

iTHRIVE DIRECTORY OF SERVICES

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH IN OLDHAM

Contents:

- Introduction
- Index of services (iTHRIVE)
- Thematic list
- Provider list
- National helplines



INTRODUCTION

Emotional wellbeing

An overall positive state of one's emotions, life satisfaction, sense of meaning and purpose, and ability to pursue self-defined goals. A sense of balance in emotion, thoughts, social relationships, and pursuits.

iTHRIVE framework

A foundation of principles to support the mental health and well-being of children, young individuals, and families. The framework is for all children and young people aged 0-25, their families and carers and all professionals who seek to promote mental health awareness and help children and young people with mental health and wellbeing needs or those at risk of mental health difficulties (whether staff in educational settings, social care, voluntary or health sectors or others).

Mental health

The mental state which enables people to:

- Cope with the stresses of life (relocation, divorce, etc.).
- Realize their abilities.
- Learn well and work well.
- Contribute to their community.
- Make decisions.
- Build healthy and functional relationships.

M-Thrive

The overarching goal is to create a Manchester THRIVE Hub serving as the primary access point to Manchester's Emotional Wellbeing and Mental Health services. This initiative entails forming a dedicated Manchester THRIVE Hub Team stationed within three regional THRIVE centers: Central, North, and South localities.

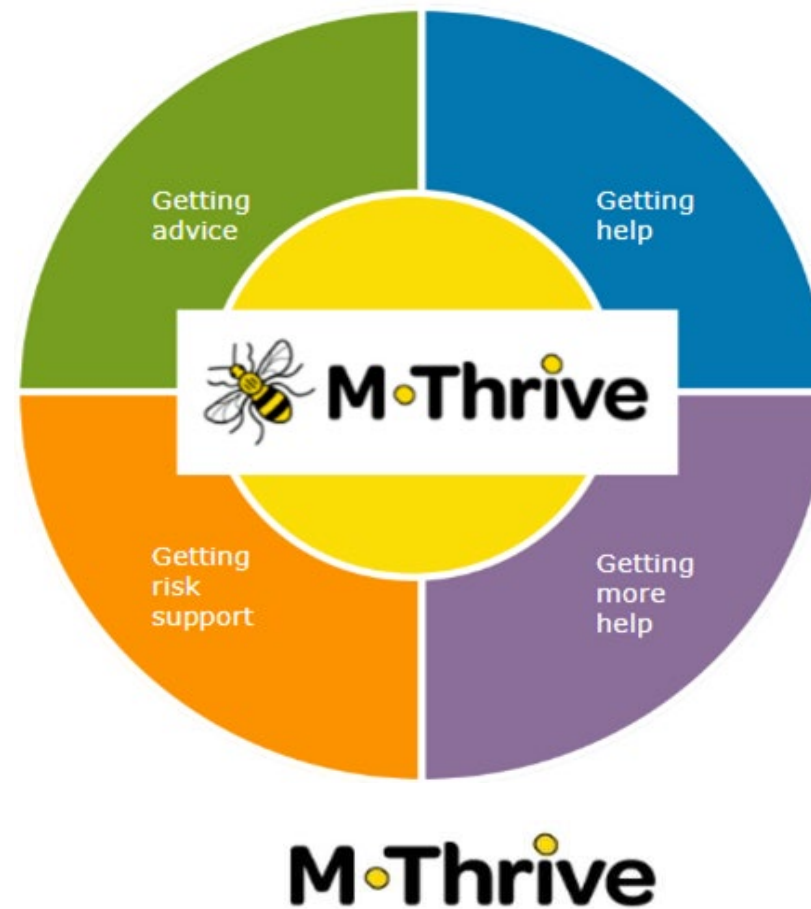


OLDHAM iTHRIVE SERVICE DIRECTORY

This directory is a source of information which includes a variety of services, tools, and information to support children's mental health and emotional wellbeing.

The National Health Service (NHS) in Manchester is committed to delivering services according to the iTHRIVE model. This means that you can easily discover where to "Get Advice", "Get Help", Get More Help and to "Get Risk Support".

In the pages ahead, you will discover how best to get the information or support, you require, to support your family's emotional wellbeing and mental health.



