

## Mental Health Support in Tameside and Glossop: COVID 19 Update

During Covid 19 here's details of how our local services are still providing support for people struggling with their mental health. The tables outline type of support available for:

- Mental health Crisis Support
- Mental health Support for adults and older people
- Mental health support for adults and older people who have a serious mental illness
- Mental health support for children and young people

### Mental Health Crisis Support in Tameside and Glossop Adults & Older People

<u>Service</u>	<u>Summary</u>	<u>Further Information</u>	<u>Current position in relation to Covid 19</u>
<b>Pennine Care Mental Health Access Team</b>	<p>The access team are the single point of entry into adult mental health services (age 18-65 years) in Tameside and Glossop.</p> <p>The team receives all adult referrals from professionals into mental health services, to identify the most appropriate care pathway.</p> <p>They provide a triage function and, if required, complete routine</p>	<p>Phone: 0161 716 4247</p> <p>Monday- Friday 9am - 5pm</p> <p><a href="https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/adults/">https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/adults/</a></p>	<p><u>20<sup>th</sup> March 2020</u></p> <p>Still available for advice and guidance, receiving and triaging referrals to the most appropriate offer for the individual.</p>

	<p>assessments to identify the most appropriate care pathway.</p> <p>The team also offers brief intervention for patients who may not meet criteria for primary or secondary care.</p>		
<b>Pennine Care Older People's Single Point of Entry (SPOE)</b>	<p>Single Point of entry into specialist mental health services for older people aged 65+years.</p> <p>The team receives all older people referrals from professionals into mental health services, to identify the most appropriate care pathway.</p> <p>Professional referral's accepted from health and social care professionals.</p>	<p>Phone: 0161 716 4247</p> <p>Monday- Friday 9am - 5pm</p> <p><a href="https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/older-people/">https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/older-people/</a></p>	<p>Still available for advice and guidance, receiving and triaging referrals to the most appropriate offer for the individual.</p> <p>Service delivery changing as appropriate for services/ level of need and risk, reduced face to face contact where clinically indicated.</p>
<b>Pennine Care Liaison Mental Health Service</b>	<p>Formally known as the RAID team. This team works within Tameside Hospital supporting mental health emergencies. Direct Access for GPs for urgent or emergency cases. The team is only able to accept referrals from a hospital professional or a GP.</p>	<p>Phone: 0161 716 3636</p> <p>Fax: 0161 716 3656</p> <p>Website : <a href="https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/adults/tameside-liaison-mental-health-service-formerly-raid/">https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/adults/tameside-liaison-mental-health-service-formerly-raid/</a></p>	<p>Still operating</p>
<b>A&amp;E</b>	<p>For people unable to keep themselves safe and needing</p>	<p>Attend A&amp;E department or dial 999 if an ambulance is required.</p>	<p>Still operating</p>

	<p>immediate help. Especially those at risk of acting on suicidal thoughts, or seriously harmed themselves and need medical attention.</p>	<p>24 hours/ 7 days per week</p>	
<p><b>Anthony Seddon Drop-in</b></p>	<p>For anyone struggling with their mental health.</p> <p>The Anthony Seddon Centre provides a safe, non-judgemental environment and offers peer support where it is needed.</p> <p>The centre offers a peer support drop in service, which runs from 12pm to 3pm, Monday-Saturday.</p> <p>Some sessions are supported by a mental health nurse – drop in or contact centre to book a time to get help or if experiencing mental health distress.</p> <p>As well as these drop in's the centre offers a range of peer support groups and therapeutic activities</p>	<p>Monday- Friday- 10am- 3.30pm Saturday - 12-2.30pm</p> <p>Phone: 0161 376 4439</p> <p>Website: <a href="https://tasfund.org.uk/support-we-offer/">https://tasfund.org.uk/support-we-offer/</a></p> <p>Facebook: <a href="https://www.facebook.com/theanthonyseiddonfund/">https://www.facebook.com/theanthonyseiddonfund/</a></p>	<p><b>CENTRE CLOSED</b></p> <p>The Centre will remain closed until government advice about social gatherings changes. Everyone's health and safety is our primary concern. We do not know how long this might be for, until then we will strive to do what we can to support our volunteers and people who need our service.</p> <p>This will look differently for the time being. Donna and Brian are working hard visiting vulnerable people who are having to self-isolate due to Coronavirus. If you require a visit or have any food/toiletries to donate please inbox our Facebook page or email <a href="mailto:office@tasfund.org.uk">office@tasfund.org.uk</a> and we will do what we can. At the moment we are still having to pay rent, bills and other outgoings. If anyone can spare any money, please donate through Facebook. We really appreciate all your support during this difficult period.</p> <p>We have put a schedule together for this week, offering some support/activities on our Facebook page. We would love for people to join in where possible, young and old! Staff available vi social media channels</p>

