

Your guide to wellbeing



Welcome to Oldham College

In this guide, you will find details of different services that can help support you with anything you may be feeling and experiencing.

At Oldham College, we have a dedicated Safeguarding and Wellbeing team that are here to support you. Your college journey is very important, and the team is here - if you need advice, guidance, or a safe space to talk.

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Mental health support for you

If you are at immediate risk of harm to yourself or others, please contact 999 and request urgent mental health support.

If you are not at immediate risk but feel you need urgent support, you will find some services you can access below.

NHS 111 Mental Health Crisis Support

Access to support for mental health, suicidal thoughts and/or self-harm: **111**



Samaritans

Free 24-hour confidential emotional support: **116 123** or [samaritans.org](https://www.samaritans.org)



National Suicide Prevention Helpline

A helpline offering a supportive listening service – open from 6pm to 3:30am every day: **0800 689 5652**



Childline

A service to support people under 18 with their mental health and wellbeing: **0800 1111** or [childline.org.uk](https://www.childline.org.uk)



Shout

A free 24/7 text service for anyone who feels in crisis: **Text Shout to 85258** or [giveusashout.org](https://www.giveusashout.org)



SANE Line

Provides care and emotional support to people with mental health problems (16+): **0300 304 7000** or [sane.org.uk](https://www.sane.org.uk)

Local support

Below you will find information on how to access local mental health and wellbeing support services.

Oldham College

You can access mental health and wellbeing support from the Safeguarding and Wellbeing team at college. They can offer you 7-9 emotionally supportive sessions, which can help your mental focus and coping strategies.

The College also has student counselling and a CBT therapist available. If you wish to access either of these counselling offers, please speak to any staff member and ask to be referred to the Safeguarding and Wellbeing team.



TOGS MIND

TOGS MIND, located on Union Street Oldham, have a range of support service options for help with mental health and wellbeing: **0161 330 9223** or togsmind.org



Oldham CAMHS

A specialist support service for children and young people up to the age of 18 who are experiencing mental health and emotional wellbeing difficulties: **0161 770 8332** or penninecare.nhs.uk/oldhamcamhs



Oldham Talking Therapies

Talking Therapies is for people over the age of 16 who are registered with a GP in Oldham – they can offer support and treatment for low mood, anxiety or other mental health difficulties: **0161 716 3000** or penninecare.nhs.uk/oldhamtalk



Silvercloud

A mental health self-help program, which provides instant access to resources and materials that can help support mental health and wellbeing: penninecare.nhs.uk/talkingtherapies/silvercloud



#ITSOKAYTOTALK

Andy's Man Club

Support for men's (18+) mental health. Local groups meet at Boundary Park or Waterhead Rugby Club: andysmanclub.co.uk

POINT

An inclusive service which aims to support children and young people with additional needs/disabilities: **0161 503 1574** or point-send.co.uk

**Early Break**

Support available for young people aged between 13 – 19, who may struggle with drug or alcohol use: **0161 723 3880**

**Turning Point**

Support for anyone aged 18 or over, who is affected by drug and alcohol use: **0300 555 0234** or turning-point.co.uk

**Oldham Advice Service**

Financial help and support for those who may be struggling: **0161 770 7007**

**Housing support Oldham Council**

Housing and homelessness support: **0161 770 4605** or oldham.gov.uk/info/100007/housing



**British
RedCross**

The British Red Cross

Face-to-face support for refugees and asylum seekers: **70 – 76 Brunswick Street, Oldham, OL1 1BT** or lorrainekerr@redcross.org.uk

The
Counselling
Service

The Counselling Service

Counselling and mental health support for those in Oldham: **07979 913307** or thecounsellingservice.co.uk

**Oldham Women's Network**

A service that aims to bring together all women's organisations in Oldham, and focus on supporting women and girls who may be struggling with challenges: **0161 339 2345** or actiontogether.org.uk/oldham-womens-network

**Warm Homes Oldham**

Funding for support with furniture and white goods: **0800 019 1084** or oldham.gov.uk/warm_homes_oldham

**Trussell Trust food bank**

Support for food poverty and providing emergency food support: **0161 622 1061** or **Unit B, Prince of Wales House, Industrial Estate, Vulcan St, Oldham OL1 4ER**

Heywood, Middleton and Rochdale CAMHS

A specialist support service for children and young people up to the age of 18 who are experiencing mental health and emotional wellbeing difficulties: **01706 676000** or penninecare.nhs.uk/hmrcamhs

