

FAMILY GUIDE TO GETTING ADVICE AND GETTING HELP

Emotional Wellbeing and Mental Health



TAMESIDE CHILDREN
& YOUNG PEOPLE



A FAMILY NEEDS SEND HEALTH ADVICE OR SUPPORT

We need to know where our care is up to

We need something to do

We are struggling to cope

We need general advice



0161 342 5550
07867484290

Contact us:

[www.ourkidseyes.org/
contact-us/](http://www.ourkidseyes.org/contact-us/)

Facebook – [OKE Our Kids Eyes](#)

OKE HEALTH SERVICES NAVIGATOR

- Friendly advice 7 days a week
- Help you find the support you need in a variety of ways
- Help with queries on pathways

We can connect you to services
We will listen to you and help navigate the system with you
We can offer support and advice and keep you up to date on the local offer



0161 301 6054

[Joel.morton@
activetameside.com](mailto:Joel.morton@activetameside.com)

[Aiden.hopkins@
activetameside.com](mailto:Aiden.hopkins@activetameside.com)

ACTIVE TAMESIDE SEND TEAM

- Access to supported activities
- Build confidence
- Connect to other services
- About the services

We can find the right support for you
We can connect you to like-minded people
We can make you stronger and help you try new things



Call the Access
Point:

0161 342 4260

SEND FAMILY SUPPORT IN EARLY HELP

- Access to specialist parenting advice
- Offer group support and interventions to understand your child with additional needs
- Advice on behaviour

We can help you implement strategies
We can connect you to other families
We can help you access social care support

MENTAL HEALTH AND EMOTIONAL WELLBEING SUPPORT

I need help now:

Pennine 24/7 Helpline: (freephone)

Our Mental Health Helpline is here for anyone in our areas requiring urgent mental health support – this includes people already known to mental health services, those who are not known and carers.

0800 014 9995

24 hours a day 7 days a week

www.penninecare.nhs.uk/help

Talk to an adult, friend or somebody that you trust as soon as you can.

Childline

Call 0800 1111 or visit www.childline.org.uk

Samaritans

A confidential national helpline supporting people in mental health crisis **08457 90 90 90**
www.samaritans.org

Papyrus

Papyrus offers support to young people feeling suicidal
www.papyrus-uk.org/help-advice

I need advice or help:

OKE

Health Navigator Service – advice and additional support for health and mental health services for parents

www.facebook.com/ourkidseyes.uk/

Tel: 0161 342 5550 Mob: 07867484290

Email: oketameside@gmail.com

Community Hive

For mental health and emotional wellbeing the Community Hive offers walk in support in accessible neighbourhood locations

www.togmind.org/youth-in-mind/community-wellbeing-offer

Early Help

Family Information Service on 0161 342 4260 for help and advice on Early Help Services available.

Monday to Wednesday:

8.30am - 5pm

Thurs: 8.30am - 4.30pm

Fri: 8.30am - 4pm

www.tameside.gov.uk/Early-Help/Parent-Carer/The-early-help-access-point

KOOTH

Free, safe and anonymous mental health support for young people

www.kooth.com

Parenting Support

Do you need support, advice and guidance? The Parenting Team are here to support parents, carers and professionals.

parentingreferrals@tameside.gov.uk

0161 368 7722

Please note that e-mails will only be viewed during 8.30am and 5pm – Monday to Friday.

I need more help:

CEDS

Our Community Eating Disorders Service offers advice and support to families, carers, and those who work with, or support, a child or young person.

0161 716 4060

pcn-tr.ceds@nhs.net

www.penninecare.nhs.uk/ceds-south

CAMHS

Specialist services to children and young people who are experiencing mental health difficulties.

Mental Health referrals need to be made by a professional to the single point of access that includes Early Help, Mental Health and Safeguarding. Following triage, the referral will be supported by the most appropriate service.

www.penninecare.nhs.uk/tamesidecamhs





CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND EMOTIONAL WELLBEING GETTING ADVICE AND GETTING HELP (SEPTEMBER 2022)

Mental Health Support in Tameside and Glossop

More information for
adults and children's
mental health services

Local Offer for SEND



Do you have a query around Autism
or ADHD and need support?

