

# FAMILY GUIDE TO GETTING ADVICE AND GETTING HELP

## Emotional Wellbeing and Mental Health



TAMESIDE CHILDREN  
& YOUNG PEOPLE



# A FAMILY NEEDS SEND HEALTH ADVICE OR SUPPORT

We need to know where our care is up to

We need something to do

We are struggling to cope

We need general advice



0161 342 5550  
07867484290

Contact us:

[www.ourkidseyes.org/  
contact-us/](http://www.ourkidseyes.org/contact-us/)

Facebook – [OKE Our Kids Eyes](#)

## OKE HEALTH SERVICES NAVIGATOR

- Friendly advice 7 days a week
- Help you find the support you need in a variety of ways
- Help with queries on pathways

We can connect you to services  
We will listen to you and help navigate the system with you  
We can offer support and advice and keep you up to date on the local offer



0161 301 6054

[Joel.morton@  
activetameside.com](mailto:Joel.morton@activetameside.com)

[Aiden.hopkins@  
activetameside.com](mailto:Aiden.hopkins@activetameside.com)

## ACTIVE TAMESIDE SEND TEAM

- Access to supported activities
- Build confidence
- Connect to other services
- About the services

We can find the right support for you  
We can connect you to like-minded people  
We can make you stronger and help you try new things



Call the Access Point:

0161 342 4260

## SEND FAMILY SUPPORT IN EARLY HELP

- Access to specialist parenting advice
- Offer group support and interventions to understand your child with additional needs
- Advice on behaviour

We can help you implement strategies  
We can connect you to other families  
We can help you access social care support

# MENTAL HEALTH AND EMOTIONAL WELLBEING SUPPORT

## I need help now:

### **Pennine 24/7 Helpline: (freephone)**

Our Mental Health Helpline is here for anyone in our areas requiring urgent mental health support – this includes people already known to mental health services, those who are not known and carers.

**0800 014 9995**

24 hours a day 7 days a week

[www.penninecare.nhs.uk/help](http://www.penninecare.nhs.uk/help)

**Talk to an adult, friend or somebody that you trust as soon as you can.**

### **Childline**

Call 0800 1111 or visit [www.childline.org.uk](http://www.childline.org.uk)

### **Samaritans**

A confidential national helpline supporting people in mental health crisis **08457 90 90 90**  
[www.samaritans.org](http://www.samaritans.org)

### **Papyrus**

Papyrus offers support to young people feeling suicidal  
[www.papyrus-uk.org/help-advice](http://www.papyrus-uk.org/help-advice)

## I need advice or help:

### **OKE**

Health Navigator Service – advice and additional support for health and mental health services for parents

[www.facebook.com/ourkidseyes.uk/](https://www.facebook.com/ourkidseyes.uk/)

Tel: 0161 342 5550 Mob: 07867484290

Email: [oketameside@gmail.com](mailto:oketameside@gmail.com)

### **Community Hive**

For mental health and emotional wellbeing the Community Hive offers walk in support in accessible neighbourhood locations

[www.togmind.org/youth-in-mind/community-wellbeing-offer](http://www.togmind.org/youth-in-mind/community-wellbeing-offer)

### **Early Help**

Family Information Service on 0161 342 4260 for help and advice on Early Help Services available.

**Monday to Wednesday:**

**8.30am - 5pm**

**Thurs: 8.30am - 4.30pm**

**Fri: 8.30am - 4pm**

[www.tameside.gov.uk/Early-Help/Parent-Carer/The-early-help-access-point](http://www.tameside.gov.uk/Early-Help/Parent-Carer/The-early-help-access-point)

### **KOOTH**

Free, safe and anonymous mental health support for young people

[www.kooth.com](http://www.kooth.com)

### **Parenting Support**

Do you need support, advice and guidance? The Parenting Team are here to support parents, carers and professionals.

[parentingreferrals@tameside.gov.uk](mailto:parentingreferrals@tameside.gov.uk)

**0161 368 7722**

Please note that e-mails will only be viewed during 8.30am and 5pm – Monday to Friday.

## I need more help:

### **CEDS**

Our Community Eating Disorders Service offers advice and support to families, carers, and those who work with, or support, a child or young person.

**0161 716 4060**

[pcn-tr.ceds@nhs.net](mailto:pcn-tr.ceds@nhs.net)

[www.penninecare.nhs.uk/ceds-south](http://www.penninecare.nhs.uk/ceds-south)

### **CAMHS**

Specialist services to children and young people who are experiencing mental health difficulties.

