

Family Guide to Getting Advice and Getting Help Emotional Wellbeing and Mental Health



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](#)

SEND HEALTH NAVIGATOR SERVICE

- 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

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

SEND PARTICIPATION

- 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



Contact your nearest family hub
[www.tameside.
gov.uk/FamilyHubs](http://www.tameside.gov.uk/FamilyHubs)

FAMILY HUBS

- 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

111 Mental Health

NHS in England is one of the first countries in the world to offer access to a 24/7 full package of mental health crisis support through one single phone line. People of all ages, including children, who are in crisis or concerned family and loved ones can now call 111, select the mental health option and speak to a trained mental health professional.

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:

SEND Health Navigator Service

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

www.ourkidseyes.org/contact-us

Tel: 0161 342 5550 Mob: 07867484290
Email: Oke@ourkidseyes.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/earlyhelpoffer/parent-carer

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 342 2255

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



Self-referral Emotional Wellbeing, Support and Advice - For Children Aged 8-18

Children And Young People's Mental Health and Emotional Wellbeing GETTING ADVICE AND GETTING HELP

Mental Health Support in Tameside and Glossop

More information for adults and
children's mental health services

Local Offer for SEND



**Tameside SEND
Local Offer**

KOOTH Online Counselling and Peer Support Forum

(11-25 year olds)

Free to register, no referral needed



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)



The Community Hive

(8-18 Year olds)

TOG Mind

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

**Brief Intervention Walk In
Online Support**

Families and young people can
self-refer to community Hive
by accessing the Wednesday
walk-in or for more info call
0161 330 9223

Early Help

Neighbourhood Support and
Advice for families in Tameside



School Nurse Health Advice Line

Call 0161-366-2317

Monday to Friday 9am-4pm



Live information on the
Facebook page



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



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

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 SEND
Local Offer



Tameside

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