**NHS Heywood, Middleton and Rochdale Talking Therapies**

Referrals can be made to access counselling and mental health support for residents of these boroughs: **01706 619020** or thebiglifegroup.com/service/hmrtalkingtherapies

**Rochdale MIND**

Provides mental health support to the borough of Rochdale: **01706 752338** or located at **3-11 Drake Street, OL16 1RE**

**#THRIVE**

Support for young people up to the age of 19, who are experiencing emotional health and wellbeing issues: **0161 716 2844**, penninecare.nhs.uk/thrive or located at **The Croft Shifa Health Centre, OL16 2UP**

**MindED for Families**

A free learning resource, which aims to offer advice and guidance about the mental health of children, young people, and older adults: minded.org.uk/Component/Details/606243/

**Living Well Heywood, Middleton, Rochdale**

Support for those who are struggling with their health and wellbeing: **01706 392210** or livingwellrochdale.com

**The Neurodiversity Hub**

A signposting support service for families whose young people are neurodivergent and/or have social communication differences: **Number One Riverside, Smith Street, OL16 1XU** or email hmr-ndhub@nca.nhs.uk

**Albert Kennedy Trust**

Support for LGBTQ+ young people aged 16 – 25, who are at risk of, or experiencing homelessness: **020 7831 6562** or akt.org.uk

**Rochdale Connections Trust**

Support for Rochdale residents who struggle with domestic abuse: r-c-t.co.uk or **01706 345111**

**Early Break**

Support available for young people aged between 13 – 19, who may struggle with drug or alcohol use: **0161 723 3880** or **105-106 Drake Street, Rochdale, OL16 1PQ**

The Proud Trust: Inside Out

A weekly youth group (age 13 – 18) run by the Proud Trust, to offer support to LGBTQ+ young people and those questioning their gender: **0161 660 3347** or **Rochdale Central Library, OL16 1XU**

**Rochdale Foodbank**

Helping Rochdale residents who require support with food: **0300 102 1646** or rochdale.foodbank.org.uk

**TOGS MIND**

TOGS MIND have a range of support service options for help with mental health and wellbeing: **0161 330 9223** or located at **216-218 Katherine Street, OL6 7AS**

**SAFE TAMESIDE**

Young people aged 18 or over can book an appointment with this service to get support with their current mood or difficult emotions: **0161 470 6104**, thebiglifegroup.com/service/safe-tameside, or located at **The Anthony Seddon Centre, OL6 6AQ**

**NHS Tameside and Glossop Talking Therapies**

Referrals can be made to access counselling and mental health support for residents of Tameside: **0161 716 4242** or penninecare.nhs.uk/tamesidetalk

**Tameside and Glossop CAMHS**

Mental health and counselling support for children and young people aged 16 – 18: **0161 716 3600**, penninecare.nhs.uk/tamesidecamhs or located at **Waterloo Road, SK15 2AU**

**Tameside young people's mental health support team**

Support available for young people aged between 13 – 19, who may struggle with drug or alcohol use: **0161 723 3880** or **105-106 Drake Street, Rochdale, OL16 1PQ**

Tameside Wellbeing Hub

Located at TOGS MIND, people aged 18+ can access wellbeing and mental health support via activities, groups and sessions: **0161 330 9223**, email wellbeinghub@togmind.org or togsmind.org/services/tameside-wellbeing-hub/

**Tameside specialist mental health team**

Three specialist teams across Tameside and Glossop, which aim to support adults who struggle with moderate to severe mental health problems: **0161 716 3500/3434** or penninecare.nhs.uk/tameside-specialist-team

**Tameside Community Eating Disorders Service (South)**

A community team that can provide care and support to people aged 8 – 18 with an eating disorder: **0161 716 4060**, penninecare.nhs.uk/ceds-south or located at Stopford House, SK1 3XE

**My Recovery – Tameside**

Support, information and advice for residents of Tameside regarding drug and alcohol use: **0161 672 9420** or located at **111 – 113 Old Street, OL6 7RL**

**Be Well Tameside**

Specific health and wellbeing advice and support for residents of Tameside: **0161 342 5050** or tameside.gov.uk/bewelltameside

**Tameside and Glossop Early Intervention Team**

Support for those aged 14 – 65, who have struggled with psychotic episodes or similar experiences: **0161 716 3280** or located at **225 Old Street, OL6 7SR**

**Tameside Young people's specialist support team**

Support for young people with complex needs, including learning disabilities, autism, or both, who may be in crisis: **0161 716 1719**, penninecare.nhs.uk/yp-specialist-support or **First Floor Radcliffe Place, Dumers Lane, M26 2QD**