GETTING ADVICE

Getting Advice	Pregnancy & Birth		0-5 Years	Primary Years	Secondary Years	Transitions to Adulthood [16 years +]
	General Practice Services & Practice Nurses (all ages)		Oldham Parent Carer Forum			
	Oldham Family Hubs					
	Oldham Parenting Team		MyHappyMind (3-11 years)		Oldham Parenting Team	
	Health Visitors			Mental Health In Education (primary to 18yrs)		
	Oldham Early Attachment Service (from pregnancy to baby’s second birthday)		Centre Of Wellbeing, Training & Culture			
	Family Nurse Partnership			Autism Youth Club (AYC)		
				Oldham SEND Workshops - Autism Post Diagnosis workshops		
				Oldham Young Carers (8-18 years)		
				Chat Health (Parents and carers of 5-19-year-olds and 11-19 years old)		
				Oldham SEND Information Advice and Support Service (SEND IASS)		
	Street Games					
	Ghazali Trust				Positive Steps -Independent Impartial Carers Guidance	
	Early Help					
			Oldham Short Breaks Play and Leisure provision			
			Oldham SEND Mediation and Disagreement Resolution Service			
			Forensic Child and Adolescent Mental Health Services Northwest FCAMHs NW			



GETTING HELP

Getting Help	Pregnancy & Birth	0-5 Years	Primary Years	Secondary Years	Transitions to Adulthood [16 years +]
	Family Nurse Partnership	Street Games			
	Oldham Early Attachment Service (from pregnancy to baby’s second birthday)	myHappymind (3-11 years)		Family Nurse Partnership	
	Home-start PIMH (Parent-infant Mental Health) Support		Centre Of Wellbeing, Training & Culture		
	Health Visitors			Oldham Young Carers (8-18 years)	
			School Nursing Service - Oldham Community (5-19 years)		
	Early Intervention				
	Maternity Services		Community Eating Disorder Service (CEDS)		
		Oldham Child and Adolescent Mental Health Service (CAMHS)			
		Community Paediatric Service			
		Take 5			
		Tameside Oldham and Glossop Mind (TOGMIND)			
		Oldham young people’s mental health support team			
		Oldham SEND Information Advice and Support Service (SEND IASS)			
	Kooth				
	Oldham Bereavement Service				
		Oldham Young Carers (8-18 years)			
		Mental Health In Education (primary to 18yrs)			
		Forensic Child and Adolescent Mental Health Services Northwest FCAMHs NW			



GETTING MORE HELP

Getting More Help	Pregnancy & Birth	0-5 Years	Primary Years	Secondary Years	Transitions to Adulthood [16 years +]
		Oldham Child and Adolescent Mental Health Service (CAMHS)			
		Community Paediatric Service			
	Oldham Early Attachment Service (from pregnancy to baby’s second birthday)	Centre Of Wellbeing, Training & Culture			
		Educational Psychology & Advisory Teachers			
			Community Eating Disorder Service (CEDS)		
	Early Help				
		Forensic Child and Adolescent Mental Health Services Northwest FCAMHs NW			
			Kooth		
	Family Nurse Partnership				



GETTING RISK SUPPORT

Getting Risk Support	Pregnancy & Birth	0-5 Years	Primary Years	Secondary Years	Transitions to Adulthood [16 years +]
		Young Minds			
	Oldham Early Attachment Service (from pregnancy to baby’s second birthday)		Safe Haven & Crisis Response		
				Hope & Horizon Units	
			Forensic Child and Adolescent Mental Health Services Northwest FCAMHs NW		
				CMHT	



INDEX

Index		
Anger / Aggression	Distressed Behaviour	OCD
Antenatal	Domestic Abuse	Parenting
Anxiety	Early Years	Psychosis
ADHD	Eating Disorders	Self Harm
ASD	Fostering / Adoption / CLA	Sexual Health
Bereavement	General Wellbeing	Substance Misuse
Bullying	Housing/Homelessness	Suicide
Confidence / Self Esteem	LGBT+	Young Carers
Depression	Mental Health	Services by Age
NHS 111 - if you are worried about an urgent medical concern, you can call 111 to speak to a fully trained advisor		



