



## What's Next?

A guide to what services we  
have on offer for children and  
young people



## Useful websites and phone numbers

### Young Minds

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Info: A UK based charity (separate to Mind) focussed on improving the lives of young people through better mental health support. The website is young-person friendly and contains information about different signs/symptoms young people could experience along with advice/guidance on how to manage difficulties such as bullying, exam-stress, grief, eating problems and self harm. There is a parental support section of the website as well as information on medication for young people with mental health difficulties.

Phone: 0808 802 5544 (Parent's helpline) / 8258 (Crisis messaging service via text)

### The Mix

Website: [www.themix.org.uk](http://www.themix.org.uk)

Info: A website for the under 25s, sharing information about a variety of topics that impact young people. Their 'mental health' section contains informative articles and discussions about topics such as "what to expect from counselling" and "Social media makes me feel bad about my body". They have a live 1-1 professional chat service, crisis messaging and free online counselling services for young people aged 10-18 or free telephone counselling to those 25 and under.

Phone: 0808 808 4994 / text 'THEMIX' to 85258 (Crisis messaging service)

### Healthy Young Minds

Website: [www.https://healthyyoungmindspennine.nhs.uk/](https://healthyyoungmindspennine.nhs.uk/)

Info: Your local NHS children's mental health service website (formally known as CAMHS). Website contains information about their services, self-help advice, where to find help locally and crisis information.

Phone: 0161 716 2777

### Kooth.com

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

Info: Free, safe and anonymous online counselling and support for young people. Mon-Fri 12pm-10pm, Sat-Sun 6pm-10pm. Sign up anonymously, all that is required is a post code and log-in information.

### Switchboard

Website: [switchboard.lgbt](http://switchboard.lgbt)

Info: A national charity providing a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing. Switchboard supports and empowers people to explore the right option for them. All of Switchboard's trained volunteers also self-identify as a member of the LGBTQIA+ community. Phone line available from 10am until 10pm every day or you can chat using their online messenger.

Phone: 0300 330 0630

Email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

### SHOUT

Info: A free, confidential, 24/7 text messaging service for anyone who is struggling to cope. Speak to a trained volunteer about how you are feeling, who can support you to get to a calmer place. SHOUT does not appear on your phone bill.

Text 'SHOUT' to 85258 to start a conversation.

## What is a Take 5 drop in?

Attending a Take5 drop in is the first step in accessing the support we offer.

A drop in is a short appointment (45 mins) where we explore how you're currently feeling and the situations you're going through. You will be asked questions like...

How are you feeling right now?

How long have you been feeling like this?

What do you normally do to cope?

After this, we'll be able to help you pick which of our support options might be best suited to you and what you need right now.

**Drop ins are open to all young people aged 8-18 in Oldham**

(living at an Oldham postcode, registered with an Oldham GP or attending an Oldham school)

**When:** Every Thursday 3PM-7:15PM

**Where:** 19-25 Union St, Oldham OL1 1HA

Contact us on **0161 330 9223** or email us on **[take5@togmind.org](mailto:take5@togmind.org)**

Keep up to date with everything we're doing via our social media



Youth In Mind



@youth\_in\_mind\_



# What is SilverCloud ?



SilverCloud is an online service informed by CBT (Cognitive Behavioural Therapists). Modules cover a variety of concerns including anxiety, depression, panic, phobias and stress which can be tailored to your needs and experiences. Each programme consists of 6 – 7 modules which you can complete at your own pace over approximately 8 weeks.

You can use this program on your own, with a practitioner checking in each week who can provide regular reviews, encouragement and unlock further modules.

SilverCloud can be accessed online via a mobile phone, tablet and laptop at a time and pace convenient for yourself, therefore, offering a flexible and accessible approach to resources and support.

## Next Steps

If you have already attended a drop-in and chosen to try SilverCloud you will receive your invitation link to your chosen email address. From here you will be able to start accessing the modules that best suit you as agreed with your practitioner.

If you attended a drop-in and would like to choose this course, please email us at [take5@togmind.org](mailto:take5@togmind.org) or call **0161 330 9223** and ask for the Take 5 department.

Thank you.

## If you feel you are in Crisis, Oldham Services

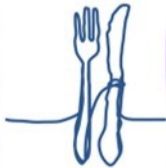
Should you feel that you are unable to keep yourself safe or a Parent, Carer or Friend is unable to support you in keeping safe, please do not hesitate to contact the following.

