

Directory of emotional wellbeing and mental health support in Stockport (June 2021)

What is available	Target groups / suitable for...	Organisation	How to access (including times)
STOCKPORT CORONAVIRUS WELFARE LINE for anyone needing support during the COVID19 pandemic, including signposting for shopping help, befriending, pharmacy support, financial hardship, food poverty, etc. call our dedicated phone number for support: 0161 217 6046 (Monday to Thursday, from 9am to 5pm, Friday from 9am to 4.30pm) Anyone who is deaf or has difficulty hearing can use the textphone number 07860 022 876			
National			
On-Line info, advice, guidance and self-help			
General guidance on looking after your mental wellbeing during COVID	All	Public Health England	https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19
NHS site on mental wellbeing and mental health advice and coronavirus: while staying at home; coping with money worries and job uncertainty; looking after a child's mental health; self care for young people; anxiety tips; General mental wellbeing	All	NHS – Every Mind Matters	https://www.nhs.uk/oneyou/every-mind-matters/
Advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus (COVID-19) outbreak.	Anyone supporting children	Public Health England	https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing
Wellbeing and mental health advice website –including information on anxiety, stress, loneliness, bereavement, trauma	All	Mind	https://www.mind.org.uk/information-support/coronavirus/
Coronavirus-specific advice on mental wellbeing while staying at home, home-working, finance and housing, abusive relationships	All	Mental Health Foundation	https://www.mentalhealth.org.uk/coronavirus https://mentalhealth.org.uk/coronavirus/finance-housing-debt-money-unemployment-worries
Webinars and blogs on a number of Coronavirus anxiety specific topics, including OCD	All	Anxiety UK	https://www.anxietyuk.org.uk/coronanxiety-support-resources/

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User-friendly website on Building your Wellbeing and Helping you Cope; To help you feel calmer, ideas to help you cope, make your wellbeing plan Site also includes a printable leaflet with tips for looking after your mental wellbeing during self-isolation/staying at home.	All	4MentalHealth	https://wellbeingandcoping.net/ Printable 30-3-30 leaflet: http://learn.4mentalhealth.com/sites/default/files/30-3-30.pdf
Safety Plan – make your own safety plan, which you can keep and return to when you need a reminder for how to keep yourself safe e.g. from suicidal thoughts	All Depression, low mood	4MentalHealth	https://stayingSAFE.net/home
Online info, advice and guidance for specific settings or issues			
Information, advice and links to bereavement support.	Anyone who is bereaved	Greater Manchester Bereavement Service	https://greater-manchester-bereavement-service.org.uk/ Call us on 0161 983 0902 for help in finding the right support for you, or you can email salccq.qm.bs@nhs.net Monday to Friday, 9am to 5pm (except bank holidays); Wednesday, 9am to 8pm
Gambling - information about signs of problem gambling how to gamble safely and where to get help if you or someone you know has problems with their gambling NHS Northern Gambling Service provides specialist addiction therapy and recovery to people affected by gambling addiction. Also provide help to people close to those with gambling addiction, such as family, partners, and carers. Mental health and bereavement support for anyone affected by a gambling related suicide, including peer support, counselling and support with legal proceedings	Anyone affected by gambling	National Gambling Helpline NHS Northern Gambling Service Gambling with Lives	Gamcare online information and www.begambleaware.org Getting-help-to-control-your-gambling. https://www.leedsandyorkpft.nhs.uk/our-services/northern-gambling-service/ https://www.gamblingwithlives.org/

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Guidance for Employers			
Wellbeing and mental health advice in the workplace	Employers	Mental Health Foundation Mind	https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working https://www.mind.org.uk/workplace/mental-health-at-work/coronavirus-supporting-yourself-and-your-team/
National Helpline Numbers			
Non-judgemental listening service for people struggling and in distress	All	Samaritans	https://samaritans.org 116 123 Free calls 24 hours a day 7 days a week
Preventing male suicide	Men	CALM	https://thecalmzone.net 0800 58 58 58 Free calls 5pm – midnight 7 days per week
Provides information, friendship and advice to older people	Older people	Silverline	https://thesilverline.org.uk 0800 4 70 80 90 Free calls 24 hours a day 7 days a week
A new telephone befriending service for older people called call companions	Older people aged over 75	Reengage	www.reengage.org.uk/about-us/ 0800 716543 info@reengage.org.uk
Befriending service for people over 60 who would like a regular call or visit from a volunteer	People aged over 60	Independent Age befriending over 60's	https://www.independentage.org/getsupport/receive-regular-visits 0800 319 6789 charity@independentage.org
'Chat' with a volunteer (chat is for no longer than 20 mins and is not a counselling service)	All	Chit Chat Britain	www.chitchatbritain.org/about-us/ 9am -9pm and the client needs to phone them directly. 0333002 0333 (usual rate for 0161 number)

