

Wellbeing Support for children, young people and parents/carers

- **NHS Every Mind Matters** website has Mental Health Self-Care tips and videos for young people at <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health>
- **BEAT Youthline** offers online chat and telephone support to young people struggling with an eating disorder - **0808 801 0711** www.beateatingdisorders.org.uk/support-services

The Anna Freud Centre, mental health charity for children, young people and their families have produced some 'Self-Care Summer' resources for primary and secondary age children and young people. These can be downloaded from:


<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-primary-pack>

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-secondary-pack>

Also find out about local services that can support you, or your family on the Stockport Local Offer website: <https://stockport.fsd.org.uk>

Parents/carers can also access these support lines free of charge:

- **Togetherall** – 24/7 anonymous online support for anyone in Stockport aged 16 or over. www.togetherall.com
- **Open Door** - Mental health & wellbeing support for Stockport residents Helpline available 24/7, call **0800 138 7276** Safe Haven drop in, open daily, 72-74 Prince's Street, SK1 1RJ Email opendoorstockport@makingspace.co.uk
- **Shout** – is a 24/7 crisis text service for when people need immediate support. **Text 'SHOUT'** to **85258** and you will be put in contact with a trained Crisis Volunteer
- **SilverCloud** - Online therapy for residents aged 18 and over with online programmes that can help ease stress levels, improve sleep or build resilience. <https://gm.silvercloudhealth.com/signup>

You can also watch videos from Stockport professionals on ways families can help improve emotional wellbeing and mental health by visiting  **YouTube @PACT Stockport**