GENERAL WELLBEING



Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Oldham Youth Service (11-21 with limited programmes for 8 - 11-year-olds) and up to 25 for young people with SEND or Care experience)			
Oldham Short Breaks Play And Leisure Provision			
Take 5 (TOG MIND)			
Mental Health In Education (primary to 18yrs)			
Koala Northwest Sleep Service (parents of a child between 2 and 11 years)			
Oldham offer (All Age)			
myHappymind (3 to 11 years)	Emotional Wellbeing Specialist Nurses	School Nursing Service Oldham Community	
Young Minds (People of all ages and backgrounds)	Positive Steps: parental guidance (Parents-to-be and parents of children aged 0-19 years)		
Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)			
Kooth (10 to 25 years)			
Mahdlo Youth Zone 8-19-year-olds (up to 25 for young people with a disability)			
The Mix (Under 25 years old)		Connections (Aged 13-24)	



ADHD



Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Oldham offer (All Age)			
Young Minds (People of all ages and backgrounds)	Early Help (All Age)		
Oldham Short Breaks Play And Leisure Provision			
Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)		Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
School Nursing Service Oldham Community			
Kooth (10 to 25 years)		Community Paediatric Service (new referrals of ADHD assessment under 8yrs and Oldham CAMHS 8yrs and above. ADHD assessment generally from 6+yrs)	
myHappymind (3 to 11 years)			
Mahdlo Youth Zone 8-19-year-olds (up to 25 for young people with a disability)		Optimise (All ages)	
The Mix (Under 25 years old)			
ADHD Foundation (All Age)			





ANGER / AGGRESSION

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Childline (Under 19 years old)	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)	Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
Young Minds (People of all ages and backgrounds)	School Nursing Service Oldham Community		
The Mix (Under 25 years old)	Educational Psychology & Advisory Teachers (0 to 25 years old)		
Kooth (10 to 25 years)			
Mahdlo Youth Zone 8-19-year-olds (up to 25 for young people with a disability)			





ANTENATAL

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Family Nurse Partnership (for first time mums, under the age of 20 years)			
Oldham Early Attachment Service (from pregnancy to baby’s second birthday)			
Health Visitors(from pregnancy to five years old)			
Oldham Parent Carer Forum			
Oldham Parenting Team			
General Practice Services & Practice Nurses (All ages)			
Maternity Services			





ANXIETY

Getting Advice	Getting Help	Getting More Help	Getting Risk Support	
No Panic (All Age)	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)	Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)		
Anxiety UK (All Age)				
Headmeds (People of all ages and backgrounds)	School Nursing Service Oldham Community			
myHappymind (3 to 11 years)				
Mental Health In Education (primary to 18yrs)				
Kooth (10 to 25 years)				
	Educational Psychology & Advisory Teachers (0 to 25 years old)			
	Oldham young people’s mental health support team(4 to 18 years old)			



AUTISM SPECTRUM DISORDER (ASD)



Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Oldham offer (All Age)		Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
Oldham Short Breaks Play And Leisure Provision			
Autism Youth Club (8 to 18 years old)		Community Paediatric Service (new referrals of ADHD assessment under 8yrs and Oldham CAMHS 8yrs and above. ADHD assessment generally from 6+yrs)	
Koala Northwest Sleep Service (parents of a child between 2 and 11 years)			Specialist Support Team SST (Under 18)
Oldham SEND Information Advice and Support Service (SEND IASS) 0-25 years			
Oldham SEND Workshops - Autism Post Diagnosis workshops		Optimise (All ages)	





BEREAVEMENT

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Cruse Bereavement Care (All Age)	Oldham Bereavement Support Service(Up to 18 years old and parents)		
Oldham Bereavement Service (6-18 years)			
Mental Health In Education (primary to 18yrs)			
Winstons Wish (Up to the age of 25)	Educational Psychology & Advisory Teachers (0 to 25 years old)		
Hope Again (Young people)			
Greater Manchester Bereavement Service (All Age)			
Child Bereavement UK (Children and young people up to 25)			
The Compassionate Friend Parents Bereaved of a School Age Child (4-16)			



BULLYING



Getting Advice	Getting Help	Getting More Help	Getting Risk Support
National Bullying Helpline (All Age)	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)		
Emotional Wellbeing Specialist Nurses			
Street Games			
Mental Health In Education (primary to 18yrs)	School Nursing Service Oldham Community		
Bullying UK (for young people, parents / carers and professionals)	Kooth (10 to 25 years)		
Kidscape (For young people, parents and professionals with practical strategies to prevent bullying)			