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Emotional support, guidance and information	Anyone affected by mental illness, including family and carers	SANEline	https://sane.org.uk Currently leave a message on 07984 967 708 giving name and contact number. Someone will ring back as soon as is practicable. Or email on support@sane.org.uk
Support and advice from trained suicide prevention advisors	Young people up to age 35, Anyone concerned about a young person	Papyrus HOPELINE UK	Call: 0800 068 4141 Text: 07860039967 Email: pat@papyrus-uk.org 9am – midnight every day of the year (weekends and Bank Holidays included) https://papyrus-uk.org/hopelineuk/
Online, chat or phone support for children from counsellors	Children and young people	Childline	https://www.childline.org.uk/get-support/contacting-childline/ Telephone: 0800 1111, 7.30am to 3.30am, 7 days a week
Gambling - support & advice about gambling	Anyone affected by gambling	National Gambling Helpline	You can call the national gambling helpline free of charge on 0808 8020 133, 24 hours a day 7 days a week https://www.gamcare.org.uk/
On-Line peer support			
An anonymous online 24/7 peer mental health support community (formerly Big White Wall)	People aged 16+	Togetherall	https://togetherall.com/en-gb/
Supportive online community where you can be yourself. Safe place to listen, share and be heard.	All	Side by Side (formerly Elefriends)	https://sidebyside.mind.org.uk/

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Local Stockport Services			
On-Line, info advice, guidance and Self-help			
Mental Wellbeing webpages – including links to a range of self-help resources, and sources of local support	All	Stockport Council	https://www.stockport.gov.uk/mental-wellbeing-support-coronavirus
Range of support offers for emotional wellbeing and mental health for children and young people – including bereavement, bullying, anxiety, stress, substance misuse, domestic violence	Children and young people and anyone caring for them	Stockport Council	Stockport Local Offer Webpages for personal wellbeing during the Coronavirus outbreak https://stockport.fsd.org.uk/kb5/stockport/fsd/advice.page?id=zPgonwIQaX0 and more resources for mental wellbeing, including children-specific help sites: https://stockport.fsd.org.uk/kb5/stockport/fsd/advice.page?id=16Quw022rbw
We offer a range of services to enable disabled people to maintain their independence, have improved life chances and be less socially isolated. This includes, Peer Support, Life Coaching, Autism Specific services, crisis support, wellbeing groups, outreach support and day time support (Primus club) and evening social and leisure activities (Connect)	18+	Disability Stockport	http://disabilitystockport.co.uk/ email@disabilitystockport.org.uk https://www.facebook.com/disabilitystockport https://twitter.com/DisabilitySK
Self-help Reading materials and online sessions Based on CBT (cognitive behavioural therapy) approach	Low mood, stress Coping with long-term illness New parents/ parents to be	Living Life to the Full	Free to Greater Manchester residents here: https://www.gmhealthhub.org/feeling/living-life-to-the-full we also have some hard copies available in public health

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Mental Wellbeing webpages – including links to resources and support	All	Greater Manchester	https://www.gmhealthhub.org/feeling
Online programmes to help ease stress levels, improve sleep or build resilience.	stress, anxiety, low mood and depression	SilverCloud	Greater Manchester Silver Cloud website.
An anonymous online 24/7 peer mental health support community (formerly Big White Wall)	People aged 16+	Togetherall	https://togetherall.com/en-gb/
24/7 text service. You can simply and discreetly communicate with trained crisis volunteers by text message. They can offer support and provide signposting to other services that can offer specialist support and ongoing help.	All	Shout	Shout can be contacted 24 hours a day, 7 days a week – simply text 'SHOUT' to 85258.
On-line counselling and emotional well-being platform for children and young people	Children and young people from age 11	Kooth	https://www.kooth.com/ Counsellors available online Monday – Friday 12pm to 10pm Saturday – Sunday 6pm to 10pm
A website with support and resources for anyone concerned about suicide - sections on 'Are you feeling suicidal?', 'Are you concerned about someone?', and 'Are you bereaved by suicide?'	All	Shine a Light on Suicide campaign	http://www.shininglightonsuicide.org.uk/
One Stockport Loneliness Support Toolkit brings together tips for helping anyone who may be feeling isolated, with details of the local and national information and support that is available.	All	Sector 3/SMBC	www.sector3sk.org/resources
Loneliness and isolation pages including tips to ease loneliness and links to local and national support		Healthy Stockport	https://www.healthystockport.co.uk/loneliness-and-isolation

