

18 and over



**Kooth and Qwell**

Get non-judgemental, anonymous help from an online community, a range of tools, and direct messaging with qualified professionals.  
[kooth.com](https://kooth.com) (ages 10-25)  
[qwell.io](https://qwell.io) (ages 26+)

**Open Door (18+)**

Call [0800 138 7276](tel:08001387276) any time, or search 'Open Door Stockport' to visit the daytime safe haven.

**Samaritans**

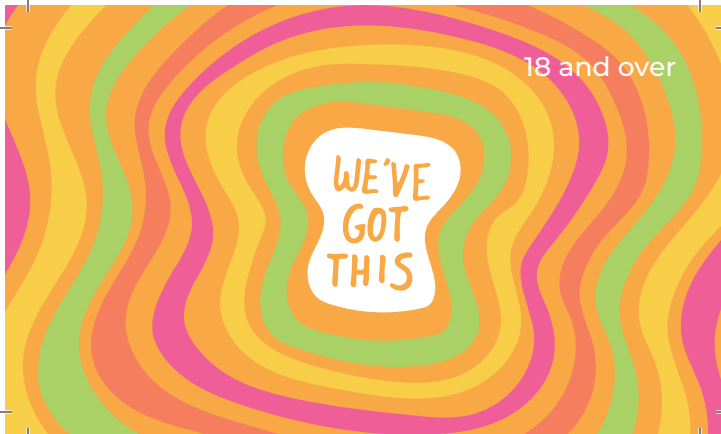
If you need help straight away, call [116 123](tel:116123).

Scan here for more information:



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL







## Anxious, stressed or feeling low? We can help Stockport residents for free:



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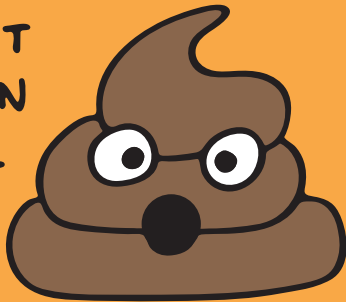
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SUPPORT  
FOR WHEN  
YOU FEEL  
LIKE

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**DON'T**  
GO THROUGH IT  
**ALONE**

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