

# YOUNG ADULTS (18-25) MENTAL HEALTH AND EMOTIONAL WELLBEING



## GETTING ADVICE AND GETTING HELP

(November 2021)



Kooth is an online counselling and emotional well-being platform for children and young people aged 11 to 18 years.

The digital platform, which is available on any web-enabled, internet connected device (including laptop, smart phone, tablet) is available 24/7, 365 days a year.

No referral required – register here

<https://www.kooth.com/>



Minds Matter supports people with mild to moderate common mental health problems. 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

The services operates from Monday- Friday 9-4.30pm

It is open to anyone aged 16+ years

Self-referral accepted.

Minds Matter: 0161 470 6100

<https://www.thebiglifegroup.com/service/mindsmatter/>

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



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

The service is available from Monday- Friday 9-5pm

Phone: 0161 716 4242

Website: <https://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.](#)

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



Derbyshire



DERBYSHIRE  
County Council