			between 9am -5pm. A schedule of activities is on the Facebook page.
<b>Mental Health CRISIS HELPLINES</b>			
<b>Samaritans</b>	Someone to talk to in confidence about anything troubling - 24 hours a day	Phone: 116 123 24 hours/ 7 days Website: <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	Still operating and also have an online chat function. Details in website.
<b>SANE</b>	SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.  They offer a text support and also have an online support forum that individuals can join.	Phone: 0300 304 7000.  Open every day of the year from 4.30pm to 10.30pm on  Website: <a href="http://www.sane.org.uk/home">http://www.sane.org.uk/home</a>  Textcare <a href="http://www.sane.org.uk/what_we_do/support/textcare/">http://www.sane.org.uk/what we do/support/textcare/</a>	
<b>CALM</b>	CALM is the Campaign Against Living Miserably, for <u>men</u> aged 15 to 35.	If you identify as male, you access support via the following:  Phone 0800 58 58 58 - 5pm- Midnight 365 days a year  Webchat available – 5pm- midnight 365 days a year	Still operating

		<a href="https://www.thecalmzone.net/help/webchat/">https://www.thecalmzone.net/help/webchat/</a> Website: <a href="http://www.thecalmzone.net">www.thecalmzone.net</a>	
<b>SHOUT</b>	Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.	In a crisis: TEXT: 85258 Available 24/7 Website: <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a>	
<b><u>Papyrus</u></b> <b><u>HOPELINEUK</u></b>	Online, text and phone support for people under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling.	Phone: 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm-10pm) Text 07786 209 697 Email <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> Website: <a href="https://papyrus-uk.org">https://papyrus-uk.org</a>	
<b>The Mix</b>	Mental Health crisis support for individuals under 25 years.	Phone: 0808 808 4994 (Sunday-Friday 2pm-11pm) Email: Request support by email <a href="#">using this form on The Mix website</a> Text: Text THEMIX to <a href="tel:85258">85258</a> Website: <a href="https://www.themix.org.uk/about-us">https://www.themix.org.uk/about-us</a>	

<b>NHS Choices Mental Health Helplines</b>	Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice.	Website: <a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</a>	
<b>Every Mind Matters – Covid 19 Update</b>	Useful information and advice on how to look after your mental wellbeing while staying at home	<a href="https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/">https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/</a>	

## Mental Health Services in Tameside and Glossop Adults & Older People

<u>Service</u>	<u>Summary</u>	<u>Further Information</u>	<u>Current position in relation to Covid 19</u>
<b>Minds Matter</b>	<p>Minds Matter supports people with mild to moderate common mental health problems.</p> <p>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, drop-in support and coaching.</p>	<p>The services operates from Monday- Friday 9-4.30pm</p> <p>It is open to anyone aged 16+ years</p> <p>Self-referral/ professional referral accepted</p> <p>Evening &amp; weekend appointments will be made available where needed.</p> <p>The service also have regular weekly drop ins, information can be found on the neighbourhood drop in leaflet below.</p> <p>Minds Matter: 0161 343 5748  <a href="https://www.thebiglifegroup.com/service/mindsmatter/">https://www.thebiglifegroup.com/service/mindsmatter/</a></p>	<p><b>20<sup>th</sup> March 2020</b></p> <p>Minds Matter staff on the main service and enhanced offer in the Stalybridge Neighbourhood are set up to facilitate 1:1 appointments and therapy sessions remotely by telephone.</p> <p>Community drop ins are no longer taking place in the community venues however any person who would have accessed these can ring the main Minds Matter number and a Peer Support Worker can ring them back to facilitate a meaningful contact , signpost or facilitate a referral as they would at a drop in.</p>
<b>Tameside, Oldham and Glossop Mind</b>	<p>Mind is a mental health wellbeing centre offering counselling, courses, workshops, advice, drop-ins e.g. welfare rights and housing support, veggie cafe and internet access.</p>	<p>Website: <a href="https://www.togmind.org/content/home">https://www.togmind.org/content/home</a></p> <p>Phone: 0161 330 9223</p> <p>Email: <a href="mailto:office@togmind.org">office@togmind.org</a></p>	<p>Wellbeing centre and café closed to walk in/ drop ins. Information and advice service available via website or telephone. Currently Monday- Friday 9-5pm.</p> <p>Creative / Wellbeing groups cancelled. Participants contacted and offered wellbeing phone /check-in</p>

