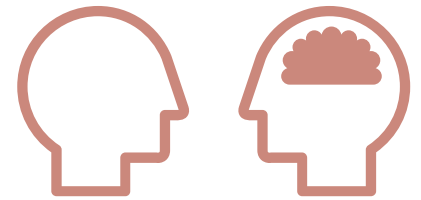


Low, anxious, stressed or need to talk?



Urgent Support

When you need help straight away

Mental Health Helpline

A local mental health
crisis helpline for
all ages in Tameside

0800 014 9995

24 hours a day 7 days a week

SAFE Tameside

Welcoming drop-ins across Tameside for
people in mental health crisis.

www.thebiglifegroup.com/service/safe-tameside

Weekdays 11.30am-8pm

Samaritans

A confidential national
helpline supporting people
in mental health crisis

116 123

**24 hours a day,
7 days a week**

Online Support

For support you can access any time

Silvercloud

Online support for your mental health

<https://gm.silvercloudhealth.com/signup>

Living Life to the Full

Resources to support mental wellbeing

www.llttfgm.llttf4.com

Kooth

Free, safe and anonymous mental health
support for young people

www.kooth.com

Qwell

Free, safe and anonymous mental health support

www.qwell.io



Scan this code with your
phone to access more
information

Service Support

When you need support from a service

Minds Matter

Guided self-help, peer
support and counselling
to address everyday life
challenges impacting your
wellbeing

0161 470 6100

Weekdays 9am-5pm

Healthy Minds

Talking therapies to
support your mental
health

0161 716 4242

Weekdays 9am-5pm

Mental Health

Open Door

Access to mental health
services in Tameside

0161 716 4247

Weekdays, 9am-5pm

Community Support

Welcoming places you can go for support

Infinity Initiatives

Café, counselling,
advocacy and support
service

0161 339 6137

**Weekdays 9am-2:30pm with
appointments available
outside these hours**

The Anthony

Seddon Fund

Peer Support for mental
wellbeing

0161 376 4439

Weekdays 9am-5pm

Diversity Matters

North West

Mental health awareness
and peer support for
BAME communities

0161 368 3268

**Mon-Thurs 9am-5pm
Friday 10am-4pm**

Health and Wellbeing College

Courses to support your
mental wellbeing

0161 716 2666

Weekdays 9am-5pm

Tameside, Oldham & Glossop Mind

Peer support, counselling
and drop in support for
mental health

0161 330 9223

Weekdays 9am-5pm