ADHD / ASD Consultation Offer



Contact the CAMHS Service on
0161 716 3600 to access one of the
Tuesday Consultation slots with one
of the Neuro Specialist Team. This
could be delivered digitally, over
the phone or where there are risks,
we can support face to face. You can
access more than one consultation
appointment if you need to.

KOOTH Online Counselling and Peer Support Forum

(11-25 year olds)

Free to register, no referral needed



The Community Hive

(8-18 Year olds)

TOG Mind

Every Wednesday 4-8pm in
Ashton, other localities available

**Brief Intervention Walk In
Online Support**

There is additional support for
young people in schools so
please speak to the pastoral
lead about accessing support
in school. The mental health
in schools team is expanding
across schools.

[www.penninecare.nhs.
uk/tameside-mhsupport](http://www.penninecare.nhs.uk/tameside-mhsupport)

**Families and Young People
Can SELF-REFER to the
Community Hive - online
support and drop ins**

School Nurse Health Advice Line

Call 0161-366-2317

Monday to Friday 9am-4pm



Live information on the
Facebook page

Early Help

Neighbourhood Support and
Advice for families in Tameside



SELF-REFERRAL EMOTIONAL WELLBEING, SUPPORT AND ADVICE - FOR YOUNG PEOPLE OVER 16



YOUNG ADULT'S (18-25) MENTAL HEALTH AND EMOTIONAL WELLBEING GETTING ADVICE AND GETTING HELP (SEPTEMBER 2022)



Free, safe and anonymous mental wellbeing support across the UK - go to [Qwell.io](https://www.qwell.io) to get started today.

Support available includes:

- Live chat or messaging with qualified mental health professionals
- Self help tools and activities
- Online community

Live chat available from: Monday - Friday: 12pm - 10pm, Saturday and Sunday: 6pm - 10pm



Kooth is an online counselling and emotional wellbeing platform for children and young people aged 11 to 25 years.

The digital platform, which is available on any web-enabled, internet connected device (e.g. laptop, smartphone, tablet) is available 24/7, 365 days a year

No referral required - register here www.kooth.com

Minds Matter supports people with mild to moderate mental health problems. Mental Wellbeing Practitioners, Peer Support Workers and Counsellors who can help you to manage and overcome your difficulties via; counselling, one-to-one support, groups, dropw-in support and coaching.

The services operates from Monday - Friday 9am - 4.30pm, and is open to anyone aged 16+ years.

Self-referral accepted. Phone: **0161 470 6100**

www.thebiglifegroup.com/service/mindsmatter/



Healthy Minds is a talking therapies service. Providing support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood / depression, stress, worry or anxiety, feelings of hopelessness or panic attacks.

Healthy Minds also offer a service for complicated bereavements and adjustments to life events (6-12 months post incident).

The service is open to anyone aged 16 years +. Self referrals are accepted. Monday - Friday 9am - 5pm

Phone: **0161 716 4242**

Website: www.penninecare.nhs.uk/healthymindstameside

Healthy Minds offers an online therapy programme called SilverCloud which is available 24 hours a day, seven days a week. You can start the therapy straight away and it can be done at a time and place that suits you. You'll also have access to the system for a year after you've been discharged from the service.

Click [here](#) to refer to SilverCloud



Pennine Care
NHS Foundation Trust

For further information on available support or for specialist support that you will need to be referred to, please visit the [Mental Health Local Offer](#) pages

Local Offer for SEND



Tameside



DERBYSHIRE
County Council

Derbyshire

Explore the [Health and Wellbeing College](#) for courses designed to empower you to take control of your own health and wellbeing, through learning new skills and connecting with people

HEALTH AND WELLBEING COLLEGE