

Getting help for your child

Following is a list of websites and resources that you can refer to if you need help with your own mental health and wellbeing

[Living Life to The Full](#)

Living Life To The Full is a suite of online self-help courses and resources that you can access at home or on the go. It isn't framed around diagnosis but empowerment. It teaches us life skills and gives us tools to improve wellbeing and resilience. There are several courses available:

- ◆ Living Life To The Full for low mood and stress in adults
- ◆ Reclaim Your Life if you are living with a long-term condition
- ◆ Enjoy series for soon to be and new parents

LLTTF is free of charge for Greater Manchester residents. You can register and go, pause and repeat elements as many times as you like.

[Tameside Oldham and Glossop Mind](#) for Adults

Our Adults department is open and functioning via telephone and Zoom 5 days a week. All adults can self-refer to attend a telephone drop in, which is our only point of access. Service users can complete the attached referral form and email to referrals@togmind.org or call 0161 330 9223 to make this self-referral over the phone. They won't be asked for specific details about their difficulties, just basic contact and Equality and Diversity information.

After the drop in – which is an initial assessment – they are offered a number of pathways most suitable to their needs (They will be talked through the specifics of each pathway by their Adult Practitioner):

[Silver Cloud](#)

All Greater Manchester residents can now access online therapy to help with stress, anxiety, low mood and depression.

[Samaritans](#): 116 123

Shelf Help/Books on Prescription: Lists available [HERE](#)

You can purchase the titles or access them via the library service in your area

If you need more support or consider using the [Hub of Hope](#) to find more information on services local to you.

Learning Mentors

You can contact us via email or telephone
rachel.spregg@wildbank.tameside.sch.uk
ali.sparkes@wildbank.tameside.sch.uk



Getting help for your child

Following is a list of websites and resources that you can refer to if you are worried about the mental health and wellbeing of your child or young person.

[Youth in Mind | Tameside Oldham and Glossop Mind \(togmind.org\)](http://togmind.org)

Youth in Mind at TOG Mind offer an innovative range of therapeutic services to support young people and families from the **Hive Drop** in to the **Families in Mind Service**.

Tel: 0161 330 9223

[Off the Record – A FREE, confidential counselling service for young people 13-25 living in Tameside and Oldham \(otr-tameside.org\)](http://otr-tameside.org)

Healthy Young Minds is a children and adolescent mental health service offering a variety of interventions and support for young people with identified needs.

[Healthy Young Minds Tameside and Glossop :: Pennine Care NHS Foundation Trust](http://www.penninecare.nhs.uk)

Young Minds -Parents helpline 0808 802 5544

Email parents@youngminds.org.uk

www.youngminds.org.uk/for_parents/worried_about_your_child

Tameside Mental Health Support [Mental Health \(tameside.gov.uk\)](http://tameside.gov.uk)

Childline - 0800 1111 www.childline.org.uk

Kidscape - Tackling bullying and safeguarding issues www.kidscape.org.uk

Kooth - is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. www.kooth.com

Samaritans - 08457 909090 www.samaritans.org

Papyrus - Working for the prevention of young suicide 0800 068 4141
www.papyrus-uk.org



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Following is a list of websites and resources that you can refer to if you are worried about the mental health and wellbeing of your child or young person.

TESS email and text support service for self injury 0780 047 2908

www.selfinjurysupport.org.uk/tess-text-and-email-support-service

Brook – An advisory service that provides free and confidential sexual health services and advice for young people under 25. You can contact an advisor by texting 07717989023

Lifeline – Work with individuals, families and communities both to prevent and reduce harm, to promote recovery, and to challenge the inequalities linked to alcohol and drug misuse. www.lifeline.org.uk

The Youth Wellbeing Directory - www.youthwellbeingdirectory.co.uk

This directory helps service users and funders find high-quality services to improve the emotional wellbeing and/or mental health of children and young people directly, or by supporting their families and caregivers.

NHS Choices - www.nhs.uk/pages/home.aspx

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