

Outline Support

18+

SilverCloud

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

<https://gm.silvercloudhealth.com/signup/>

Togetherall

24/7 anonymous online support for anyone in Stockport aged 16 or over.

www.togetherall.com

11-18

Kooth

Online counselling and emotional wellbeing support for young people aged 11-18

www.kooth.com

Living Life to the Full

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

www.gmhealthhub.org/feeling

Online, interactive e-Therapy and talking therapies

16+

Improving Access to

Psychological Therapies (IAPT)

www.penninecare.nhs.uk/services/

stockport-healthy-minds/ call 0161 716 5640

or www.selfhelpservices.org.uk/service/

Stockport call 0161 480 2020

Every Mind Matters

NHS advice and tips on looking after your mental health.

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

Talk to Someone

Open Door

Mental health & wellbeing support for Stockport residents

Helpline available 24/7, call 0800 138 7276

Safe Haven drop in, open daily,
72-74 Prince's Street, SK1 1RJ

Email opendoorstockport@makingspace.co.uk

Shout - 24/7 text service

Chat with trained crisis volunteers by text message.

Simply text SHOUT to 85258

Emotional Wellbeing Hub

Information, advice, and guidance for anyone 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: Stockport Without Abuse 0161 477 4294.

MASSH (multi agency safeguarding & support hub) 0161 217 6028.

Stockport Adult Social Care 0161 217 6029.

Greater Manchester Bereavement Service

Support and information for anyone bereaved. Call 0161 983 0902.

Mon to Fri 9am to 5pm, Wed 9am to 8pm.

<https://greater-manchesterbereavement-service.org.uk/>

Improving Access to

Psychological Therapies (IAPT)

Telephone support and treatment for people over 16 years registered with a Stockport GP.

Complete the online form or speak to your GP to access the service.

www.penninecare.nhs.uk/services/stockport-healthy-minds call 0161 716 5640 or www.selfhelpservices.org.uk/service/

Help with practical challenges—money, housing, food supply, loneliness, caring responsibilities

Stockport Council

Coronavirus Helpline

Call 0161 217 6046 Mon to Thurs

9am to 5pm, Fri 9am to 4:30pm.

For links to information on a range of issues, visit: www.stockport.gov.uk/vulnerablepeoplecoronavirus

Signpost for Carers

Confidential information and support to unwaged carers in Stockport

Call 0161 442 0442 Mon to Fri 8am to 4pm, or 0161 947 4690 for the Young Carers Team
www.signpostforcarers.org.uk/who-we-are

The Prevention Alliance

Provides support in working through challenges you may face. Call 0161 474 1042 Mon to Fri 9am to 4.30pm.

If you are deaf, text 07539 468 560

<https://stockporttpa.co.uk/>

18+ Viaduct Care Wellbeing and Self-care service

Individual self care support for anyone

URGENT HELP if you need help straightaway

- Samaritans - call 116 123. Available 24/7.
- SHOUT text SHOUT to 85258.
- Hopeline UK – if you're under 35 – call 0800 068 41 41 - 9am to midnight every day of the year (inc weekends and bank holidays).
- Dial 999 – in a life-threatening emergency.

Help to reduce or stop using Drugs, drinking alcohol or gambling

26+

START Team

Help you access alcohol and /or drug support/treatment.

Call 0161 474 3141 or email

START@stockport.gov.uk

www.healthystockport.co.uk

0-25

MOSAIC

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.

Gambling

Advice and support for anyone affected by problem gambling.

www.gamcare.org.uk

www.begambleaware.org

National Gambling Helpline. Available 24/7
0808 8020 133.

Additional Help and Support:

Links to more support in Stockport

More online resources for support with self-help, peer support, and details about local organisations, as well as national support and helpline numbers can be found here: www.stockport.gov.uk/wellbeingcoronavirus The page includes a link to further resources specific to children and young people.

Pennine Care NHS Foundation Trust:

Mental Health Helpline – call 0800 014 9995 (24 hours a day)



Wellbeing

Free Stockport NHS online training courses for students and parents

Stockport NHS Foundation Trust has now purchased a multi-user licence for the following Solihull Approach online courses.

Created by experts, the courses are proven to improve emotional wellbeing and the relationships between parents and children. The following parenting courses are now free for residents of Stockport:

- Understanding your pregnancy, birth, labour and your baby
 - Understanding your baby (0-12 months)
 - Understanding your child (0-19 years)
- Understanding your child with additional needs
 - Understanding your teenager's brain
- Understanding your brain (course for teenagers)

The courses are for anyone playing an active role in a child's life, up until they are 19 – this could be parents, partners, carers, professionals of all kinds, grandparents, other family and involved friends.

Anyone in Stockport can join the courses for free by following these simple instructions:

1. Visit the website inourplace.co.uk
2. Use access code: REDROCK
3. You will be asked to create an account so that you can resume the course where you last left off.
4. You will also be asked to verify your postcode to make sure that you're a Stockport resident.

If you are a professional using this service, please add your postcode as SK1 3XE.

Solihull online training courses for parents/carers

EPEC is Empowering Parents, Empowering Communities. Parent led evidence-based parenting courses facilitated by trained parents who are supervised by EPEC trained Stockport Family workers.

The EPEC Coordinator is Tracy.dopson@stockport.gov.uk and for info on all the courses that run across Stockport the email is admin.epec@stockport.gov.uk.

The courses are Being a Parent, Being a Parent Together and Parenting Teens.

The Solihull parenting log in is www.inourplace.co.uk, access code REDROCK, postcode for staff is: SK1 3XE. Solihull courses cover birth to 18