CONFIDENCE / SELF ESTEEM



Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Childline (Under 19 years old)	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)	Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
Young Minds (People of all ages and backgrounds)	School Nursing Service Oldham Community		
Mental Health In Education (primary to 18yrs)			
Anxiety UK (All Age)			
Street Games			
myHappymind (3 to 11 years)			
Kooth (10 to 25 years)			
Educational Psychology & Advisory Teachers (0 to 25 years old)			
Oldham young people’s mental health support team(4 to 18 years old)			





DEPRESSION

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Childline (Under 19 years old)		Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
Samaritans (All Age)			
Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)			
Mental Health In Education (primary to 18yrs)			
Kooth (10 to 25 years)			
	Educational Psychology & Advisory Teachers (0 to 25 years old)		
	Oldham young people’s mental health support team(4 to 18 years old)		





DISTRESSED BEHAVIOUR

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Early Help (All Age)		Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
Kooth (10 to 25 years)		Community Paediatric Service (new referrals of ADHD assessment under 8yrs and Oldham CAMHS 8yrs and above. ADHD assessment generally from 6+yrs)	
	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)		
	Educational Psychology & Advisory Teachers (0 to 25 years old)		
	Oldham young people’s mental health support team(4 to 18 years old)		





DOMESTIC ABUSE



Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Early Help (All Age)			
	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)		
The Children´s Society (children and young people aged 5-19)			
Safenet Domestic Abuse Services Oldham (women, children, boys up until 16 years)			
Children And Young People´s Independent Specialist Domestic Violence Advisor And Development Officer (CHIDVA)			



EARLY YEARS (0-5)



Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Early Help (All Age)	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)		
myHappymind (3 to 11 years)	Educational Psychology & Advisory Teachers (0 to 25 years old)		
Family Nurse Partnership (for first time mums, under the age of 20 years)		Community Paediatric Service (new referrals of ADHD assessment under 8yrs and Oldham CAMHS 8yrs and above. ADHD assessment generally from 6+yrs)	
Oldham Family Hubs			
Oldham Parenting Team			
Oldham Early Attachment Service (from pregnancy to baby’s second birthday)			
General Practice Services & Practice Nurses (All ages)			
Koala Northwest Sleep Service (parents of a child between 2 and 11 years)			
Health Visitors(from pregnancy to five years old)			
Oldham Children's Learning Disabilities Team			
Speech & Language Therapy SALT (Aged 0-19 years)			
Oldham SEND Information Advice and Support Service (SEND IASS) 0-25 years			
me-start PIMH (Parent-infant Mental Health) Support		Ghazali Trust	







EATING DISORDERS

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Anorexia & Bulimia Care (All Age)	Community Eating Disorder Service (CEDS) All Age		Hope and Horizon Unit (13-18 years)
Mental Health In Education (primary to 18yrs)			
BEAT (Under 18 years old)		Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	





FOSTERING / ADOPTION / LAC

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Adoption Now			
Adoption UK (For everyone who can't grow up in their birth families)		Community Paediatric Service (0 to 18 years old)	
The Fostering Network (for fostered children and young people)		Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
Early Help (All Age)			
Early break (young people, families and carers)			





HOUSING / HOMELESSNESS

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Albert Kennedy Trust (16-25-year-olds)			
Shelter(All Age)			
Oldham Foodbank (All Age)			





LGBTI+

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Imaan (Muslim LGBTI people All Age)			
Proud Connections (LGBT+ young people from 11 to 25 years old) by The Proud Trust			
Oldham, Rochdale and Bury Young People's Sexual Health Service (young people aged 13 - 19, adults with special educational needs and looked after children up to the age of 25)			





MENTAL HEALTH

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Stem4 (Child and young people)	Speech And Language Therapy (SALT)	Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
Mental Health In Education (primary to 18yrs)			
myHappymind (3 to 11 years)	Ghazali Trust		
Rethink Mental Illness (All Age)	Centre Of Wellbeing, Training & Culture		Hope and Horizon Unit (13-18 years)
Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)			
Kooth (10 to 25 years)		Community Mental Health Teams CMHT (16+ years)	
Early Help (All Age)			Forensic Child and Adolescent Mental Health Services Northwest FCAMHs NW (Under 18 years old)
Oldham young people's mental health support team(4 to 18 years old)			Specialist Support Team SST (Under 18)
Street Games			