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Local Helpline Numbers (some services also provide online support)			
Open Door - Stockport Mental Health Support Line			For details see Stockport services below
Mental Wellbeing Hub – one phone number to provide advice and support for young people’s mental wellbeing and health, including from a range of services such as Parenting, School Wellbeing Service, Educational Psychology, School Nursing, Healthy Young Minds.	Children and young people (0-25 years) and those caring for them	Stockport Council	Access to this is through the Multi-Agency Safeguarding and Support Hub (MASSH), 0161 217 6028 . It's open 8.30am to 5pm Monday to Thursday and 8.30am to 4.30pm on Friday
Support and information for anyone bereaved	Anyone bereaved	Greater Manchester Bereavement Service	Telephone 0161 983 0902 on Monday to Friday 9am to 5pm (except bank holidays), or Wednesday 9am to 8pm or visit www.greater-manchester-bereavement-service.org.uk
Confidential information service for those bereaved or affected by suicide.	Anyone affected or bereaved by suicide	GM Suicide Bereavement Information Service	http://www.shininglightonsuicide.org.uk/bereaved/ Monday to Friday 10am-4pm (except bank holidays). Telephone 0161 983 0700 or email sb.is@nhs.net
Stockport services – Note this describes their current offer of support			
Open Door 24/7 mental health support line and drop in safe haven which is open daily. Open Door provides: <ul style="list-style-type: none"> • Immediate crisis management and emotional support • Contact can be made via F2F appointments, walk ins, phone, text, WhatsApp, video calling, messenger in line with user preference • Support to navigate through to the services which meet individual needs • Access to structured, guided self-help, computerised CBT programmes and Recovery Star planning 	All aged 18 or over and normally resident in Stockport CCG /Council area	Open Door	<p>Mental health support line 0800 138 7276 24hrs a day 7 days a week opendoorstockport@makingspace.co.uk</p> <p>Safe Haven 72-74 Prince’s Street, SK1 1RJ Open for walk ins and face to face appointments 10am to 8pm Monday to Friday, 12midday to 8pm Saturday and Sunday No referral is necessary and users do not need to be known to services To make an appointment call 0161 5499 717 during service hours, email opendoorstockport@makingspace.co.uk or call the 24/7 crisis line on 0800 138 7276.</p>

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<ul style="list-style-type: none"> Support for family and concerned others 			<p>Professional referrals If a service user would prefer to be contacted by Open Door rather than make the first contact themselves, professionals can refer using this form https://bit.ly/StockportOpenDoor</p>
<p>Telephone, online and some face- to- face support with social issues (including low mood, loneliness, anxiety, finance, housing, long-term health).</p>	<p>Adults (18+) registered with a Stockport GP</p>	<p>Viaduct Care Wellbeing and Self-Care service</p>	<p>https://www.viaductcare.org.uk/our-services/wellbeing-and-self-care-service/ Speak to your GP or receptionist for a referral or make a self-referral.</p>
<p>Support for people needing help and advice with</p> <ul style="list-style-type: none"> health and wellbeing benefits/income loneliness and befriending housing circumstances other local services domestic abuse <p>Most contact takes place by phone or video call and where appropriate a limited amount of face to face contact</p>	<p>Anyone who is vulnerable due to their health, wellbeing or situation.</p>	<p>The Prevention Alliance</p>	<p>Call 0161 474 1042 Monday to Friday from 9:00am to 4:30pm. https://stockporttpa.co.uk/ email info@stockporttpa.co.uk Deaf community – 07539 468 560 Signed video about our BSL service during this period</p>
<p>Support for people experiencing mental health problems and difficulties, and their Carers.</p> <p>Offering:</p> <ul style="list-style-type: none"> A listening ear and emotional support via a telephone helpline service (includes information and signposting) A range of support for mental health Carers (plus a Carers’ Choir, which is open to all Carers) 	<p>People experiencing difficulties with their mental health, Mental Health Carers, Employees (including</p>	<p>Stockport and District Mind</p>	<p>Phone: 0161 480 7393 (please leave a message if you can’t get through and you will be phoned back): Mondays and Wednesdays 9.30am-1.00pm Tuesdays and Thursdays 9.30am-4.30pm Fridays closed all day Email: info@stockportmind.org.uk For social media search for ‘Stockport Mind’</p>

