

**Are you  
worried,  
stressed,  
or feeling low?**

**Helping you find  
the right support  
in Stockport**

## If you prefer to access support online:

16+

### SilverCloud

Online therapy for residents aged 16 and over with programmes that can help ease stress levels, improve sleep or build resilience.

[gm.silvercloudhealth.com/signup](http://gm.silvercloudhealth.com/signup)

26+

### Qwell

24/7 anonymous online support for anyone in Stockport aged 26 or over.

[www.qwell.io](http://www.qwell.io)

10-25

### Kooth

Online counselling and emotional wellbeing support for young people aged 10-25.

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

### Healthy Minds - Greater Manchester.

Online course helping you care for your mental health and wellbeing.  
[www.rsph.org.uk/our-services/e-learning/courses/wellbeing-online-courses/healthy-minds-greater-manchester-elearning.html](http://www.rsph.org.uk/our-services/e-learning/courses/wellbeing-online-courses/healthy-minds-greater-manchester-elearning.html)

16+

### NHS talking therapies for anxiety and depression

Programmes completed in your own time online, face to face, over the telephone, or as part of a group/workshop.

[www.selfhelpservices.org.uk/service/stockport](http://www.selfhelpservices.org.uk/service/stockport) call **0161 480 2020** or  
[www.pennincare.nhs.uk/services/stockport-healthy-minds](http://www.pennincare.nhs.uk/services/stockport-healthy-minds) call **0161 716 5640**

### Every Mind Matters

NHS advice and tips on looking after your or someone else's mental health and wellbeing.

[www.nhs.uk/oneyou/every-mind-matters](http://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](http://www.shiningalightonsuicide.org.uk)

### Free Family & Relationship Courses

Free online courses (also in different languages) on understanding your pregnancy, baby, children, teenagers, and relationships in general.  
[bit.ly/stockportfamilycourse](http://bit.ly/stockportfamilycourse)

## If you prefer to speak to someone:

### 24/7 NHS Mental Health Crisis Line

Call **0800 014 9995** for:

- 24-hour advice and support for you, your child, parent or someone you care for
- help speaking to a mental health professional
- an assessment to find the right care for you

### Open Door Stockport

Mental Health crisis support in Stockport if you are feeling anxious, stressed or unable to cope

24/7 Mental Health helpline **0800 138 7276**

Drop-In Monday to Friday 10am to 5.30pm

Saturday to Sunday 12pm to 5pm

72 - 74 Prince's Street SK1 1RJ

Email: [opendoorstockport@makingspace.co.uk](mailto:opendoorstockport@makingspace.co.uk)

### Domestic Abuse

If you are experiencing domestic abuse contact: Stockport Support Hub - Domestic Abuse  
Call **0161 474 1042**, By text (for the deaf community) **07539 468 560** Monday to Friday from 8:30am to 5pm. [www.stockportsupport.com](http://www.stockportsupport.com)  
24/7 National Domestic Abuse Helpline call **0808 2000 247**

### Greater Manchester Bereavement Service

Support and information for anyone bereaved.  
Call **0161 983 0902** Monday to Friday 9am to 5pm (except bank holidays).  
[www.greater-manchester-bereavement-service.org.uk](http://www.greater-manchester-bereavement-service.org.uk)

### Stockport School Nursing

School nurse drop-ins – for young people aged 11-16 at their secondary school.  
Advice line - for all parents and young people aged 11-19 to speak to a school nurse about any concerns.

Call **0161 835 6789**

Monday to Friday 9am to 4.30pm.

### SHINE

Weekly wellbeing groups for young people, focusing on creative activities and developing skills to support emotional wellbeing, resilience and confidence.  
[www.beacon-counselling.org.uk/counselling-services/shine](http://www.beacon-counselling.org.uk/counselling-services/shine)

## If you want help with practical challenges, such as money, housing, food supply, loneliness or caring responsibilities:

### Stockport Citizens Advice

Information and advice around finance worries, benefits, employment, your relationships and your rights.