Mental Health referrals need to be made by a professional to the single point of access that includes Early Help, Mental Health and Safeguarding. Following triage, the referral will be supported by the most appropriate service.

[www.penninecare.nhs.uk/tamesidecamhs](http://www.penninecare.nhs.uk/tamesidecamhs)





## CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND EMOTIONAL WELLBEING GETTING ADVICE AND GETTING HELP (SEPTEMBER 2022)

### Mental Health Support in Tameside and Glossop

More information for  
adults and children's  
mental health services

### Local Offer for SEND



Do you have a query around Autism  
or ADHD and need support?

### ADHD / ASD Consultation Offer



Contact the CAMHS Service on  
**0161 716 3600** to access one of the  
Tuesday Consultation slots with one  
of the Neuro Specialist Team. This  
could be delivered digitally, over  
the phone or where there are risks,  
we can support face to face. You can  
access more than one consultation  
appointment if you need to.

### KOOTH Online Counselling and Peer Support Forum

(11-25 year olds)

Free to register, no referral needed



### The Community Hive

(8-18 Year olds)

TOG Mind

Every Wednesday 4-8pm in  
Ashton, other localities available

**Brief Intervention Walk In  
Online Support**

There is additional support for  
young people in schools so  
please speak to the pastoral  
lead about accessing support  
in school. The mental health  
in schools team is expanding  
across schools.

[www.penninecare.nhs.  
uk/tameside-mhsupport](http://www.penninecare.nhs.uk/tameside-mhsupport)

**Families and Young People  
Can SELF-REFER to the  
Community Hive - online  
support and drop ins**

### School Nurse Health Advice Line

Call 0161-366-2317

Monday to Friday 9am-4pm



Live information on the  
**Facebook page**

### Early Help

Neighbourhood Support and  
Advice for families in Tameside



# SELF-REFERRAL EMOTIONAL WELLBEING, SUPPORT AND ADVICE - FOR YOUNG PEOPLE OVER 16



## YOUNG ADULT'S (18-25) MENTAL HEALTH AND EMOTIONAL WELLBEING GETTING ADVICE AND GETTING HELP (SEPTEMBER 2022)



Free, safe and anonymous mental wellbeing support across the UK - go to [Qwell.io](https://www.qwell.io) to get started today.

Support available includes:

- Live chat or messaging with qualified mental health professionals
- Self help tools and activities
- Online community

Live chat available from: Monday - Friday: 12pm - 10pm, Saturday and Sunday: 6pm - 10pm



Kooth is an online counselling and emotional wellbeing platform for children and young people aged 11 to 25 years.

The digital platform, which is available on any web-enabled, internet connected device (e.g. laptop, smartphone, tablet) is available 24/7, 365 days a year

No referral required - register here [www.kooth.com](https://www.kooth.com)

Minds Matter supports people with mild to moderate mental health problems. Mental Wellbeing Practitioners, Peer Support Workers and Counsellors who can help you to manage and overcome your difficulties via; counselling, one-to-one support, groups, dropw-in support and coaching.

The services operates from Monday - Friday 9am - 4.30pm, and is open to anyone aged 16+ years.

Self-referral accepted. Phone: **0161 470 6100**

[www.thebiglifegroup.com/service/mindsmatter/](https://www.thebiglifegroup.com/service/mindsmatter/)



Healthy Minds is a talking therapies service. Providing support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood / depression, stress, worry or anxiety, feelings of hopelessness or panic attacks.

Healthy Minds also offer a service for complicated bereavements and adjustments to life events (6-12 months post incident).

The service is open to anyone aged 16 years +. Self referrals are accepted. Monday - Friday 9am - 5pm

Phone: **0161 716 4242**

Website: [www.penninecare.nhs.uk/healthymindstameside](https://www.penninecare.nhs.uk/healthymindstameside)

Healthy Minds offers an online therapy programme called SilverCloud which is available 24 hours a day, seven days a week. You can start the therapy straight away and it can be done at a time and place that suits you. You'll also have access to the system for a year after you've been discharged from the service.

Click [here](#) to refer to SilverCloud



**Pennine Care**  
NHS Foundation Trust

For further information on available support or for specialist support that you will need to be referred to, please visit the [Mental Health Local Offer](#) pages

### Local Offer for SEND



Tameside



DERBYSHIRE  
County Council

Derbyshire

Explore the [Health and Wellbeing College](#) for courses designed to empower you to take control of your own health and wellbeing, through learning new skills and connecting with people

**HEALTH AND WELLBEING COLLEGE**