockport-nhs-eating-disorders-service/ Criteria for access with diagnosed eating disorders, BMI > 14 and < 40, who are medically and psychiatrically stable. <i>Currently only offer online or telephone therapy sessions.</i> <i>Please contact Care Coordinator, Faye Hall at 07856 711 081 or by email on info@oakwoodgroup.org to make an appointment.</i>
Military Veterans IAPT.	Military Veterans	Pennine Care NHS FT	https://www.penninecare.nhs.uk/military-veterans-service Telephone 0300 323 0707 Monday – Friday 9:00am-5:00pm

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Provide mental health support to ex-service personnel for conditions including depression, alcohol and substance misuse, anger problems and post-traumatic stress disorder.			Mviapt.enquiriesnw@nhs.net Online self/family referral or GP referral