OBSESSIVE COMPULSIVE DISORDER (OCD)

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
OCD UK (All Age)	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)	Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
Young Minds (People of all ages and backgrounds)			Hope and Horizon Unit (13-18 years)
OCD Action (All Age)			



PARENTING



Getting Advice	Getting Help	Getting More Help	Getting Risk Support	
myHappymind (3 to 11 years)	Early Help (All Age)			
Oldham Early Attachment Service (from pregnancy to baby’s second birthday)				
Action Together				
Oldham Family Hubs				
Chat Health				
Oldham Parenting Team				
Koala Northwest Sleep Service (parents of a child between 2 and 11 years)				
Family Lives (Parents All Age)	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)			
Home-start PIMH (Parent-infant Mental Health) Support	Children with Additional Needs Social Work Team(From 0 to 19 years old)			
Kooth (10 to 25 years)				Centre Of Wellbeing, Training & Culture
Oldham Send Mediation And Disagreement Resolution Service	Educational Psychology & Advisory Teachers (0 to 25 years old)			
Family Nurse Partnership (for first time mums, under the age of 20 years)				





PSYCHOSIS

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Samaritans (All Age)	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)	Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
Mental Health In Education (primary to 18yrs)			
Rethink Mental Illness (All Age)	Early Intervention Team (All Age)		Hope and Horizon Unit (13-18 years)
Bipolar UK (Individuals and families affected by bipolar diagnosis)			Forensic Child and Adolescent Mental Health Services Northwest FCAMHs NW (Under 18 years old)
Young Minds (People of all ages and backgrounds)			Community Mental Health Teams CMHT (16+ years)





SELF-HARM

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Harmless (All Age)	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)	Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
42nd street			
Mental Health In Education (primary to 18yrs)			
Kooth (10 to 25 years)			



SEXUAL HEALTH



Getting Advice	Getting Help	Getting More Help	Getting Risk Support
NHS Sexual Health (Any age)	School Nursing Service Oldham Community		
CASH (Child and young people)			
Early break (young people, families and carers)			
Youth Justice Service			
Oldham, Rochdale and Bury Young People’s Sexual Health Service (young people aged 13 - 19, adults with special educational needs and looked after children up to the age of 25)			





SUBSTANCE MISUSE

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
FRANK (Any age)			
We are with you (Any age)	Centre Of Wellbeing, Training & Culture		
Youth Justice Service			
NACOA (Children of all ages affected by a parent’s drinking or similar addictive problem.)			
Early break (young people, families and carers)			





SUICIDE

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Samaritans (All Age)	Tameside Oldham and Glossop Mind TOGMIND (0 to 25 years old)	Oldham Child and Adolescent MH Services CAMHS (Ages 0-5 , 5-11, and 11-19 years)	
Papyrus (35 years and under)	Early Intervention Team (All Age)		Safe Haven & Crisis Response (Any age)
CALM (Any age)			
Young Minds (People of all ages and backgrounds)			
Childline (Under 19 years old)			
Mental Health In Education (primary to 18yrs)			Hope and Horizon Unit (13-18 years)





YOUNG CARERS

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
Oldham Young Carers (between 8 - 18 years old)			
The Children ´s Society (children and young people aged 5-19)	Early Help (All Age)		
Oldham Parent Carer Forum			
Action Together			
Oldham Send Mediation And Disagreement Resolution Service			
Youth Justice Service			
Chat Health			
Carers Trust (Young Carers)	Centre Of Wellbeing, Training & Culture		
Childline (Under 19 years old)			



ADDITIONAL OLDHAM SERVICE INFORMATION: LOCAL AND REGIONAL SERVICES



M·Thrive

OLDHAM YOUNG PEOPLE'S MENTAL HEALTH SUPPORT TEAM

They help individuals achieve their full potential by providing timely and appropriate support. It includes a variety of cognitive behavioral therapy-based assistance for managing low mood, anxiety, and building confidence. The services are delivered through face-to-face, video, or phone sessions to fit individual needs. Operating year-round in schools across Oldham and from an office in central Oldham.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** For children with individual needs, training and guidance to parents and school staff to enhance their understanding of young people's mental health needs.
- **Referral:** School mental health lead or other school-based staff
- **Age Range:** 4-18 years
- **Telephone:** 0161 621 9620
- **Website:** <https://www.penninecare.nhs.uk/oldham-mhsupport>

Local service

Getting Help

KOALA NORTHWEST SLEEP SERVICE



Provides children, aged 2-11 years, and their families with tailored practical and emotional support that improves wellbeing, reduces isolation and supports both children and care-givers to thrive by improving sleep routines. Koala NW have trained sleep practitioners who will carry out a sleep assessment, provide you with information and the tools to improve sleep routines, weekly support for 6 weeks to support your child's journey. This is offered in 2 ways (1-1 support over the telephone and in person or online Sleep Better Course).