Call **0808 278 7803**

8:30am to 5:30pm Monday to Friday

[www.casort.org/information-and-advice](http://www.casort.org/information-and-advice)

### Stockport Support Hub

Help with your wellbeing, connecting with your community, support at home, access to transport, finances, or support with caring responsibilities. Call **0161 474 1042**, text (for the deaf community) **07539 468 560** Monday to Friday 8.30am to 5pm.  
[www.stockportsupport.com](http://www.stockportsupport.com)

### Stockport Council Cost of Living Hub

Find out what support you may be eligible for.  
Call **0161 474 2140**, Monday to Friday 9.30am to 4pm or search the hub at [www.stockport.gov.uk/topic/cost-of-living-support](http://www.stockport.gov.uk/topic/cost-of-living-support)

### Viaduct Care Wellbeing and Self-Care Service

Non-medical support to help you improve your mental and physical health and wellbeing, including support with long term physical health conditions. Also supports with finding community activities and support groups in your local area.

[www.viaductcare.org.uk/our-services/wellbeing-and-self-care-service](http://www.viaductcare.org.uk/our-services/wellbeing-and-self-care-service)

### Digiknow

Free guidance and advice for anyone who needs help getting online. Call **0772 421 7888**  
Monday to Friday 9am to 5pm

## URGENT help if you need help straight away

- **Samaritans:** call **116 123** - available 24/7
- **HOPELINE247** if you're under 35 call **0800 068 4141** available 24/7
- **Dial 999:** in a life-threatening emergency
- **Open Door:** mental health & wellbeing support for Stockport residents. Helpline available 24/7 - call **0800 138 7276**
- **24/7 NHS Mental Health Crisis Helpline:** call **0800 014 9995** - available 24/7

## If you would like help to cut down on or stop using drugs, drinking alcohol, smoking or gambling:

### START Team

A team that can help you access support around alcohol, drugs or smoking.  
Call **0161 474 3141** or email [START@stockport.gov.uk](mailto:START@stockport.gov.uk)  
[www.healthystockport.co.uk](http://www.healthystockport.co.uk)

### MOSAIC

Free, confidential support for people 25 and under who need help with drug or alcohol issues themselves, or to cope with partners who misuse substances.  
Call **0161 218 1100** or email [mosaic@stockport.gov.uk](mailto:mosaic@stockport.gov.uk)

### Gambling

Advice and support for anyone affected by problem gambling.  
[www.gamcare.org.uk](http://www.gamcare.org.uk) or [www.begambleaware.org](http://www.begambleaware.org)  
National Gambling Helpline available 24/7:  
**0808 802 0133**

## Additional Help & Support:

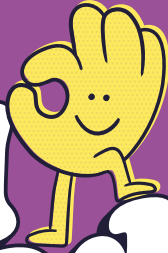
### Links to more support in Stockport



For more help and advice, please visit  
[www.healthystockport.co.uk](http://www.healthystockport.co.uk)

# 5 ways to

# feel good



These **5 activities** have been scientifically proven to boost your mood: it's worth considering how they fit into your every day, even in the smallest of ways.

## 1

### Connecting with other people

Old friends, new friends, or just smiling at someone as you walk past: connecting with others can make you feel part of something bigger.

## 2

### Getting active

Moving more is great for your brain too. From jogging to dad dancing, finding something you enjoy makes it easier to keep up.

## 3

### Learning something new

Giving something a go gives us confidence and a sense of purpose: and you don't even have to be good at something to get the benefits!

## 4

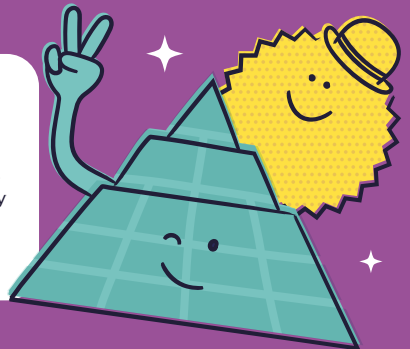
### Giving

Acts of kindness have 'feel good magic'. It doesn't have to cost money: your time, your words, and your presence all count.

## 5

### Taking notice

Remembering the simple things we appreciate every day can help us to stop worrying about the past or the future.



Scan here  
for more info



STOCKPORT  
METROPOLITAN BOROUGH COUNCIL



Greater Manchester