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<ul style="list-style-type: none"> • An Isolation and Social Engagement Service • A range of peer support groups, including a social drop-in, an art group, a singing group and a Hearing Voices Group • Mental health workshops and support for organisations and businesses • 'Food For Thought' online course - around food, nutrition and mental health 	Managers) requiring support around mental health.		<p>Web: www.stockportmind.org.uk</p> <p>If you're caring for loved ones, friends etc. phone 0161 475 6229 or email carerssupport@stockportmind.org.uk to speak to the Carers' Support Service.</p>
<p><u>Telephone support</u> Wellbeing support. Building confidence, dealing with anxiety, distraction techniques Support to help you through self-isolation</p>	Adults	Age UK Stockport	<p>Telephone 0161 480 1211 Monday – Friday 9:00am -5:00pm</p> <p>Email Contact info@ageukstockport.org.uk Website Contact www.ageukstockport.org.uk</p>
<p>BOOST provides a variety of weekly sport and physical activities across Stockport, aimed at improving mental health and wellbeing, whilst bringing people together in a group setting to reduce feelings of loneliness and isolation.</p>	All	BOOST	<p>For more information about BOOST programmes and activities: email Steve Flynn at steve@the-thread.uk or call/text on 07808 773264</p>
<p>Stockport Access Team is the single point of referrals to Pennine Care NHS Foundation Trust mental health services for adults. They triage, assess and signpost to secondary care mental health services and other services.</p>	Adults	Pennine Care NHS Foundation Trust Access Team	<p>https://www.penninecare.nhs.uk/stockportaccessteam Telephone 0161 419 4678</p>

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Sight loss and mild/moderate hearing loss counsellors available to provide emotional support by phone. Also offering advice on how to deal with anxiety along with safeguarding issues.	People with sight/hearing loss	Walthew House	Monday – Friday, 9am until 4pm via the phone and online only. 0161 480 2612 https://www.walthewhouse.org.uk/
Man about a Dog peer support project: Peer support for men and women who have survived a suicide attempt and who continue to have thoughts of ending their life. Also open to those experiencing suicidal thoughts.	Suicide attempt survivors	Stockport Progress and Recovery Centre (SPARC)	Man about a Dog team can be contacted by email at themanaboutadog@gmail.com or text or call them on 07706 115 471
SPARC 4Youth: Young person’s project that provides online and face-to-face social groups aimed at promoting social networks, nurturing creativity and improving confidence in a supportive open minded environment. Community based activities are now taking place at SPARC.	Young people (18-30 years old) who have a mental health problem	Stockport Progress and Recovery Centre (SPARC)	Currently operates on Tuesdays and Thursdays: Anyone can refer: sparc4youth@gmail.com 0161 429 9744

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Support for people with mental health diagnosis/contact with mental health services			
24-hour mental health helpline by the local mental health trust		Pennine Care NHS Foundation Trust	Call 0800 014 9995 24-hours a day
Mental health and essential practical support to enable people achieve their personal recovery.	Working age adults in Stockport who are or have been discharged from care coordination from Community Mental Health Teams.	Mental Health Prevention & Personalisation Service, SMBC and Pennine Care NHS Foundation Trust.	Recommendation from Care Coordinator or self-referral Telephone 0161 716 4331 leave a message and your call will be returned Mon- Fri 9:00am – 5:00pm Email pcn-tr.pps@nhs.net
SPARC provides community Groups, 1-1 support, online-group work, a café and a Counselling Service for adults experiencing severe and enduring mental health problems.	Adults in Stockport	Stockport Progress and Recovery Centre (SPARC)	Telephone 0161 429 9744 http://sparc4me.org.uk/
Support for people on their move away from statutory services, helping them to be more confident and resilient in everyday life.	Accessible to anyone who has been in secondary Mental Health Care	Mental Health Network	Professional or self-referral via www.pureinnovations.co.uk/what-we-offer/mental-health-network/

