



## HELPING YOURSELVES, HELPING EACH OTHER AND HELPING OUR FAMILIES



"The emotional wellbeing and mental health of everyone matters - now more than ever with the emotional and mental impact of the current lockdown undoubtedly beginning to take its toll. Providing support to residents is a key focus of Stockport Council, and a great way to do that is to ensure we provide access to the right services."

*Cllr Elise Wilson, Leader of Stockport Council.*

### EMOTIONAL WELLBEING HUB

- Provides Information, advice, and guidance for anyone up to the age of 25 for emotional wellbeing and mental health concerns.
- Access to the Emotional Wellbeing Hub is through the Multi-Agency Safeguarding and Support Hub (MASSH), 0161 217 6028.
- Open 8.30am to 5pm Monday to Thursday and 8.30am to 4.30pm on Friday.

Ages up to 25

### BIG WHITE WALL

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

- Provides 24/7 anonymous support via a digital emotional wellbeing and mental health service.
- It is available for anyone over the age of 16 living in Stockport.
- It offers peer support alongside a range of helpful tools and resources and is supported by trained clinicians.
- To register you just need your Stockport postcode.
  - If you are a council employee and don't live in Stockport don't worry - you can also register for support for yourself using the civic complex postcode SK1 3XE.

Ages 16+

### OPEN DOOR

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

- For anyone over the age of 18 in Stockport.
- Provides emotional support, practical advice, guidance and telephone support for the Stockport residents with mental health needs, whether referred to services or not.
- Support to those who are experiencing extreme emotional distress or are nearing crisis point and feel that there is nowhere else to turn (0800 138 7267).
- Commissioned by Stockport NHS CCG and provided by the charity Making Space.

Ages 18+

### SHOUT

[www.giveusashout.org/get-help](http://www.giveusashout.org/get-help)

- SHOUT is a 24/7 UK crisis text service available for times when people feel they need immediate support.
- By texting 'SHOUT' to 85258 a Texter will be put in touch with a trained Crisis Volunteer (CV) who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next step to feeling better.
- To get help or find out more about how SHOUT works, visit our get help page.

All Ages

### SILVERCLOUD

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

- Offers free online therapy for all Greater Manchester residents to help with stress, anxiety, low mood and depression.
- Provides a number of online programmes to help ease stress levels, improve sleep or build resilience.
- To find out more and to sign up, visit the Greater Manchester Silver Cloud website.

Ages 18+

### KOOTH

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

- All children and young people in Greater Manchester can now access free online counselling and emotional well-being support.
- Kooth online counselling and emotional wellbeing platform is available to any young person who may be struggling with their mental health - and particularly during the COVID-19 outbreak.
- Kooth is for young people aged 11-18 and offers a variety of resources, including: A live chat function that allows young people to contact a qualified counsellor, chat forums with other young people, crisis information and Self-help resources.

Ages up to 18

### 42ND STREET

[42ndstreet.org.uk](http://42ndstreet.org.uk)

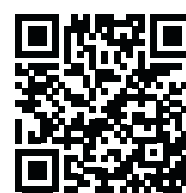
- One-to-one counselling therapy, psycho-social support and advocacy therapeutic issue-based, identity-based groups and peer support projects, creative projects and approaches to wellbeing and mental health via The Horsfall Residentials.
- 42nd Street takes referrals from young people themselves and from parents, carers and professionals.

Ages 18+

### OTHER SERVICES

Stockport Staying Well

- The services listed here are some of the newer resources that are available to Stockport residents. It is not an exhaustive list of all available support. For more information on what is available please click on the link above or use your phone camera to scan the QR code.



Ages up to 18



42ndstreet



kooth



bigwhitewall



silvercloud



shout