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Supporting parents of a child between 2 and 11 years, where the child has difficulty settling at night, frequently wakes throughout the night or wakes early to start the day.
- **Referral:** Self referral or professional referral (with parents' knowledge and agreement)
- **Age Range:** Parents of a child between 2 and 11 years
- **Telephone:** 0151 608 8288
- **Email:** Sleep@koalanw.co.uk or admin@koalanw.co.uk
- **Website:** <https://koalanw.co.uk/>

TEAM CMHT

Assistance for long-term and serious mental health issues.

- **iTHRIVE categories:** Getting Advice, Getting More Help, Getting Risk Support
- **Support:** For severe and enduring mental health problems. Provides consideration to carers' needs and carry out risk assessment and management.
- **Age Range:** 16+ years
- **Referrals:** Referral through a consultant, hospital ward, or the single point of entry.
- **Telephone:** 0161 770 4151
- **Website:** <https://www.penninecare.nhs.uk/oldhamcmhteast>

OLDHAM PARENTING TEAM



The programmes are part of the 0-19 Right Start Service. And help parents and carers to understand the different behavioral and developmental stages of their baby, child or teenager and support parents and carers to become more confident in their parenting role. Services are based on evidence to make a positive difference for parents. They are delivered by experienced, trained practitioners who are able to provide support, advice and guidance to parents to help them find ways to deal with challenging behaviors, reduce stress and have strengthened relationships with their children. Parenting programmes are delivered throughout the year, across Oldham with morning, afternoon, and evening sessions available.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Provide group-based parenting support to parents.
- **Age Range:** Parents of children aged 0-16yrs
- **Referrals:** Self-referral
- **Email:** parentsupporthub@oldham.gov.uk
- **Website**
<https://familyhubs.oldham.gov.uk/parenting-support-programmes/>

COMMUNITY PAEDIATRIC SERVICE (CPS)

Saving lives,
Improving lives



Provide assessment and diagnosis for children aged 0-18 years, who experience difficulties in their development. CPS assess and manage children and young people with developmental delay, complex physical and motor difficulties, genetic and neuro-regressive conditions, autism and ADHD (new assessments for autism and ADHD - under 8 years), dyspraxia assessments.

They diagnose and plan the care management for children with neuro-developmental concerns, neuro-disabilities or complex health needs.

The team consists of Paediatricians, Speciality Community Doctor, Nurse Practitioners, Service Co-ordinator, Specialist Outreach Nursery Nurses and Admin.

- **iTHRIVE categories: Getting Advice, Getting More Help**
- **Support:**
 - ✓ Medical advice for children with special educational needs, to support Educational Health Care Plans
 - ✓ Statutory health assessments for Children Looked After
 - ✓ Adoption medical assessments and medical advice to prospective adopters
 - ✓ Assessment and diagnosis for children with motor co-ordination, attention and social communication difficulties
 - ✓ Neurodisability clinics in Special schools
 - ✓ Neuro-developmental clinics both Paediatrician and Nurse led clinics
 - ✓ Palliative/end of life care for children and young people
 - ✓ Assessment and management of children and young people with neuro-disabilities from congenital and acquired conditions, cerebral palsy, neuroregressive conditions, metabolic and genetic causes
 - ✓ Assessment of autism and ADHD (under 8 years old)
 - ✓ Co-ordination of care - close liaison with allied health professionals, health visitors, learning disability nursing team, special school nursing, CAMHS, social care and education
 - ✓ Specialist Outreach Nursery Nurses provide developmental assessment and intervention for Pre-school children under the care of a Paediatrician.
 - ✓ Advice on sleep for children with neuro-disability open to the service.
- ✓ **Age Range:** 0-18 years
- **Telephone:** 0161 357 5228 (option 2)
- **Email:** oldhamcommunitypeads@nca.nhs.uk
- **Website:** [Paediatric Service :: Northern Care Alliance](#)