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<p>Advocacy support from our team of independent mental health advocates. We can talk through issues such as rights, care, treatment and discharge planning. We can support patients to contact other professionals involved in their care to get their voice heard. We can signpost on to other organisations that can help.</p>	<p>Patients and carers of those detained on Mental Health wards in Stockport, including patients that are on leave and patients that have a Community Treatment Order in place.</p>	<p>Stockport Advocacy</p>	<p>Our phonenumber 0161 989 0031 is available for anyone to leave a message 24 hours a day 7 days a week, these messages are accessed instantly between 9:00 am -4:30pm and an IMHA will respond by returning the call as quickly as possible. We are currently working on turning this in to an active phone line...we will update when this has been done.</p>
<p>Support for those with severe and enduring mental health issues with advice around practical needs, mental health and alcohol abstinence support, wellbeing walks, one-to-one lived experience peer support.</p>	<p>Adults in Stockport</p>	<p>Stockport User Friendly Fellowship - STUFF</p>	<p>Mondays, Tuesdays, Wednesdays, Thursdays and Sundays, 11 am to 6 pm Contact via referral form: https://stockportstuff.vistaprintdigital.com/contact</p>
<p>Psychological/Talking Therapies and Counselling services</p>			
<p>Psychological /Talking Therapies (IAPT - Improving Access to Psychological Therapies)</p> <p>Online interactive e-therapy and talking therapies to enable people with mild and moderate common mental health problems to access appropriate treatment through peer support, eTherapy and Talking Therapies.</p>	<p>People aged 16+ registered with a Stockport GP</p>	<p>Self Help Services (Big Life Group)</p> <p>Pennine Care- Stockport Healthy Minds</p>	<p>www.selfhelpservices.org.uk/Stockport Telephone 0161 480 2020 Mon - Fri, 9:00am - 5:00pm Queries about referrals to stockportpws@selfhelpservices.org.uk</p> <p>www.penninecare.nhs.uk/services/stockport-healthy-minds/ Telephone 0161 716 5640</p>

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<p>Breaking Free – as part of our eTherapy package, we offer online therapy specifically aimed at people who are using drugs and alcohol alongside experiencing common mental health problems. Sessions are currently delivered online with telephone support.</p> <p>eTherapy for Young People (11-18 years old) – we also have a dedicated online therapy service for young people.</p>	<p>People who are using drugs and alcohol alongside experiencing common mental health problems</p> <p>Young people aged 11-18</p>	<p>Self-help Services</p> <p>Self-help Services</p>	<p>Self, GP or health professional referral Clients can self-refer to the e-therapy service by completing the online referral form on our website www.selfhelpservices.org.uk See your GP who will refer you Or phone self-help services on 0161 480 2020 and refer yourself</p> <p>For further information about this service contact Jim Bradley, Stockport Breaking Free Dual Diagnosis Etharapy Coordinator 07702 883550 or email jim.bradley@thebiglifegroup.com</p> <p>Full information on the service offer, including referrals can be found at: https://www.selfhelpservices.org.uk/referrals/young-persons-etherapy-service-stockport/</p>
<p>IAPT - Improving Access to Psychological Therapies</p> <p>Telephone support and treatment for symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of hopelessness or panic attacks.</p> <p>Also help to deal with the effects of a long-term health problem or chronic pain, post-natal depression, obsessive compulsive disorder, phobias, or eating difficulties.</p> <p>Offering support via telephone, video or online</p>	<p>People aged 16+ registered with a Stockport GP</p>	<p>Pennine Care-Stockport Healthy Minds</p> <p>Self Help Services (Big Life Group)</p>	<p>www.penninecare.nhs.uk/services/stockport-healthy-minds/</p> <p>Telephone 0161 716 5640</p> <p>www.selfhelpservices.org.uk/service/stockport-psychological-wellbeing-service</p> <p>Telephone 0161 480 2020 Mon - Fri, 9:00am - 5:00pm Queries about referrals to stockportpws@selfhelpservices.org.uk</p> <p>Self, GP or health professional referral</p>

