

# Free support in Stockport for parents

Parenting advice and support

**Call for information, advice and guidance:** the Stockport Emotional Wellbeing Hub can provide support for parents of anyone up to age 25. Call 0161 217 6028, available 8.30am to 5pm Monday to Thursday, 8.30am to 4.30pm on Friday

**Call for urgent support:** if you're concerned that a young person could be thinking about suicide, call Hopeline, available between 9am and midnight every day on 0800 068 4141

**Chat online:** the team at Young Minds team can provide advice and signposting for parents through live chat. Visit [www.youngminds.org.uk/parent](http://www.youngminds.org.uk/parent)

**Read the guide if you're concerned about self harm or suicide:** visit the Papyrus website at [www.papyrus-uk.org/papyrus-launch-new-guide-for-parents](http://www.papyrus-uk.org/papyrus-launch-new-guide-for-parents)

**Complete a course on improving family relationships:** access free online courses around parenting and understanding the children in your life by visiting [bit.ly/stockportfamilycourse](http://bit.ly/stockportfamilycourse)

**Watch:** you can also watch videos from Stockport professionals on ways families can help improve emotional wellbeing and mental health. Search for 'PACT Stockport' on YouTube

Help available for all over 18s who are stressed, worried or feeling low

**Call:** Open Door has a mental health helpline for anyone who is struggling to cope, or feels overwhelmingly low. Call 0800 138 7276 any day, any time

**Visit:** Open Door also provides a mental health daytime safe haven at 72-74 Prince's Street, SK1 1RJ. Drop in Monday to Friday 10am to 8pm, Saturday to Sunday 12pm to 8pm

**Go online:** Qwell is a website and message board offering anonymous support to those over 26, 24 hours a day, 7 days a week. Join by visiting [www.qwell.io](http://www.qwell.io)

**Contact your GP:** talk about other options, or ask to be referred to the Viaduct Wellbeing Service

**If you need urgent help:** call Samaritans on 116 123

**More options can be found by visiting:**  
[bit.ly/parentmentalhealth](http://bit.ly/parentmentalhealth)