Oldham Care Organisation
Northern Care Alliance NHS Group



SPEECH AND LANGUAGE

THERAPY (SALT)

The program offers care and support specifically tailored for children and young individuals in Oldham facing speech, language, and communication difficulties that cannot be adequately addressed by health visiting, educational placements, or other support services. They also provide a service for adults who stammer, making this an all-age pathway. The children they see sometimes have other health services/ professionals involved in their care. They work collaboratively with parents, health and social care staff and schools/ settings.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** Care and support for the residents of Oldham
- **Referral:** GP, health professional, social care professional, patient or parent/carer, education professional
- **Age Range:** 0-19 years
- **Telephone:** 0161 357 5119
- **Email:** childsaltoldham@nca.nhs.uk
- **Website:** <https://www.northerncarealliance.nhs.uk/our-services/childrens-speech-and-language-therapy-service?q=%2Four-services>

AUTISM YOUTH CLUB (AYC)



AYC Youth Group is for children and young people in Oldham who are on the autism spectrum, with a formal diagnosis. AYC allows children the opportunity to socialize, spend time with their peers, develop friendships, and develop social skills. Staff at AYC will work through the transition with parent and child.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** Support for children diagnosed with autism to develop social skills such as sharing, turn-taking and take part in a structured or unstructured activities
- **Referral:** Self-referral
- **Age Range:** 8-18 years
- **Telephone:** 07738 044 049
- **Email:** sharon.salt@oldham.gov.uk
- **Website:**
<https://www.oldham.gov.uk/hsc/services/records/2/64?send=1>



FORENSIC CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

NORTHWEST FCAMHS NW

Multi-disciplinary community service with a range of clinical expertise that provides outreach across the Northwest of England. They also have access to the services of a wider multi-disciplinary team working in the young people's services at GM Mental Health NHS Foundation as required and such as risk management advice, liaison, specialist assessment, complex case formulation, intervention, training, clinical consultation, specialist interventions.

- **iTHRIVE categories:** Getting Advice, Getting More Help, Getting Risk Support
- **Support:** They work with agencies to ensure best practice in managing complex needs and high-risk behaviors in young people
- **Age Range:** Up to 18 years
- **Referrals:** Professional referral only - referrals by Youth Justice Service, Mental Health, Education, Children's Services, Fire & Police, Youth Services.
- **Telephone:** 0161 358 0585
- **Email:** gmmh-ft.fcamsnw@nhs.net
- **Website:** <https://www.gmmh.nhs.uk/fcamhs/>



OLDHAM CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

The Oldham CAMHS service provides sign posting, consultation, assessment and intervention to children within Oldham. The multi disciplinary team is conform by consultant psychiatrists, qualified nurses, mental health social workers, clinical psychologists, assistant psychologists, as well as specialist therapists such as family therapists, psychotherapists and cognitive behavioral therapists.

- **iTHRIVE categories:** Getting Advice, Getting More Help, Getting Risk Support
- **Support:** The service provides consultation/assessment/intervention to young people experiencing moderate to severe mental health difficulties such depressive disorders, Anxiety disorders including OCD/PTSD, neurodevelopmental disorders, emotional behavioral disorders, psychotic illness, attachment difficulties/disorders, tics. Cases of eating disorders are referred through Oldham CAMHS, but assessment/intervention is through the community eating disorder service
- **Age Range:** School aged children up to age 16 years old. There is also a transition service which provides support to young people aged 16-18 with emotional and emotional/behavioral disorders
- **Referrals:** Single Point of Access [MASH Referrals \(oldham.gov.uk\)](https://www.penninecare.nhs.uk/hymoldham)
- **Address:** Reflections child and family unit, Royal Oldham Hospital, Rochdale Rd, Oldham OL1 2JH
- **Telephone:** 0161 716 2020
- **Website:** <https://www.penninecare.nhs.uk/hymoldham>



SPECIALIST SUPPORT TEAM (SST)

The Specialist Support Team has been created to ensure better access to relevant treatment closer to home and in the community, fewer people with a learning disability and or autism having contact with the criminal justice system, increasing capacity to provide effective support for people with Learning disabilities who offend or display challenging behavior in community settings. In the case that a person does require an admission to hospital their discharge planning will be coordinated and focused from the point of admission.