42nd Street

Counselling and mental health support available to residents of Manchester: **0161 228 7321**, 42ndstreet.org.uk or located at **42nd Street, 87-91 Great Ancoats Street, M4 5AG**

**NHS Manchester Talking Therapies**

Counselling and mental health available to people aged 18+ who wish to speak with a trained professional about their thoughts and feelings: **0161 226 3871** or thebiglifegroup.com/service/talking-therapies-manchester/

**Manchester MIND**

Counselling, mental health and wellbeing support via groups, community work or 1-1s: **0161 769 5732** or manchestermind.org

**End the Fear**

Anyone who is experiencing domestic or sexual abuse and/or violence can seek support, help and advice and guidance via this service: endthefear.co.uk

**Manchester Be Well**

Be Well is there to help people find strategies to live well and feel supported through life's twists and turns: **0161 470 7120**, thebiglifegroup.com/service/be-well, or located at **339 Stretford Road, M15 4ZY**

**Priory**

Private mental health treatment and tailored wellbeing support: **0808 303 2819** or priorygroup.com

**Greater Manchester Bereavement Service**

Bereavement and grief support for those living in Greater Manchester: **0161 983 0902** or greater-manchester-bereavement-service.org.uk

**Respect For All**

A counselling and mental wellbeing group support service specifically for learning disabled and/or autistic people: enquiries@respectforall.org.uk or respectforall.org.uk

**Manchester Deaf Centre**

Community and group support for the deaf community in Greater Manchester: **0161 273 3415** or manchesterdeafcentre.com

**Once Upon a Smile**

Support for children and young people up to the age of 18 who have suffered a bereavement of a parent, grandparent or sibling: **0161 711 0339**, onceuponasmile.org.uk, or located at **Sidley House, 6 Brindley Road, M16 9HQ**

The Proud Trust

Support for people who identify as LGBTQ+ or questioning their gender: **0161 660 3347**, theprouddtrust.org, or located at **49-51 Sidney Street, M1 7HBG**



Websites, helplines and helpful apps



Kooth

Free online support and counselling for people aged up to 18. This can be accessed at: kooth.com



Childline

Childline is available for people aged up to 18 and provides counselling, mental health support and other services: childline.org.uk



Qwell

Qwell is free digital mental health and wellbeing support for those aged 18+ : qwell.io



SANeline

A national out-of-hours mental health helpline, designed to offer specialist emotional support, guidance, and information: **0300 304 7000** or sane.org.uk

Stop. Breathe. Think

A mental health charity which offers online counselling to those aged up to 21 years old, who cannot afford or access support quickly: stopbreathethink.org.uk

STOP.
BREATHE.
THINK.

Muslim Youth Helpline

The Muslim Youth Helpline can provide support and help for young people who identify as Muslim: myh.org.uk or **0808 808 2008**

myh muslim
YOUTH
helpline

Counselling Directory

Find and connect with registered counsellors from all over Greater Manchester: counselling-directory.org.uk

Counselling Directory

Switchboard LGBTQIA+ Helpline

A helpline for LGBTQIA+ people to access support regarding gender identity or sexuality: **0800 0119 100** or switchboard.lgbt

SWITCHBOARD
LGBTQIA+ Support Line

Citizens Advice

Support for a variety of concerns including financial support or benefits advice: citizensadvice.org.uk

citizens
advice

NHS
Pennine Care
NHS Foundation Trust

Silvercloud

Access to online counselling and talking therapies support for people aged 16+ who are registered with a local area GP:

Oldham:

penninecare.nhs.uk/talkingtherapies/silvercloud

Rochdale, Heywood and Middleton:

penninecare.nhs.uk/talkingtherapies/silvercloud

Manchester: hub.gmintegratedcare.org.uk/mental-health/mental-health-and-wellbeing-resources/digital-support/silvercloud/

SAMARITANS

Samaritans

Immediate support for people who are struggling with their mental health and/or suicidal thoughts and feelings: **116 123** or samaritans.org

shout
85258
here for you 24/7

SHOUT

A free and confidential text support service, designed to offer support for mental health and emotional wellbeing: Text **85258** or giveusashout.org

SHINING A LIGHT ON
SUICIDE

Shining a Light on Suicide

Support for people struggling with feeling suicidal, or worried about someone who experiences suicidal thoughts: shiningalightonsuicide.org.uk

Young Minds

A charity which can provide support and signpost to other services: [youngminds.org.uk](https://www.youngminds.org.uk)