- **NHS Pennine 24/7 Mental Health helpline** – Telephone 0800 014 9995, 24 hours a day, 7 days a week if you have a increased mental health need. Here you can speak with a mental health professional who can provide support and advice on the best avenue of support.
- **NHS 111 Service** – Telephone 111 from a mobile or landline and speak to a representative who can advise you where to get help 24 hours a day, 7 days a week.
- **Your Doctor/GP** – Telephone your doctors surgery or attend in person. If you are unsure of the number, you can do a quick google search to find it.
- **Accident and Emergency Department** – Either telephone 0161 624 0420 or attend in person. The Department is open 24 hours a day, 7 days a week – Royal Oldham Hospital, Rochdale Road, Oldham, Greater Manchester OL1 2JH.
- **Multi-Agency Safeguarding Hub (MASH)** – If you think a child is being abused or mistreated or you have concerns about a child's well-being please contact 0161 770 7777 (Mon-Fri, 8.40am-5pm) or alternatively, you can email [child.mash@oldham.gov.uk](mailto:child.mash@oldham.gov.uk) or [adult.mash@oldham.gov.uk](mailto:adult.mash@oldham.gov.uk). The contact number can also be used for adults should you have any concerns for their wellbeing.
- **Papyrus** – Telephone 0800 068 4141 between 9am – 12pm, 7 days per week, If you or a loved one is struggling with thoughts or feelings of suicide. You can also call in confidence to speak about anything you are finding challenging in life.
- **The Samaritan's** – 116 123 open 24 hours a day, 7 days a week. The Samaritan's offer a safe place for you to talk anytime you like, in your own way, about whatever is getting to you.
- **ChildLine** – Free to phone 0800 1111 (24 hours) or on line [www.childline.org.uk](http://www.childline.org.uk). Childline help anyone under 19 with any issue they are going through, big or small.
- **NSPCC** – 0808 800 5000 open 24 hours a day, 7 days a week. The NSPCC work to protect Children and Young People and prevent abuse.

**It is important that you speak with someone about how you are feeling – a Parent, Carer, Teacher, Friend or one of the above.**



# Top tips for well-being



## Eat well!

Eating lots of healthy foods and drinking plenty of water is good for our minds as well as our bodies!

## Help others!

Helping out other people helps boost our mood as well as theirs. Try and do something nice for another person every day.



## Spend time with loved ones!

Spending time with friends and family can really boost our mood. Do something fun or just chill out with the people you love and trust.

## Sleep!

Getting around 10 hours of sleep is needed to make sure your energy levels are recharged ready to tackle a new day.

## Be active!

Exercising and being active releases chemicals to our brains that make us feel good. A healthy body helps keep a healthy mind.



## Breathe!

Practicing some breathing techniques is a great way to calm the mind. Check out YouTube to learn some techniques.



## Be mindful!

Learning how to be mindful can help our minds to stop worrying about the past and the future. Focus on and appreciate the present moment. Check out some of the apps on our useful apps sheet.

## Enjoy something!

Doing something you enjoy can turn a bad day into a good day. Go out with your friends, watch your favourite film or read a book.



## Open up!

Talk to someone about how you are feeling or write your feelings down in a journal.

# What is Counselling?



Counselling is a way of helping people with personal problems.

Counsellors work with a wide range of difficulties and worries including anxiety, low mood, bereavement, loneliness, self-esteem, difficulties in relationships, bullying, self-injury, eating problems and more. Counselling is based on building a trusting relationship between Counsellor and client. It can help people to talk about their experiences and make sense of them.

Counselling can allow people to express difficult feelings and to learn how to manage them in a helpful way. Counsellors are trained to listen thoughtfully and carefully to people's problems without judgement or criticism. Counsellors do not give advice, but instead support their clients to make positive decisions for themselves.

To access Counselling with Youth In Mind you must live, attend school/college or be registered with a GP Practice in Oldham. Please come to our Drop-in service on a Thursday evening between 3pm – 7.15pm, to speak with one of our Practitioners and see if the service is suitable for you.

Please call 0161 330 9223 and ask for the Take 5 department for more information, or email [take5@togmind.org](mailto:take5@togmind.org)

## Next steps

If you have already been to a Drop-in and have been put on the waitlist for Counselling, we will contact you when an appointment slot becomes available. Please ask for an approximate wait time as this varies.

Depending on your contact preferences, we will either call (always from a withheld number), text (from our computerised system) or send a letter confirming the date and time of your appointment.

We would ask that you then call to confirm the date and time is convenient or to rearrange—thank you.



# What is the Anger Course?



The Anger Course is a 4 week therapeutic course for children and young people aged between 8 - 18 years of age.

The course is held for one hour per week for a total of 4 weeks. It is run as a group course and can have up to 8 young people in total — these are the same young people each week.

The course is split into two different age groups: juniors (aged 8-13) and seniors (aged 14 – 18), but these ages may vary depending on group sizes.

The Anger Course will be facilitated by a Practitioner but will mostly be guided by the young people in the group. The group will work on what anger is, how it can make us feel, what things can be our triggers and how we can control our anger with new techniques and calming strategies. The group can learn together and share their positive achievements and their setbacks, so they can support each other.

If you would like to access this course, please come to our drop-in service on a Thursday evening between 4pm – 8pm, to have a chat with one of our Practitioners and see if the service is suitable for you. Please call 0161 330 9223 and ask for the Take 5 department for more information.

If you have already attended a drop-in and are on the waitlist, you will receive your invite letter/email/phone call in 4-8 weeks and it will have all of the information about your course on it.

If you have any questions or queries, please give TOG Mind a ring on 0161 330 9223 or email [take5@togmind.org](mailto:take5@togmind.org)

Thank you.

