



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL



**Stockport**  
Clinical Commissioning Group

Are you  
**worried, stressed,**  
or feeling **low?**  
Helping you find  
the **right support**  
in **Stockport**

Spring 2022

## If you prefer to access support online:

16+

### SilverCloud

Online therapy for residents aged 18 and over with programmes that can help ease stress levels, improve sleep or build resilience.

[gm.silvercloudhealth.com/signup](http://gm.silvercloudhealth.com/signup)

26+

### Qwell

24/7 anonymous online support for anyone in Stockport aged 26 or over.

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

10-25

### Kooth

Online counselling and emotional wellbeing support for young people aged 10-25.

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

### Living Life to the Full

Online courses and resources covering low mood, stress and resilience.

[www.gmhealthhub.org/feeling/living-life-to-the-full](http://www.gmhealthhub.org/feeling/living-life-to-the-full)

16+

### Online or talking therapies (IAPT service)

Online programmes completed in your own time, face to face, over the telephone or as part of a group/workshop. [www.selfhelpservices.org.uk/service/stockport](http://www.selfhelpservices.org.uk/service/stockport) call 0161 480 2020 or

[www.penninecare.nhs.uk/services/stockport-healthy-minds](http://www.penninecare.nhs.uk/services/stockport-healthy-minds) call 0161 716 5640

### Every Mind Matters

NHS advice and tips on looking after your or someone else's mental health and wellbeing.

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

### Shining a Light on Suicide

Greater Manchester website with resources and support for anyone concerned about suicide.

[www.shiningalightonsuicide.org.uk](http://www.shiningalightonsuicide.org.uk)

### Free Family & Relationship Courses

Free online courses (also in different languages) on understanding your pregnancy, baby, children, teenagers, and relationships in genera.

[bit.ly/stockportfamilycourse](http://bit.ly/stockportfamilycourse)

## If you prefer to speak to someone:

### Open Door

18+

Mental health & wellbeing support for Stockport residents.

Helpline available 24/7, call **0800 138 7276**

**Safe Haven** drop in, open Monday to Friday 10am to 8pm, Saturday to Sunday 12pm to 8pm  
72-74 Prince's Street, SK1 1RJ

Email [opendoorstockport@makingspace.co.uk](mailto:opendoorstockport@makingspace.co.uk)

### NHS Mental Health Helpline

Pennine Care NHS Foundation Trust 24/7 line for all ages. Call **0800 014 9995**

### Emotional Wellbeing Hub

Guidance for parents/carers of children up to the age of 25. Call **0161 217 6028**

8.30am to 5pm Monday to Thursday  
8.30am to 4.30pm on Friday

### Domestic Abuse

If you are experiencing domestic abuse call: MASSH (Multi Agency Safeguarding & Support Hub) **0161 217 6028**

8.30am to 5pm Monday to Thursday  
8.30am to 4.30pm on Friday

24/7 National Domestic Abuse Helpline call **0808 2000 247**

### Greater Manchester Bereavement Service

Support and information for anyone bereaved. Call **0161 983 0902** Monday to Friday 9am to 5pm, Wednesday 9am to 8pm

[www.greater-manchester-bereavement-service.org.uk](http://www.greater-manchester-bereavement-service.org.uk)

### ChatHealth

11-19

Text or send an instant message on the website to speak to a professional. Messages between 8.30am and 4.30pm Monday to Friday will receive a response within 24 hours.

[www.chathealth.nhs.uk](http://www.chathealth.nhs.uk) or text **0748 063 5227**

### SHINE

11-17

Weekly wellbeing groups for young people, focusing on creative activities and developing skills to support emotional wellbeing, resilience and confidence.

