





Feeling anxious, stressed or low? We can help for free:



Kooth (11-18)

Online advice for
Stockport residents
[kooth.com](https://www.kooth.com)



ChatHealth (11-19)

Text or message on the website
get a reply within 24 hours
[chathealth.nhs.uk](https://www.chathealth.nhs.uk)
07480 635 227



SHINE (11-17)

Join a weekly
wellbeing group
bit.ly/shinespt



Hopeline (0-35)

If you need
urgent help, call
0800 068 4141
9am - midnight

ONE
STOCKPORT



Scan here for
more information:





11-17 years





ONE
STOCKPORT

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