

Mental Health & Emotional Wellbeing—Support & Help for Stockport Young People aged 16-25
 Where multiple services are listed, please use the additional information on the reverse of the sheet to help you choose the most appropriate service

CONCERNS	FE / HE	COMMUNITY	ONLINE
Drugs and Alcohol: young person's own misuse or concerns about a family member	Nurse drop in (where available) Pastoral Support Team	Mosaic Treatment Team	
Behaviour management Referral and assessment for diagnosis re ADHD / ASD / LD Difficulties relating to college Difficulties relating to home	Nurse drop in (where available) Pastoral Support Team	Parenting Team GP for referral/further assessment to CAMHS / adult services Prevention Service— Youth Offending Service (up to 18)	
Stress and anxiety Bereavement Depression and low mood Self-harm	Nurse drop in (where available) Pastoral Support Team	Central Youth GP for referral/further assessment to CAMHS / adult services IAPT Stockport Without Abuse Women's Centre Beacon Counselling	Stress-busters Beat the Blues
Domestic abuse Dating relationships Concerns around vulnerability to sexual exploitation	Nurse drop in (where available) Pastoral Support Team	Central Youth Relate Stockport Without Abuse Stockport Women's Centre	www.stockportwithoutabuse.org.uk www.thehideout.org.uk
Concerns around body image and diet Eating disorders	Nurse drop in (where available) Pastoral Support Team	Oakwood House— via GP referral	www.oakwoodhouse.co.uk

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- ◆ **Adult Mental Health Services:** The **Access Team** is the single point of entry to mental health services for all people aged 16+. The team assess risk and then signpost or support as appropriate. The **Crisis Team** and the **Transition Team** — who work with 16-18 year olds— are both part of Adult Mental Health Services, and are accessed following assessment by the Access Team — contact **0161 419 4678**.
- ◆ **Beacon Counselling** exists to improve the lives of adults, young people and children who experience mental and emotional distress. The service offers 1-1 counselling, group programmes (covering resilience, managing anger and conflict, bereavement, exam stress and other issues) and self-help information for young people around emotional well-being and mental health. Call **0161 440 0055** or visit www.beacon-counselling.org.uk
- ◆ **Beat the Blues** is a computerised Cognitive Behavioural Therapy programme for adults with mild to moderate depression. Visit www.selfhelpservices.org.uk or call **0161 232 7854**.
- ◆ **CAMHS (Child & Adolescent Mental Health Services)** provide a range of services to support children and young people who may be experiencing mental health difficulties. There is a single point of referral to meet Tier 2 (lower level) and Tier 3 (higher level) need. Call **0161 419 2050**.
Community Outreach Team: This is an outreach service supporting children and families who are having problems that are impacting on home life. Call **0161 494 6463**.
Kite provides a Tier 2 service to meet the mental health needs of Children in Need and Looked After Children aged 0-18. Call **0161 480 5939**.
- ◆ **Central Youth** offers advice, information and sexual health services. An open access counselling for young people aged 11-25 is available Wed and Thurs . Call **0161 426 9696 or 426 9683 (voicemail on non counselling days)**.
- ◆ **IAPT (Psychological Wellbeing Services)** is for people who suffer from low mood, anxiety, sleep problems, poor concentration, loss of interest and pleasure, feelings of worthlessness, hopelessness and guilt, are aged 16 years and above and are registered with a GP in Stockport. It offers a range of free services that could help people overcome their difficulties. Call **0161 480 2020**.
- ◆ **MOSAIC** provide information, support and advice to young people (aged up to 25) around drugs and alcohol. They also offer counselling to their clients. Call **0161 480 5939**.
- ◆ **Oakwood House** provide, online or via GP referral, counselling and therapy for people affected by eating disorders / issues relating to food and eating. Visit www.oakwoodhouse.co.uk or call **0161 480 0882** for more information (but referrals must come from the GP).
- ◆ **Parenting Team** provides professional and specialist group or one to one parenting support. Call **0161 426 5554**.
- ◆ **Relate** provide young people's counselling on any issue plus family counselling for those experiencing difficulties with family life. Call **0161 872 0303** or visit www.relategms.co.uk.
- ◆ **Stockport Without Abuse** provide 1 to 1 therapeutic support to young people and adults who: a) are or have been in unhealthy dating or intimate relationships; b) are currently or have recently been affected by domestic abuse within their family or c) are identified as being at risk of sexual exploitation. Call **0161 477 4271**
- ◆ **Stress-busters** is a computerised Cognitive Behavioural Therapy programme for 10-18 year olds with mild to moderate depression. Visit www.selfhelpservices.org.uk or call **07867 455 913**.
- ◆ **Youth Offending Service & Early Intervention Team** works with young people who are, or are at risk of, offending, to support them and their families and try to prevent further offending. Call **0161 476 2876**.