Oldham Women's Network

A service that supports women and girls who may be struggling: **0161 339 2345** or [actiontogether.org.uk/oldham-womens-network](https://www.actiontogether.org.uk/oldham-womens-network)

Every Mind Matters – NHS

A website which can signpost to specialist services that can offer support with emotional wellbeing: [nhs.uk/every-mind-matters/](https://www.nhs.uk/every-mind-matters/)



RESPECT

A charitable service which aims to help support victims and survivors of domestic abuse, as well as providing support for domestic abuse perpetrators: **0808 802 4040** or [respect.org.uk](https://www.respect.org.uk)

Anna Freud

A charity which aims to provide support and advice around mental health for families, young people and children, and professionals: [annafreud.org](https://www.annafreud.org)



Women's aid

Support, guidance and advice for women and children experiencing abuse or feeling unsafe: [womensaid.org.uk](https://www.womensaid.org.uk)

Beat Eating Disorders

A specialised service which can offer support to people who struggle and/or experience eating disorders: **0808 801 0677** or [beateatingdisorders.org.uk](https://www.beateatingdisorders.org.uk)



safenet

Support and guidance for those experiencing domestic abuse: **0300 3033 581** or [safenet.org.uk](https://www.safenet.org.uk)

PTSD UK

A signposting service which offers support and advice to people who experience PTSD: [ptsduk.org](https://www.ptsduk.org)



Jigsaw Support

Jigsaw offer support around homelessness prevention, community and preventative services, including support for people who have experienced trauma, domestic abuse, long term unemployment and mental wellbeing challenges: **0300 1111 212**, [support.jigsawhomes.org.uk](https://www.support.jigsawhomes.org.uk) or located at Cavendish 249, Ashton-under-Lyne, OL6 7AT

KOGS

A charity which aims to support and educate women and girls regarding unhealthy relationships, child sexual exploitation (CSE), and grooming: kogs.org.uk or located at **764a Oldham Road, Failsworth, M35 9FE**



Child Bereavement UK/Winston's Wish

A service which aims to support children and young people who have experienced a bereavement and may be struggling with grief: **0800 02 888 40 or childbereavementuk.org**

Men's Advice Line

An advice line here to help support male victims and survivors of domestic abuse: **0808 801 0327 or mensadvice.org.uk**



Grief Encounter

This service is available to families, young people and children who have experienced a bereavement, and can offer support, advice and guidance: **0808 802 0111 or griefencounter.org.uk**

GMRC – Greater Manchester Rape Crisis

A service available to women who have experienced rape and/or sexual abuse: **0161 273 4500 or manchesterrapecrisis.co.uk**



Child Death Helpline

A helpline and supportive service which can support parents and families who have experienced the loss of a child or young person: **0800 282 986 or childdeathhelpline.org.uk**

Mankind

A service which aims to help and support men who have experienced domestic abuse: **0808 800 1170 or mankind.org.uk**



National Autistic Society

Support for young people, children and families, living with someone who has autism. This service offers support, advice and guidance regarding a variety of concerns or topics: **autism.org.uk**

Talk to Frank

Information, guidance and support for those struggling with drug and alcohol usage: **0300 123660 or talktofrank.com**



ADHD Foundation

Available to support those who have ADHD, providing guidance, advice and support on a range of different topics such as diagnosis, education and employment: **adhduk.co.uk**

OCD-UK

A national OCD charity run by and for people with lived experience of OCD. Providing guidance, support and information around living with OCD: ocduk.org



We are WithYou

A free and confidential support service which can provide help around drugs, alcohol or mental health: wearewithyou.org.uk

Calm Connections

Calm Connections can provide support to families of children and young people who struggle with mental health and emotional wellbeing challenges: **07919 848558** or calmconnections.org



Anti Bullying Alliance

Support, advice, and guidance for anyone struggling with bullying: anti-bullyingalliance.org.uk

Beacon Counselling Trust

A North West based education, treatment and support charity, that can provide therapeutic support for those who struggle with mental health and emotional wellbeing challenges. They can also provide specific gambling harm programme support: **0151 226 0696** or beaconcounsellingtrust.co.uk



Alumina – Self Harm

A website that provides free online self-harm support for people aged up to 17 years old: selfharm.co.uk



Teenage Cancer Trust

A service that offers support for children and young people who experience cancer: **020 7612 0370** or teenagecancertrust.org



Oldham College

Rochdale Road
Oldham OL9 6AA

Opening times

Monday, Tuesday and Thursday

8:30am - 6:00pm

Wednesday and Friday

8:30am - 5:00pm

Contact

General enquiries

 0161 785 4000 or

 info@oldham.ac.uk