

## Get in touch...

Call us on  
**0161 470 6100**

Monday – Friday  
9am to 5pm  
(excluding Bank Holidays)

or come along to a drop-in  
session. For more info visit:

[www.thebiglifegroup.com/mindsmatter](http://www.thebiglifegroup.com/mindsmatter)

Once you have been in touch with us or  
a referral has been received, you will be  
contacted within one week

### Provide us with your details

Speak to one of our friendly staff and  
tell us more about how you're feeling  
and what you need help with

We'll arrange your first appointment, typically  
within four to six weeks but sometimes sooner

Work with one of our team  
to learn new ways to improve your  
mental health

## Do you need urgent support?

If you do then it is crucial that you contact  
the right person who is most likely to be your  
GP. Your GP will know where to get you the  
specialist help you need. When your GP  
surgery is closed their answerphone will direct  
you to the right place or you can call:

### Samaritans

If you want to talk to someone about how you  
feel, you can also contact the Samaritans 24  
hours a day on **116 123** or [jo@samaritans.org](mailto:jo@samaritans.org)

### Tameside and Glossop out of hours GP service (NHS Direct)

Available 24 hours a day on **111**

### Police or Ambulance Service

If you or anyone else is in immediate danger or  
harm then please call **999**

# MINDS Matter

Tameside and Glossop

Feeling  
low?



Lonely and isolated?



Feeling stressed?



Relationship issues?



Money  
worries?



Finding help just got easier...

 0161 470 6100

 MindsMatterTG

[www.thebiglifegroup.com/mindsmatter](http://www.thebiglifegroup.com/mindsmatter)

A partnership between



Commissioned by

TAMESIDE AND GLOSSOP

Caretogether



## Pick up the phone...

Call Minds Matter on 0161 470 6100 and speak to one of our friendly team

We are here to help anyone (aged 16 and over) who lives in Tameside and Glossop and / or are registered with a Tameside & Glossop GP.

**MINDS**  
**Matter**  
Tameside and Glossop

Access to language support is available



## What happens next?

Arrange an Initial Conversation appointment and explore, with a Mental Wellbeing Practitioner, how the following social problems may be impacting on your mental health:

- Isolation and Loneliness
- Housing barriers
- (Un)employment & the workplace
- Physical health
- Relationship issues
- Debt and Money management
- Carer responsibilities
- Adjusting to loss
- Covid-19 getting you down?
- Connecting with drug & alcohol services

**"I feel I can relate to a few of these things, but what do you have to offer?"**

**None of the above apply to you?**  
No problem, we can explore other options, including:

- Supported referral into Healthy Minds Tameside & Glossop for Psychological Therapies
- Signposting to relevant agencies



### Guided Self-Help

Support from a Mental Wellbeing Practitioner following a solution focused approach

1:1

### Need an extra helping hand?

Practical support from our Peer Support team

1:1

### Fancy a chat?

Weekly wellbeing calls, over a 6 week period, from our Peer Support team

1:1

### Looking for tips?

**Access 90-minute online workshops:**

- 5 Ways to Wellbeing
- Sleeping Well
- Building Confidence
- Overcoming Worries
- Preparing for Therapy

### Struggling with loss?

Counselling sessions can help you find a place for your loss; be it bereavement, relationships or employment

1:1

All our services are free

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