			<p>contact, and/or referred into other TOG Mind phone/online services.</p> <p>Counselling - Telephone counselling sessions for clients provided by our qualified and experienced counsellors for new &amp; existing clients.</p>
<b>Healthy Minds Pennine Care FT</b>	<p>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.</p>	<p>The service is open to anyone aged 16 years+ self-referral/ professional referral.</p> <p>The service is available from Monday- Friday 9-5pm</p> <p>Phone: 0161 716 4242</p> <p>Website: <a href="https://www.penninecare.nhs.uk/healthyminds/">https://www.penninecare.nhs.uk/healthyminds/</a></p>	<p>Providing remote telephone therapies where clinically indicated.</p> <p>Currently some f2f therapies are carried out but this is likely to change.</p> <p>All groups have been suspended</p> <p>Online digital therapy offer being promoted</p>
<b>Health and Wellbeing College Pennine Care FT</b>	<p>Recovery focused courses, offering self-management education designed to support people take control of their mental health &amp; wellbeing.</p>	<p>Open to anyone aged 18years+ individuals self -enrol on courses for free.</p> <p>Monday- Friday 9-5pm</p> <p>Phone: 0161 716 2666</p> <p>Website: <a href="https://hwcollege.penninecare.nhs.uk/our-courses">https://hwcollege.penninecare.nhs.uk/our-courses</a></p>	<p>Unfortunately due to the current situation we have taken the difficult decision to cancel any courses or face to face contacts in line with government recommendations.</p> <p>We are currently working on providing an online presence on our Facebook page, so we can maintain contact with our students.</p> <p>The college will be closed until further notice.</p> <p>Please keep an eye on our Facebook page and your emails as we will be sending out daily updates via these channels</p> <p>You can contact the college by phone: 0161 716 2666.</p> <p>Please all take care and stay safe!</p>



<p><b>Reading Well Books on Prescription Mental Health &amp; Shelf Help</b></p>	<p>Books on prescription to give helpful information and support for self - managing common mental health conditions, or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with or caring for someone with mental health needs.</p>	<p>Visit your local library for access to reading well recommended books.</p> <p>Website: <a href="https://www.tameside.gov.uk/libraries/booksonprescription">https://www.tameside.gov.uk/libraries/booksonprescription</a></p>	<p>Libraries reduced service. Online services available.</p>
<p><b>The Beacon Counselling Trust</b></p>	<p>The Beacon Counselling Trust delivers a free support service for individuals and families affected by problem gambling in the North West of England.</p> <p>The service now delivers in Tameside and Glossop.</p>	<p>Open to anyone aged 16+ years</p> <p>Phone: 0151 321 1099</p> <p>Website: <a href="http://beaconcounsellingtrust.co.uk/free-gambling-counselling/">http://beaconcounsellingtrust.co.uk/free-gambling-counselling/</a></p>	<p>Still taking referrals and offering all counselling over the telephone.</p>
<p><b>Military Veterans Service</b></p>	<p>Mental health support to ex-service personnel for conditions including depression, alcohol and substance misuse, anger problems and post-traumatic stress disorder.</p> <p>Some people who have served in the armed forces say that they can experience emotional difficulties and</p>	<p>Website: <a href="https://www.penninecare.nhs.uk/your-services/military-veterans-service">https://www.penninecare.nhs.uk/your-services/military-veterans-service</a></p> <p>Phone: 0300 323 0707 to discuss your needs (Monday to Friday, 9am to 5pm).</p>	<p>Ceased all face to face appointment/ contacts and supporting individual via telephone appointments.</p>

