

# Oldham Children Mental Health Services

## Support to stay happy and healthy and in school



Our family-based approach engages the whole family, supporting positive, practical, and realistic changes to achieve and maintain a healthy weight and lifestyle.

We understand that every family is different, therefore our approach is flexible to suit individual needs. We have a range of group, 1-1, phone and digital support options.

Contact Your Health Oldham on:

- Phone: 0161 9600255
- Text "Oldham" to 62277 for FREE and we will call you back
- Complete the online referral form online at [www.yourhealtholdham.co.uk](http://www.yourhealtholdham.co.uk)



**POSITIVE STEPS**  
SUPPORT | CHALLENGE | CHANGE

### Services for Children and Young People

Positive Steps provide a number of services for children, young people and their families:

- Oldham Young Carers
- Career guidance\*
- Work Experience\*
- Early Intervention and Prevention – families service
- Missing from Home
- Youth Justice Service

Contact Positive Steps: 0161 621 9400



### Kooth - online support for young people

Kooth is available if you're aged 11 to 18 years, and offers:

- A live chat - contact a qualified counsellor
- Scheduled and drop-in counselling sessions available all year round (including evenings and weekends).
- Chat forums with other young people

*\*Unless otherwise stated, support is available for anyone under the age of 19.*

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### **Sports Development for Schools**

Oldham Sports Development helps schools to deliver a high-quality PE and sports programme for pupils via a range of programmes.

The team take a holistic approach and focuses on overall health and wellbeing, including mental health and emotional wellbeing, in addition to physical activity.

The team works with schools and communities in a variety of ways to deliver health messages and promote healthy choices and lifestyles through behaviour change. They deliver:

- Health Champions Programme - empowers pupils (who applied for the role) to promote key health and wellbeing messages to their peers and wider community in their school
- Fresh Minds - programme aims to encourage the children and young people to think about the importance of looking after their physical, psychological and social wellbeing
- Daily Mile



**Oldham Council**

### Oldham Libraries

**Reading Well Book Collections** - promotes the benefits of reading for health and wellbeing.

**Shelf Help for young people** - recommends expert endorsed books about mental health, providing 13 to 18 year olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams. The books have all been recommended by young people and health professionals, and are available to borrow for free from public libraries

**Reading Well for Mental Health** - includes books providing support and helpful information for managing common mental health conditions, or dealing with difficult feelings or experiences.

**Reading Well Mood-boosting Books** - national promotion of uplifting titles, including novels, poetry and non-fiction.

Contact the central library to find out more about any of the initiatives

Cultural Quarter  
Greaves Street  
Oldham  
OL1 1AL  
T: 0161 770 8000  
E: [libraries@oldham.gov.uk](mailto:libraries@oldham.gov.uk)

## Support in education settings for mild to moderate mental health problems



### SEMHS (Social, Emotional, Mental Health Support) Team

- The SEMHS Team works in the Education and Early Years Team supporting the inclusion of Vulnerable Groups
- The team work mostly with primary school pupils in Oldham who are experiencing Social, Emotional And Mental Health Difficulties (SEMHD)
- They work collaboratively with school staff (who make the referral) to help them to understand SEMHD as a special educational need (SEN) and to improve the inclusion and outcomes for these vulnerable pupils, particularly those at risk of exclusion.

Contact the SEMHS team: Schools to phone to discuss



### Tameside, Oldham and Glossop (TOG) Mind – Youth in Mind

Educational and therapeutic pupil services to children and young people. In addition, to support for children and young people, TOG Mind also support the parents and carers within a young person's life.

They provide programmes to schools and educational settings:

- Resilience workshops and low-level targeted interventions (primary and secondary schools)
- Workshops, mindfulness sessions, assemblies and drop-in counselling (Oldham Sixth Form College)

In addition to the above, MIND offers a number of services within Oldham as part of 'Youth in Mind' which provides activities, support and services to 8-18 year olds:

- Drop-in & Sort-it
- Groups and activities
- Young People's courses
- Early Intervention
- Counselling

Contact Youth in Mind: To book an appointment you can call on 0161 330 9223 or email [take5@togmind.org](mailto:take5@togmind.org)

## Specialist Mental Health Service Support

### The specialist MH support available in Oldham includes:

- **Healthy Young Minds Oldham** - includes Psychiatrists, Psychologists, Mental Health Nurses, Mental Health Practitioners, Cognitive Behavioural Therapy (CBT) Therapists, Family Therapists and Counsellors. They offer specialist clinical and therapeutic services to children and young people up to the age of 18 years who are experiencing significant mental health problems. Support is provided for a range of issues, including: Anxiety, Depression, Psychosis, Post-Traumatic Stress Disorder (PTSD), Self-harm, ADHD (Attention Deficit Hyperactivity Disorder), ASD (Autistic Spectrum Disorder) and more complex psychological difficulties.
- **Children and Young People's Crisis Care Pathway** - 'In-reach/Out-reach' (IROR) model working with Healthy Young Minds and others (including health, social care, education, voluntary sector and blue light services), It provides a needs-led response to crisis for young people under the age of 16 and families experiencing high levels of distress and/or risk. This includes telephone and face-to-face contact during the week and between 10am-4pm at weekends. This support can be put in place either to avert or shorten admission to an inpatient setting

**The above services are by professional referral only. If you believe you require this type of support, speak to your GP or service provider**

### Support for Children Looked After (Children in Care) and Care Leavers\*

Providing support, advice and guidance to young people who are in care or who have previously been in the care of the local authority, and are aged 16–21 years or up to 25 years if they are in education or training. In addition to providing financial and practical support plus help around housing, family and education, training and employment, the After Care team helps care leavers to access health services and advises them on how to access support for mental and emotional health.

Further information and details are also available via NHS Mental Health:

<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/>