

# Wellbeing Update

December 2022

Mental Health and Wellbeing news and updates for the families of Longdendale



**Follow us on Twitter:**  
**@WellbeingLHS**

As well as the main school Twitter account, you can now follow our Wellbeing account which regularly shares information, events and advice about a range of wellbeing and mental health topics.



## Kooth and Qwell - Online Support

Kooth (for those aged under 25) and Qwell (for those aged 25 and over) are available over the Christmas and New Year period to chat to professionals for completely confidential mental health support. See the below for more details of chat opening times. The website also has support and information 24/7.

**kooth**  
Chat opening hours (Christmas and New Year period)

Monday 26th December	Tuesday 27th December	Wednesday 28th December	Thursday 29th December
Christmas Eve 10pm-8pm	Christmas Day 10pm-8pm	Boxing Day 10pm-8pm	Bank Holiday 10pm-8pm
Friday 30th December	Saturday 1st January	Sunday 2nd January	
New Year's Eve 10pm-8pm	New Year's Day 10pm-8pm	Bank Holiday 10pm-8pm	

kooth.com

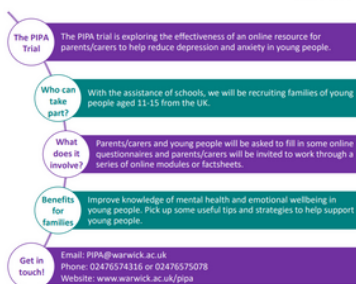
**Qwell**  
Chat opening hours (Christmas and New Year period)

Saturday 24th December	Sunday 25th December	Monday 26th December	Tuesday 27th December
Christmas Eve 10pm-8pm	Christmas Day 10pm-8pm	Boxing Day 10pm-8pm	Bank Holiday 10pm-8pm
Wednesday 28th December	Thursday 29th December	Friday 30th December	Saturday 1st January
New Year's Eve 10pm-8pm	New Year's Day 10pm-8pm	Bank Holiday 10pm-8pm	

www.qwell.io



An online Parenting Intervention to Prevent  
affective disorders in high-risk Adolescents:  
The PIPA Trial



All families of students in Y7 to Y10 have received information about the PIPA trial, which they are invited to participate in. Full details are contained within the email. Please contact Mrs Gage if you would like to know more.

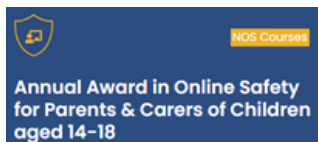
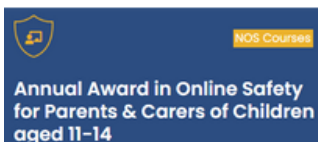


The Young Minds website has a huge range of resources, guides and support for young people and their families about just about anything you can think of relevant to young people's mental health. Click the link below:  
<https://www.youngminds.org.uk/>

## Free Online Safety Courses

Did you know that 1 in 5 parents and carers never talk to their children about online safety? If you would like to feel more confident so you can have these important conversations, National Online Safety have FREE online courses to give you the knowledge and skills to be able to support your child stay safe online. Click the images below or go to:

<https://nationalonlinesafety.com/>



## Local Food Banks and Pantries

Emergency food and food pantries in Tameside (and Glossop)

<http://www.tameside.gov.uk/foodbanks> (includes details of meal drop-ins)

**Ashton**  
Trussell Trust, Ashton 07396 507213  
Smallshaw Food Pantry 07523 919189  
The Bread & Butter Thing, West End, Ashton.  
Infinity Initiatives, Ashton, 0161 339 6137

**Denton, Audenshaw & Droylsden**  
Haughton Green Foodbank 07479 256785  
The Bread and Butter Thing, Haughton Green.  
The Bread and Butter Thing, Droylsden

**The Bread and Butter Thing (Join free online)**  
[www.breadandbutterthing.co.uk](http://www.breadandbutterthing.co.uk)  
Step 1 - Text 07860 063256 with your full name, postcode, and the name of the hub you will be collecting from: West End, Ridgehill, Droylsden, Hattersley or Haughton Green - Tameside  
Step 2 - Select the size of order you want to receive:  
Family - £7.50, Individual - £4, or Large Family - £15  
Step 3 - your chosen hub will text you to advise what day/time you can collect your parcel each week.