	find it hard to ask for help. This may be because of difficult experiences or simply adjusting to civilian life.	<p>You can refer yourself online via our simple online referral form</p> <p>GPs and health and social care professionals should download and fax our referral form</p> <p>Email: <a href="mailto:mviapt.enquiries.nw@nhs.net">mviapt.enquiries.nw@nhs.net</a></p>	
<b>The Bureau Glossop</b>	<p>The Bureau is Glossop's Community Wellbeing Charity. The Bureau's website will enable you to find out about the different community activities and services that exist locally, and make it easier to find support when it's needed. The Bureau will support people to stay physically and socially active, improve mental wellbeing and live independently for longer. The Bureau will also champion and raise the profile of the different community groups and voluntary organisations that exist locally within the Glossopdale area</p>	<p>Phone: 01457 865 722</p> <p>Email: <a href="mailto:info@thebureau.org.uk">info@thebureau.org.uk</a></p> <p>Website : <a href="https://the-bureau.org.uk/">https://the-bureau.org.uk/</a></p>	<p>Based on NHS / Government advice to limit the spread of Coronavirus and taking into account the number of clients and users of our Bank House hub that fall into the 'at greater risk' group, our Board of Trustees has taken the decision to suspend the following:</p> <ul style="list-style-type: none"> <li>◆ All group sessions</li> <li>◆ All home visits by volunteers or staff</li> <li>◆ External group bookings</li> <li>◆ Use of minibus for groups.</li> </ul> <p>We remain open and are committed to supporting our community and are available on 01457 865722 or <a href="mailto:info@the-bureau.org.uk">info@the-bureau.org.uk</a>.</p> <p>More information will follow on how you can help us help those requiring help and support at this time in Glossop.</p>
<b>Action Together Tameside</b>	<p>Action Together offers a range of support to strengthen individuals and communities in Tameside. We support people to get help, providing opportunities to get better</p>	<p>Tameside - 95-97 Penny Meadow, Ashton-under-Lyne OL6 6EP</p> <p>Phone: 0161 339 2345.</p>	<p>Social prescribers will be operating a telephone offer, and are still taking referrals. People are receiving check in calls where appropriate and are being navigated to further support where required.</p>

	connected to what is going on in their local community and find the support they need.	Email: <a href="mailto:info@actiontogether.org.uk">info@actiontogether.org.uk</a> Website: <a href="https://www.actiontogether.org.uk/get-help">https://www.actiontogether.org.uk/get-help</a>	Action Together's development team contacting all of the groups and charities to get a picture on who is open/ closed, how groups are adapting their offers and what support is needed for them to continue to operate/ offer support at this time.
<b>Derbyshire Recovery and Peer Support Service</b>	Support people in Glossop who are having difficulties with their mental health across the whole spectrum of mental illnesses. The service offers targeted goal-focused support, developing peer support and volunteer opportunities across Derbyshire, and also peer support groups where there is a need.	Monday - Friday : 9:00am - 17:00pm  Phone: 01773 734989  Email: <a href="mailto:DerbyshireRecoveryPeerSupportService@rethink.org">DerbyshireRecoveryPeerSupportService@rethink.org</a>  Website: <a href="https://www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/?gclid=CN7qmbSRytUCFSax7QodEC8EJg">https://www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/?gclid=CN7qmbSRytUCFSax7QodEC8EJg</a>	Awaiting further update  Derbyshire Recovery and Peer Support service can be contacted via webchat. This is available between 9:00am and 5:00pm Monday to Friday.
<b>Mental Health Helplines</b>			
<b>Anxiety UK</b>	Charity providing support if you have been diagnosed with an anxiety condition	Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)  Website: <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>	
<b>Switchboard LGBT</b>	Welcome to Switchboard – the LGBT+ helpline – a place for calm words when you need them most.  We're here to help you with whatever you want to talk about.	Phone: 0300 330 0630- Open 10am-22:00pm every day  Web chat available from 12:00pm every day	

	Nothing is off limits, and we understand how anxious you might feel before you pick up the phone	Website: <a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a>	
<b>Rethink Mental Illness</b>	Support and advice for people living with mental illness.	Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)  Website: <a href="http://www.rethink.org">www.rethink.org</a>	
<b>MIND</b>	Promotes the views and needs of people with mental health problems.	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)  Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>  <a href="https://www.mind.org.uk/information-support/helplines/">https://www.mind.org.uk/information-support/helplines/</a>	
<b>NO Panic</b>	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.	Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge  Website: <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>	
<b>OCD Action</b>	Support for people with OCD. Includes information on treatment and online resources.	Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge  Website: <a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a>	
<b>NHS Choices Mental Health Helplines</b>	Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice.	Website: <a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</a>	

