

Oldham Adult Mental Health Services

Support to improve mental wellbeing – I want to feel happier and healthier



As well as helping residents of Oldham to [get more active](#), eat healthier, manage weight, drink less alcohol and stop smoking, the service also supports a person who has anxiety about making these changes.

For any mental health issues that stop a person and their potential for making changes (i.e. depression, anxiety), Your Health Oldham will seek support from other agencies and/or refer in.

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*



Togetherall

Clinically managed, online community designed to improve mental health.

The platform provides anonymous, peer-to-peer interactions so that as many people as possible can benefit from instant, easy-access and round-the-clock support.

Available for anyone aged 16 and over – click the

**Unless otherwise stated, support is available for anyone over the age of 18.*



TOG Mind

- Online wellbeing - online wellbeing services to help you cope better whilst social distancing
- Counselling – available to all residents aged 16 or over.
- Active Monitoring* - early intervention, guided self-help service that runs from a number of GP practices in Oldham.
- Topaz Café - The Topaz Café is a not-for-profit hub that creates a huge selection of freshly made vegetarian meals at a reasonable price. Let Topaz take care of your lunch while you take care of yourself!

IAPT service*

- The delivery of Improving Access to Psychological Therapies (IAPT); 1-2-1 guided self-help and online CBT services, supporting clients to reach IAPT recovery.
- Includes therapeutic groups/courses and taster sessions which focus on early intervention and how to access in Oldham



POSITIVE STEPS
SUPPORT | CHALLENGE | CHANGE

Early Intervention and Prevention service

The service for Oldham residents provides support for whole families as well as individual adults and adult-only household around a wide range of issues including housing, finances, mental health, physical health, parenting, looking for work. An Engagement Worker works with families or individuals to help develop the skills to take control. Positive Steps work closely with other agencies and organisations to ensure the right support is in place.

If you would like to make a referral for yourself or someone you know where there is a child in family you can do so via [Oldham Council's Referral page](#).

If you would like to make a referral for our Adult only service, you can do so via our [Adult Referral Form](#). This referral form is for where there are not any children in the household

Support for mild to moderate common mental health problems



Healthy Minds

- The service is for people aged 16+ with a strong focus on self-help.
- Providing a range of talking therapies for people struggling to cope with low mood, stress, or depression. Support also if a person is experiencing difficulty sleeping, anxiety, feelings of hopelessness or panic attacks
- Help to deal with the effects of a long-term health problem or chronic pain, post natal depression, obsessive compulsive disorder phobias, or eating difficulties.
- Also offer couples therapy, and psychosexual therapy for any intimacy difficulties.
- Team is made up of a range of professionals, including therapists and counsellors, who will find a level of treatment that is right for you.

Contact Healthy Minds Oldham: Access the service by [completing the online form](#). The service will get in touch with you shortly after you complete the form.



Psychological medicine in Primary Care

A team dedicated to supporting people* with complex or chronic physical and mental health problems, working with practices in the **south and centre of Oldham**.

and Glossop

IAPT+ pathway

- IAPT+ works with a team of 16 staff delivering Step 2 of the Improving Access to Psychological Therapy (IAPT) services including drop-ins, guided self-help, and online CBT in Oldham.
- Delivering services from over 30 GP surgeries plus community settings such as the Job Centre and Oldham 6th Form
- Speak to your GP for further information / a referral*

Specialist Mental Health Service Support

The specialist MH support available in Oldham includes:

- Access Team - takes referrals from professions who are concerned that an individual is experiencing mental health difficulties, that require specialist service support and cannot be managed by primary care
- EIP (Early Intervention in Psychosis) - support for people aged 14-65 years old experiencing a first episode psychosis or an 'at risk mental state' which could be psychosis. Treatment is recovery based.
- Home Treatment Team - provides intensive support in the community, for people aged 16 and 65 years, who may be experiencing an acute mental health crisis.
- Inpatient / residential services - **Aspen** and **Oak Wards** are adult mental health service inpatient wards on the Royal Oldham Hospital site, caring for people with acute/chronic mental health problems. **Rhodes Place** is an eight-bed secure unit for women with severe mental illness and complex needs

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

Safe Haven

- A therapeutic space for people who have accessed A&E or are known to secondary care services (those listed above), who are experiencing a mental health crisis. Open from 6pm-8am, Monday-Friday.
- The Safe Haven, Royal Oldham Hospital is a partnership of Pennine Care, TOG Mind, and Early Intervention (Positive Steps).

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

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