

Mental Health Service Teams available for any young person <18 years old

24-hour Pennine Care Crisis Team – ring 0800 014 9995

For anyone of any age who is registered with a Stockport GP

They can refer to other mental health care teams within Stockport for more urgent mental health care/liase with current mental health team

Child line – call 0800 1111

<https://www.childline.org.uk/>

Samaritans – call 116 123

www.samaritans.org

MOSAIC – call 0161 218 1100 (25 and under drug and alcohol services)

Email: mosaic@stockport.gov.uk

Shout – is a 24/7 crisis text service for when people need immediate support

Text 'SHOUT' to 85258

Kooth – free online counselling and emotional wellbeing support to all children and young people aged 11-18 in Greater Manchester

www.kooth.com

Emotional Wellbeing Hub – call 0161 2176028

Provide emotional wellbeing support for younger Stockport residents up to age of 25.

Papyrus – prevention of suicide in young people

www.papyrus-uk.org/

MASSH – Refer to CAMHS (Child and Adolescent Mental Health Team)

Can self-refer – www.stockport.gov.uk/contacting-the-massh