<b>Grief Chat</b>	<p>GriefChat is a safe space for grieving or bereaved people to be able to share their story, explore their feelings and be supported by a qualified bereavement counsellor. In addition to this, GriefChat can help bereaved people to consider if they need additional support and where to get this from.</p>	<p>Using GriefChat is free of charge and is open Monday-Friday, 9am-9pm (UK time) to grieving or bereaved people.</p> <p>If we're not online, you can still send us a message using the chat box and we'll reply as soon as we're back online</p> <p><a href="https://www.griefchat.co.uk/">https://www.griefchat.co.uk/</a></p>	

## Mental Health Services in Tameside and Glossop Adults & Older People who have a serious mental Illness

<u>Service</u>	<u>Summary</u>	<u>Further Information</u>	<u>Current position in relation to Covid 19</u> 20 <sup>th</sup> March 2020
<p><b>Secondary Care Mental Health Services – for adults with serious mental illness-</b></p> <p><b>Pennine Care FT</b></p>	<p><b>Mental Health Access Team. Single Point of entry into all specialist MH services for adults aged 18-65 years;</b></p> <ul style="list-style-type: none"> <li>- Tameside Home Treatment Team</li> <li>- ADHD service</li> <li>- Liaison Mental Health team A&amp;E (formally RAID)</li> <li>- Military Veteran Service</li> <li>- Criminal Justice Mental Health Service</li> <li>- Inpatient wards</li> <li>- Community mental health teams – North and South</li> <li>- Psychological Therapies Services</li> <li>- Early Intervention Psychosis Team</li> <li>- Democratic Therapeutic Community (DTC)</li> </ul>	<p>Single point of access for referrals</p> <p>Phone:: 0161 716 4247</p> <p>Monday- Friday 9am - 5pm</p> <p>Services have individual days &amp; hours of operation</p> <p>Website: <a href="https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/adults/">https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/adults/</a></p>	<p><b><u>Still in operation</u></b></p> <p>Service delivery changing as appropriate for services/ level of need and risk, reduced face to face contact where clinically indicated.</p>
<p><b>Secondary Care Mental Health Services – for older people with serious mental illness-</b></p>	<p><b>Single point of entry into all specialist MH services for people aged 65 &amp; over.</b></p> <ul style="list-style-type: none"> <li>- Home Intervention Team</li> <li>- Community Mental Health Team</li> </ul>	<p>Single point of access for referrals:</p> <p>Monday – Friday</p>	<p><b><u>Still in operation</u></b></p> <p>Service delivery changing as appropriate for services/ level of need and risk,</p>

<b>Pennine Care FT</b>	<ul style="list-style-type: none"> <li>- Liaison Mental Health team A&amp;E (formally RAID)</li> <li>- Psychological therapies</li> <li>- Memory assessment service</li> <li>- Inpatient wards</li> <li>- Whittaker day hospital</li> </ul>	<p>9am – 5pm</p> <p>Phone: 0161 716 3400</p> <p>Services have individual days &amp; hours of operation</p> <p>Website:  <a href="https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/older-people/">https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/older-people/</a></p>	<p>reduced face to face contact where clinically indicated.</p>
<b>Tameside Council OPT –in Social Inclusion and Wellbeing Team</b>	<p>The OPT-in team, based at Wilshaw House Mental Health Information and Resource Centre, offer support to people affected by mental health issues by providing a range of social and activity groups in community settings throughout Tameside.</p>	<p>Monday – Friday</p> <p>9am – 5pm</p> <p>Phone: 0161 342 4383</p> <p>0161 324 3184</p>	<p>All those who currently will be supported by the team if needed via telephone support, video call, skype etc</p>

## Tameside and Glossop Children and Young Peoples Mental Health support services

<u>Service</u>	<u>Summary</u>	<u>Further Information</u>	<u>Current position in relation to Covid 19</u>
Healthy Young Minds	<p>Healthy Young Minds Tameside and Glossop (formerly CAMHS) offers specialist services to children and young people who are experiencing mental health difficulties.</p> <p>We help children and young people up to the age of 16 years and from 16-18 years for young people on particular pathways.</p> <p>The service can support with : Anxiety Depression Eating disorders Psychosis Post-Traumatic Stress Disorder (PTSD) Self-harm ADHD (Attention Deficit Hyperactivity Disorder) ASD (Autistic Spectrum Disorder)</p>	<p>Monday- Friday 9am-5pm</p> <p><a href="tel:01617163600">0161 716 3600</a></p> <p><a href="http://www.healthyyoungmindspennine.nhs.uk">www.healthyyoungmindspennine.nhs.uk</a></p>	<p><b>20<sup>th</sup> March 2020</b></p> <p>All routine appointments will now be conducted via telephone this includes initial assessments.</p> <p>All urgent appointments should be contacted prior to attendance to check for symptoms etc (as per guidance sent yesterday)</p>