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(formerly CAMHS), specialised service for children and young people with more severe, complex and persistent mental health needs.	Children and young people	Stockport Healthy Young Minds	www.penninecare.nhs.uk 0161 716 5868 (requires referral) but also has helpful website: https://healthyyoungmindspennine.nhs.uk/
<p>1:1 casework supporting women with issues such as housing, benefits, relationships (including domestic abuse), criminal justice and offending, mental health, personal development, support at meetings and advocacy.</p> <p>Counselling and psychotherapy to support women who are experiencing difficulties in their everyday life, whether these stem from your early childhood or are current stressors in the here and now.</p>	Women experiencing difficulty in coping with everyday life	Stockport Women's Centre	https://www.stockportwomenscentre.co.uk/counselling-and-psychotherapy Telephone: 0161 355 4455 Mon – Fri 10:00am to 4:00pm E-mail: admin@stockportwomenscentre.co.uk Service is developing online service offer and looking at how women can be supported both over the phone and through video conferencing.
Employee Wellbeing Housing Provider Counselling Individual Counselling Couples Counselling C&YP Counselling Family Counselling Sex Therapy Mediation Domestic Abuse Services	All, as appropriate to service	Talk Listen Change	Telephone 0161 872 1100 https://talklistenchange.org.uk enquiries@talklistenchange.org.uk Current position – all services will be delivered digitally. Check website for changes
Telephone, online and face to face counselling Individual Counselling Trauma Therapy & EMDR Couples Counselling Children & young people's counselling IAPT Psychological Therapies as part of Stockport IAPT Employee Counselling business well-being services Staff supervision Voluntary service	Adults, children and young people	Beacon Counselling	https://www.beacon-counselling.org.uk/ Telephone 0161 440 0055

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Trained counsellor telephone helpline for autistic people, people with learning disabilities, and their carers and family members.	People with learning disabilities, Autistic people, Their carers and family members	Respect for All Counselling	https://www.respectforall.org.uk/counselling/helpline Telephone 0161 532 4075 Tuesday: 4 pm - 6 pm Wednesday: 6 pm - 8 pm Thursday: 10 am - 12 noon
Counselling services for people, carers and families affected by cancer or life-limiting illnesses, as well as those recently bereaved (including those bereaved due to coronavirus)	People, carers and families affected by cancer and life limiting illnesses and those recently bereaved	Beechwood Centre	http://www.beechwoodcancercare.org.uk/ Telephone 0161 476 0384 enquiries@beechwoodcancercare.co.uk
Other Stockport Specialist Services			
Support around drugs and alcohol Telephone advice and support, substitute prescribing (where appropriate), online programmes. START provide initial advice and then support into other local treatment services if needed. Mosaic for young people up to and including 26	People with drug and alcohol problems. START for Age Over 26 Mosaic for young people up to and including 26	START (part of SMBC) Mosaic (part of SMBC)	Telephone 0161 474 3141 (9:00am – 5:00pm Monday to Friday excluding bank holidays) Email: START@stockport.gov.uk . Visit: https://www.healthystockport.co.uk/contact-us If already in treatment, you can contact their service directly on - CGL: Telephone 0161 474 1343 - Pathfinder (Pennine Care): Telephone 0161 716 4000 - Mosaic (young people’s service): Telephone 0161 218 1100

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<p>Free treatment and support to those affected by problematic gambling. For people who:</p> <ul style="list-style-type: none"> • have an existing gambling problem • have co-existing gambling problems and other issues • are at risk of developing a gambling problem • have been affected by the gambling of a family member or significant other <p>Stockport residents can access clinics in Salford, Wigan and Tameside. Telephone support is also available</p>	<p>People aged 16 and over</p>	<p>Beacon Counselling Trust</p>	<p>Call 0151 226 0696 Leave a message, including your phone number, if calling outside of business hours. You can also email gamcare@beaconcounsellingtrust.co.uk</p> <p>For more information, or to self-refer online visit the Beacon Counselling Trust website.</p>
<p>Programme of creative activities which benefit mental health, improve confidence and connect people to each other. Led by artists but with mental health support worker and social work students able to offer additional support to participants.</p>	<p>Adults with mental health issues</p> <p>Isolated older people</p> <p>Mothers experiencing perinatal mental health issues</p> <p>Young people with mental health issues</p>	<p>Arc (Arts for Recovery in the Community)</p>	<p>https://arc-centre.org/health-and-wellbeing-programmes/</p> <p>https://arc-centre.org/creative-programmes-for-adults/</p> <p>https://arc-centre.org/young-peoples-arc/</p> <p>Referrals@arc-centre.org Tel 0161 474 1462</p>