**Stalybridge, Dukinfield & Mossley**  
Trussell Trust, Stalybridge 07396 507213  
Trussell Trust, Millbrook 07396 507213  
Trussell Trust, Dukinfield 07396 507213  
Dukinfield Food Pantry 07938 803279  
The Together Pantry 0161 366 1987  
The Bread and Butter Thing, Ridgehill.  
Barty's Food Bank, Stalybridge  
[stalybridge@breadandbutterthing.co.uk](mailto:stalybridge@breadandbutterthing.co.uk)  
Mossley Foodbank  
[indys@mosse60@gmail.com](mailto:indys@mosse60@gmail.com)

**Glossopdale Foodbanks**  
Contact The Bureau 01457 865722

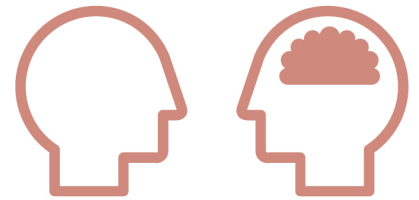
**Hyde, Hattersley, Longdendale**  
Trussell Trust Foodbank Hattersley 07396 507213  
Trussell Trust Foodbank Hollingworth 07396 507213  
Trussell Trust Hyde 07396 507213  
The Bread and Butter Thing, Hattersley  
Tameside Meals Project, Hyde 07968 323382

**Note: Trussell Trust only accepts food vouchers, which people need a referral to obtain.**  
Helpline: 0800 2082133

If you need a referral please contact Mrs Gage who will be able to assist

Please contact school if you need any further information or additional support.

# Low, anxious, stressed or need to talk this Christmas?



## Urgent Support

When you need help straight away

### Mental Health Helpline

A local mental health crisis helpline for all ages in Tameside

**0800 014 9995**

**24 hours a day,  
7 days a week**

### SAFE Tameside

Face-to-face mental health support. You can drop into our SAFE Tameside Hub in Ashton.  
Open **weekdays 1pm -8pm** Take a look at our timetable  
[www.thebiglifegroup.com/service/safe-tameside](http://www.thebiglifegroup.com/service/safe-tameside)

### SHOUT

Confidential, 24/7 text messaging support service for anyone who is struggling to cope **TEXT SHOUT to 85258**

### HOPELINE

Confidential suicide prevention advice for under 35 year olds. They're open 9am-12am (midnight) every day of the year.

**0800 068 4141**

### Samaritans

A confidential national helpline supporting people in mental health crisis

**116 123**

**24 hours a day,  
7 days a week**

## Online Support

For support you can access any time

### Silvercloud

Online support for your mental health

<https://gm.silvercloudhealth.com/signup>

### Living Life to the Full

Resources to support mental wellbeing  
[www.lltfgm.lltff4.com](http://www.lltfgm.lltff4.com)

### Kooth

Free, safe and anonymous mental health support for young people

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

### Qwell

Free, safe and anonymous mental health support

[www.qwell.io](http://www.qwell.io)



Scan this code with your phone to access more mental health support information

## Service Support

When you need support from a service

### Minds Matter

Guided self-help, peer support and counselling to address everyday life challenges impacting your wellbeing

**0161 470 6100**

**Weekdays 9am-5pm**

### Healthy Minds

Talking therapies to support your mental health

**0161 716 4242**

**Weekdays 9am-5pm**

## Community Support

Welcoming places you can go for support

### Infinity Initiatives

Café, counselling, advocacy and support service

**0161 339 6137**

**Weekdays 9am-2:30pm with  
appointments available  
outside these hours**

### The Anthony Seddon Fund

Peer Support for mental wellbeing

**0161 376 4439**

**Weekdays 9am-5pm**

### Diversity Matters North West

Mental health awareness and peer support for BAME communities

**0161 368 3268**

**Mon-Thurs 9am-5pm  
Friday 10am-4pm**

### Health and Wellbeing College

Courses to support your mental wellbeing

**0161 716 2666**

**Weekdays 9am-5pm**

### Tameside, Oldham & Glossop Mind

Peer support, counselling and drop in support for mental health

**0161 330 9223**

**Weekdays 9am-5pm**