	<p>More complex psychological difficulties</p> <p>The service also provides consultation, advice and training to other agencies and accept referrals from a wide range of professionals.</p> <p>Emergency consultation available for crisis support.</p>		
Off The Record	<p>Person-centred 1:1 counselling service for children and young people aged 10-25 in Tameside</p> <p>Specialist 1:1 counselling</p> <p>Weekly drop-in for young people in 'immediate crisis' including skype drop-in</p>	<p><a href="http://www.otr-tameside.org">www.otr-tameside.org</a></p> <p><a href="tel:01613553553">0161 355 3553</a></p>	<p>Off the Record has initiated some immediate responses.</p> <p>Our Drop-In has shifted to a telephone based service. Young people/parents can call in and a counsellor will ring them back (at a specified time).</p> <p>The Talk Shop currently cancelled until further notices.</p> <p>Our counsellors are arranging telephone counselling with their clients this week. Appointments will shift from young people attending at a set time, to a counsellor calling the young person for their session etc.</p>
Tameside, Oldham and Glossop Mind	Mind is a mental health wellbeing centre offering	<a href="tel:01613309223">0161 330 9223</a>	TOG Mind current updates are:

	<p>counselling, courses, workshops, advice, drop-ins e.g. welfare rights and housing support, veggie cafe and internet access.</p> <p>The types of courses available to support children and young people include; emotional wellbeing and mental health resilience, school training and the Hive. The hive is a safe space for children &amp; young peoples to come and get involved in activities or access some help for issues or problems in their lives.</p>	<p><a href="http://www.togmind.org">www.togmind.org</a></p> <p><a href="https://www.togmind.org/services/hive">https://www.togmind.org/services/hive</a></p>	<p>We have ceased open access drop ins to reduce the risk of infection</p> <p>Telephone counselling offered rather than face to face.</p> <p>Any Group activities have been cancelled, to reduce mass gatherings.</p> <p>With the announcement around all schools closing, practitioners are collating the information around the clients they are currently seeing and we intend to maintain a level of telephone contact at an agreed frequency with the CYP/families to ensure we can continue to provide support in the best possible way.</p>
42 <sup>nd</sup> Street	<p>Counselling, individual support, group work and volunteering opportunities to CYP <b>aged 13-18</b> years, group work for vulnerable groups of CYP (LGBT, LAC, Young carers, Young Offenders)</p>	<p>Website: <a href="http://www.42ndstreet.org.uk">www.42ndstreet.org.uk</a></p> <p>Phone: <a href="tel:01612287321">0161 228 7321</a></p>	<p>Currently not able to process any new referrals to our core service and we will be suspending our face to face work in our 42nd Street venues, community venues and education settings. Please access our website for the latest updated information <a href="http://www.42ndstreet.org.uk">www.42ndstreet.org.uk</a></p> <p>If young people are already receiving one- to-one support from 42nd Street's central service</p>