# What is Coaching?



Coaching is **goal-orientated** and aims to help you find ways to manage and cope with your current feelings and difficulties. It involves learning new skills and tools, and working with your practitioner to identify a goal you'd like to work towards and taking steps towards completing it.

Depending on your goals, coaching can last anywhere between 4-8 sessions. Your practitioner will review progress with you every couple of sessions to make sure you're on track with your goals.

It requires action and input, breaking down your goals into smaller steps and celebrating the small wins!

If you have already attended a drop-in and are on the waitlist, you will receive your invite letter/email/phone call once you reach the top with information about your first appointment.

If you attended a drop-in and would like to choose this course, please email us at [take5@togmind.org](mailto:take5@togmind.org) or call **0161 330 9223** and ask for the Take 5 department. We can then add you to the waitlist.

Thank you.



# Families in Mind

 **mind**  
Tameside,  
Oldham  
and Glossop

**A mental health and wellbeing service for families.**

## What is Families in Mind?

Families are diverse, unique, and special. At times, challenges do arise that make things difficult in the family; conflict and struggles happen. Families in Mind is a service that can support your family through this, helping you navigate these moderate conflicts and/or experiences.

## Is this the right service for your family?

**Our aim is to empower families. With our support your family can:**

- Set family goals and work together
- Identify and understand the varied roles and responsibilities of family members
- Explore the strengths of your family
- Identify areas that can contribute to conflict and explore ways to reduce this
- Learn productive ways to communicate
- Explore and share difficult emotions in a safe, non-judgemental place

## How? Next Steps

**How?** Families in Mind will prioritise the well-being of your family. We carefully match your family's needs with the most suitable practitioners, ensuring that you receive personalised support, specifically tailored to your situation. Working with every member of the family we will plan a range of activities that help you understand your difficulties and achieve your goals. We aim to make these as inclusive, interactive, and enjoyable as possible.

**Next Steps** If you feel this service will benefit your family, then please register your interest by **scanning the QR code to the right**, or simply email [familiesinmind@togmind.org](mailto:familiesinmind@togmind.org) and request a referral form. Once you have registered, a practitioner will be in contact to invite you all to an initial session. The purpose of the first meeting is to find out a little bit more about what is and has been happening in your family and to explore if this service is right for you. Then if your family wishes to access our service (Family Solutions) we can get you booked in.

We understand that on occasion a family may not wish to start Family Solutions - in these circumstances we will provide information about other support services in the local area.



## What is the Anxiety Course?



The Anxiety Course is a 4 week therapeutic course for children and young people aged between 8 - 18 years of age.

The course is held for one hour per week for a total of 4 weeks. It is run as a group course and can have up to 8 young people in total — these are the same young people each week.

The course is split into two different age groups: juniors (aged 8-13) and seniors (aged 14 - 18), but these ages may vary depending on group sizes.

The Anxiety Course will be facilitated by a Practitioner but will mostly be guided by the young people in the group. The group will work on what anxiety is, how it can make us feel, what things can be our triggers and how we can control our anxiety with new techniques and calming strategies. The group can learn together and share their positive achievements and their setbacks, so they can support each other.

If you would like to access this course, please come to our drop-in service on a Thursday evening between 4pm – 8pm, to have a chat with one of our Practitioners and see if the service is suitable for you. Please call 0161 330 9223 and ask for the Take 5 department for more information.

If you have already attended a drop-in and are on the waitlist, you will receive your invite letter/email/phone call in 4-8 weeks and it will have all of the information about your course on it.

If you have any questions or queries, please give TOG Mind a ring on 0161 330 9223 or email [take5@togmind.org](mailto:take5@togmind.org)

Thank you.

216-218 Katherine Street  
Ashton-under-Lyne  
Lancashire  
OL6 7AS

t. 0161 330 9223  
e. [office@togmind.org](mailto:office@togmind.org)  
w. [www.togmind.org](http://www.togmind.org)

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# Peer Support Group!



**Are you 15 - 18 and interested in building your self esteem and confidence?**

**Peer support is a safe space for you and others to talk openly and support one another - This can help with:**

- Opening up about feelings and experiences
- Boosting self esteem and confidence
- Introducing ideas and approaches that others have found beneficial
- Helping you to connect with others and value your strengths

**Every Wednesday from 5pm till 6pm!**

**Our Oldham Office: 19-25 Union St, Oldham OL1 1HA**

**If you would like to find out more about this service feel free to come to a drop-in on Thursday's between 3pm and 7pm.**

**Alternatively call us on 0161 339 9223.**



# Take 5 & Create

Arts group for wellbeing



**Every Wednesday between 3:30-4:30pm we have a FREE craft and create art group available at Take 5 TOG mind, 19-25 Union Street OL1 1HA**

**The sessions are aimed at 8-12 year olds, they are fun, relaxed and a great way to meet new people your age**

**Come along whenever you can to our weekly sessions to get creative with us!**



**If you would like any more information please get in touch**

**Email**

**take5@togmind.org**

**Call**

**0161 330 9223**



Tameside, Oldham and Glossop