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<p>Support for Unpaid Carers Emotional support and Counselling Carers Assessments Social contact – peer volunteers and carer support workers Online peer support and activities Practical suggestions, information and advice re caring for someone Support with finance and benefits</p>	<p>those caring for friend/relative /neighbour that couldn't manage without them, including if person is in nursing or residential care) Former carers</p>	<p>Signpost Stockport for Carers</p>	<p>www.signpostforcarers.org.uk/</p> <p>Email info@signpostforcarers.org.uk Telephone 0161 442 0442 Mon - Fri 8:00am – 4:00pm, including bank holidays.</p>
<p>Community Eating Disorder Service Provides evidence-based outpatient therapies for people aged 16 years and over with eating disorders.</p> <p>The areas that they help with include anorexia, bulimia, binge eating disorder, complex food phobias, and weight and body image distress.</p>	<p>Aged 16+ living and/or registered with a GP within Stockport (SK1 – SK8) criteria for access apply</p>	<p>Oakwood Psychological Services</p>	<p>https://www.oakwoodhouse.co.uk/stockport-nhs-eating-disorders-service/</p> <p>Criteria for access with diagnosed eating disorders, BMI > 14 and < 40, who are medically and psychiatrically stable. <i>Currently only offer online or telephone therapy sessions. Please contact Care Coordinator, Faye Hall at 07856 711 081 or by email on info@oakwoodgroup.org to make an appointment.</i></p>
<p>Military Veterans IAPT. Provide mental health support to ex-service personnel for conditions including depression, alcohol and substance misuse, anger problems and post-traumatic stress disorder.</p>	<p>Military Veterans</p>	<p>Pennine Care NHS FT</p>	<p>https://www.penninecare.nhs.uk/military-veterans-service Telephone 0300 323 0707 Monday – Friday 9:00am-5:00pm Mviapt.enquiriesnw@nhs.net Online self/family referral or GP referral</p>

What is available	Target groups / suitable for...	Organisation	How to access (including times)
<ul style="list-style-type: none"> Practical support via ‘The Volunteer Hub’ – Volunteers offer support to vulnerable people and can apply for roles on the site with various organisations Pen Pal Scheme – letters written by the Pen Pal Scheme volunteers and sent to isolated individuals and those who are experiencing loneliness. Information and Signposting Service - Providing information, advice and guidance on where and how to get support for mental health concerns; signposting to the right organisations and following up to ensure the right support has been received. Giving patients a voice/platform to enable ‘quality care’. 	<p>Stockport vulnerable people</p> <p>Stockport People experiencing loneliness/need befriending</p> <p>All members of the public</p>	<p>Healthwatch Stockport</p>	<p>Tel:- Healthwatch Stockport, 0161 974 0753 10am-4pm</p> <p>Contact Shirley Hamlett at Healthwatch Stockport Email: info@healthwatchstockport.co.uk</p> <p>Tel:- Healthwatch Stockport, 0161 974 0753 10am-2pm Email: info@healthwatchstockport.co.uk</p> <p><i>(Telephone messages can be left outside of the above hours and a member of the team will return calls)</i></p>
<p>Online classes and live chats with our professionals to look after mental health wellbeing during Covid. Services are provided in different languages such as: Farsi, Turkish, Kurdish, Arabic and Urdu.</p>	<p>Vulnerable adults, new immigrants, families and couples, asylum seekers age 18 plus</p>	<p>Yaran North West Mental Health and Wellbeing</p>	<p>For information email info@yarannorthwest.com Facebook: YARAN/CIC Instagram: Yaran.northwest</p> <p>Service addresses: The Zion Centre, 339 Stretford Road, Manchester M15 4ZY The Yaran Centre, 307 Dickenson Road, Longsight, Manchester, M13 OYW Adswood Community Centre 231 Garners Lane, Stockport, SK3 8PW Stockport Homes, 2 Edward St, Stockport, SK1 3NQ</p>