			<p>we are contacting them to discuss and offer the following options:</p> <ol style="list-style-type: none"><li>1. Pausing their support until we resume normal service and face to face delivery</li><li>2. Accessing telephone support either appointments or check ins</li><li>3. Accessing online support if their worker offers this service</li><li>4. Risk planning and management where this is required</li></ol> <p>All young people currently receiving a service have the contact details for their worker and they can contact them as usual. If the worker is not available they will leave messages and/or out of office messages on their phones and emails so that young people are clear who to contact and how.</p> <p><u>Young people from education settings</u></p> <p>42nd Street's offer within schools and colleges, whilst they are closed or reduced, will be suspended until they re-open. However, where there are particular concerns for vulnerable young people, we will discuss and decide with</p>
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			<p>the young person, family and education setting if 42nd Street can continue with remote support over the period of disruption; bespoke plans will be put in place on a case by case basis</p> <p><u>Online Support</u></p> <p>Young people can access our online support by logging on at <a href="http://www.42ndstreet.org.uk">www.42ndstreet.org.uk</a>. This service offers young people access to one-to-one support with 42nd Street’s Mental Health Practitioners either in real time or for weekly appointments.</p> <p><u>Young people in high levels of distress</u></p> <p>42nd Street has a team of workers as part of the Integrated Community Response Service and SafeZones Team, where we work in partnership with health and social care colleagues via Early Help Hubs and Crisis Care Teams across Greater Manchester. Where young people present with high levels of distress colleagues from the Early Help Hubs and Crisis Care Teams will be able to contact these workers to arrange short term, de-escalation and stabilising support.</p> <p><u>Group Work</u></p>
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<p>The Anthony Seddon Fund</p>	<p>For anyone struggling with their mental health.</p> <p>The Anthony Seddon Centre provides a safe, non-judgemental environment and offers peer support where it is needed.</p> <p>The centre offers a peer support drop in service, which runs from 12pm to 3pm, Monday-Saturday.</p> <p>Some sessions are supported by a mental health nurse – drop in or contact centre to book a time to get help or if experiencing mental health distress.</p> <p>As well as these drop in's the centre offers a range of peer</p>	<p><u>Phone:</u> <a href="tel:01616379256">0161 637 9256</a></p> <p><u>Website:</u> <a href="http://www.theanthonyseddonfund.org">www.theanthonyseddonfund.org</a></p>	<p>TalkShop are encouraging people to contact on social media for support, and looking at options to offer support remotely, such as Facebook Live.</p> <p>The Centre will remain closed until government advice about social gatherings changes. Everyone's health and safety is our primary concern. We do not know how long this might be for, until then we will strive to do what we can to support our volunteers and people who need our service.</p> <p>This will look differently for the time being. Donna and Brian are working hard visiting vulnerable people who are having to self-isolate due to Coronavirus. If you require a visit or have any food/toiletries to donate please inbox our Facebook page or email <a href="mailto:office@tasfund.org.uk">office@tasfund.org.uk</a> and we will do what we can. At the moment we are still having to pay rent, bills and other outgoings. If anyone can spare any money, please</p>

	<p>support groups and therapeutic activities for children, young people and adults.</p>		<p>donate through Facebook. We really appreciate all your support during this difficult period.</p> <p>We have put a schedule together for this week, offering some support/activities on our Facebook page. We would love for people to join in where possible, young and old! Staff available vi social media channels between 9am -5pm. A schedule of activities is on the Facebook page.</p>
<p>Healthy Minds Pennine Care FT</p>	<p>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.</p>	<p>The service is open to anyone aged 16 years+ self-referral/ professional referral.</p> <p>It operates from Monday- Friday 9-5pm 0161 716 4242</p> <p><a href="https://www.penninecare.nhs.uk/healthyminds/">https://www.penninecare.nhs.uk/healthyminds/</a></p>	<p>Providing remote telephone therapies where clinically indicated.</p> <p>Currently some f2f therapies are carried out but this is likely to change.</p> <p>All groups have been suspended</p> <p>Online digital therapy offer being promoted</p>
<p>Papyrus</p>	<p><a href="https://hopelineuk.org/">HOPELineUK</a> Specialist phone service offering support, practical advice and info to young people up to age 35 who are worried about how they are feeling or anyone concerned about a young person, community</p>	<p><a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a></p> <p><a href="https://papyrus-uk.org/0800-0684141">0800 0684141</a></p>	

	based self-harm and awareness activities		
NHS Choices Mental Health Helplines	Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice.	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</a>	Liverpool have created a link on useful resources for families <a href="https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3f">https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3f</a>  42 <sup>nd</sup> Street Mental Health and Support <a href="http://42ndstreet.org.uk/news/latest-news/mental-health-and-covid-19/">http://42ndstreet.org.uk/news/latest-news/mental-health-and-covid-19/</a>
Early Help Access point / single point of access			EHAP and MASH continuing – seeing families over whatsapp, skype or videocall as much they can, and redeploying staff to ensure needs can be met.  There's a family circulation email and manned whatsapp groups that we could reach families with messages  <b>Further update due</b>
Kooth	Online counselling	Website: <a href="https://www.kooth.com/">https://www.kooth.com/</a>	
Blue Ice	Self help and online help for those on the Self Harm	Website: <a href="https://www.oxfordhealth.nhs.uk/blueice/">https://www.oxfordhealth.nhs.uk/blueice/</a>	

	pathway – need to be referred by a clinician		
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