[www.beacon-counselling.org.uk/counselling-services/shine](http://www.beacon-counselling.org.uk/counselling-services/shine)

## If you want help with practical challenges, such as money, housing, food supply, loneliness or caring responsibilities:

### Stockport Citizens Advice

Information and advice around finance worries, benefits, employment, your relationships and your rights. Call **0808 278 7803**

8:30am to 5:30pm Monday to Friday

[www.casort.org/information-and-advice](http://www.casort.org/information-and-advice)

### Stockport Support Hub

Help with your wellbeing, connecting with your community, support at home, access to transport, finances, or support with caring responsibilities. Call **0161 474 1042**

Monday to Friday from 9am to 4:30pm.  
[stockportsupport.com](http://stockportsupport.com)

### Support Funds

Financial support in a crisis

[www.stockport.gov.uk/financial-support-in-a-crisis](http://www.stockport.gov.uk/financial-support-in-a-crisis)

18+

### Viaduct Care Wellbeing and Self-Care Service

Non-medical support to help you improve your mental and physical health and wellbeing, including support with long term physical health conditions. Also supports with finding community activities and support groups in your local area.

[www.viaductcare.org.uk/our-services/wellbeing-and-self-care-service](http://www.viaductcare.org.uk/our-services/wellbeing-and-self-care-service)

### Digiknow

Free guidance and advice for anyone who needs help getting online. Call **0772 421 7888**

Monday to Friday 9am to 5pm

## If you would like help to cut down on or stop using drugs, drinking alcohol, smoking or gambling:

### START Team

A team that can help you access support around alcohol, drugs or smoking.

Call **0161 474 3141** or email [START@stockport.gov.uk](mailto:START@stockport.gov.uk)  
[www.healthystockport.co.uk](http://www.healthystockport.co.uk)

### MOSAIC

0-25

Free, confidential support for people 25 and under who need help with drug or alcohol issues themselves, or to cope with parents who misuse substances.

Call **0161 218 1100** or email [mosaic@stockport.gov.uk](mailto:mosaic@stockport.gov.uk)

### Gambling

Advice and support for anyone affected by problem gambling.

[www.gamcare.org.uk](http://www.gamcare.org.uk) or [www.begambleaware.org](http://www.begambleaware.org)

National Gambling Helpline available 24/7: **0808 802 0133**

## Additional Help & Support:

### Links to more support in Stockport



For more help and advice, please visit

[www.healthystockport.co.uk](http://www.healthystockport.co.uk)

## URGENT HELP if you need help straight away

- **Samaritans:** call **116 123** - available 24/7
- **Hopeline UK:** if you're under 35, call **0800 068 4141** - 9am to midnight every day of the year (including weekends and bank holidays)
- **Dial 999:** in a life-threatening emergency
- **Open Door:** mental health & wellbeing support for Stockport residents. Helpline available 24/7 - call **0800 138 7276**
- **NHS Mental Health Helpline:** call **0800 014 9995** - available 24/7

# Stay well physically, mentally, and socially

There are a lot of things you can do to help you stay well - the five ways to wellbeing are worth keeping in mind every day:

## 1 Connect

Talking to others regularly can help if you're feeling worried - your friends, family or one of the support services overleaf.

If you'd like help with getting connected digitally, please call the **DigiKnow Helpline** on **0753 712 7095**

## 2 Keep active and healthy

Movement can really help your mood - try to get some exercise every day. Advice can be found at [www.healthystockport.co.uk](http://www.healthystockport.co.uk)

It's also important to eat healthy, balanced meals and stay hydrated by drinking enough water. Try to avoid smoking, alcohol and recreational drugs

## 3 Learn something new

Spending time on activities you enjoy can really help your mental health, but you could also learn something new.

Without putting yourself under any pressure, why not try a new hobby or learn a new skill? Visit [www.stockport.gov.uk/events](http://www.stockport.gov.uk/events) for new activities to try

## 4 Give to others

Acts of giving and kindness can improve your own mental wellbeing.

This could involve telling someone how much you appreciate them, or getting involved with volunteering in Stockport if you can - you can find more information by visiting [www.stockportvolunteerhub.org.uk](http://www.stockportvolunteerhub.org.uk)

## 5 Take notice

Take breaks from the news and social media and make time to notice your senses, feelings and the world around you.

Paying more attention to the present moment is a good way of escaping cycles of negative thoughts and feelings and improve your mental wellbeing. Visit [www.penninecare.nhs.uk/mindfulness](http://www.penninecare.nhs.uk/mindfulness) for more