SST is part of Mersey Care NHS Foundation Trust's Specialist Learning Disability Division. The team uses a wide range of health and social care professionals, who are experts by experience in occupational therapists, psychologists, registered learning disability nurses, social workers, speech and language therapists, support workers and psychiatrists.

- **iTHRIVE categories: Getting Advice, Getting More Help, Getting Risk Support**
- **Support:** They offer intensive support and additional capacity to services users, families and carers during times of need. Also, delivers specialist therapeutic interventions close to where people live in the community.
- **Age Range:** 16+ years
- **Referrals:** Professional referral only
- **Address:** Greater Manchester Team, Floor 7, 2 City Approach, Albert Street, Eccles, M30 0BL
- **Telephone:** 01254 821112
- **Email:** sstgm@merseycare.nhs.uk or gmsstduty@merseycare.nhs.uk
- **Website:** <https://www.merseycare.nhs.uk/our-services/secure-and-specialist-learning-disability-sites/specialist-support-team-greater-manchester>

EDUCATIONAL PSYCHOLOGY & ADVISORY TEACHERS

Offer consultation, assessment, training and interventions around a range of special educational and additional needs, for the purpose of generating an understanding of individual need, providing advice to settings and supporting the development of skills. Education psychologist work at all stages of the graduated response and are not limited to involvement in the education, health and care assessment process. The team includes specialists linked to virtual schools (Children Looked After) and social, emotional and mental health.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** Specialized advice and support in school for social, emotional and mental health.
- **Age Range:** 0 - 25 years
- **Referrals:** Access to the service is usually via schools, academies or other educational establishments
- **Address:** Level 4, Civic Centre, West Street, Oldham, OL1 1UT
- **Telephone:** 0161 770 3110
- **Email:** acns@oldham.gov.uk
- **Website:**

<https://www.oldham.gov.uk/hsc/services/records/21/284?send=1> <https://oldhamconnect.uk/Services/6280>

EMOTIONAL WELLBEING SPECIALIST NURSES



They work between CAMHS, School Nursing and Schools providing support and advice around Mental Health. Their services includes consultations to school staff, therapeutic group work for young people around issues such as anxiety and exam stress (tailored to meet the needs of the school and the young people), brief intervention suggestions and resources and signposting, whole school assemblies, parent sessions.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Provide support and advice around Mental Health.
- **Age Range:** Children and young people in school.
- **Referrals:** Access to the service is usually via schools, academies or other educational establishments.
- **Telephone:** 0161 7701395
- **Website:** <https://www.penninecare.nhs.uk/hymoldham>

HOME-START PIMH (PARENT-INFANT MENTAL HEALTH) SUPPORT

Home-Start provides parent-infant mental health support to families with a child under the age of two. Trained volunteers are supported to work with families with mild/moderate mental health needs to support a positive parent-infant relationship to develop.

- **iTHRIVE categories:** Getting Advice, Getting More Help, Getting Risk Support
- **Support:** Weekly home visiting support for 2-3 hours from a trained volunteer
- **Age Range:** 0-2 years
- **Address:** Ryecroft Hall, Manchester Road, Audenshaw, M34 5ZJ
- **Telephone:** 0161 344 0669
- **Email:** info@homestarthost.org.uk
- **Website:** www.home-starthost.org.uk or <https://home-starthost.org.uk/we-now-offer-parent-infant-mental-health-support-in-oldham/>



OLDHAM FOODBANK



Emergency food for local people in crisis. Care professionals such as doctors, health visitors, social workers, CAB and police identify people in crisis and issue them with a foodbank voucher.

Foodbank clients bring their voucher to a foodbank centre where it can be redeemed for three days emergency food. Volunteers meet clients over a cup of tea or free hot meal and are able to signpost people to agencies able to solve the longer-term problem.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Support to local people who are referred to them in crisis
- **Age Range:** All Age
- **Email:** info@oldham.foodbank.org.uk
- **Telephone:** helpline 0161 770 7007 citizens advice 0808 278 7803
- **Contact:** <https://oldham.foodbank.org.uk/contact-us/>
- **Website:** <https://oldham.foodbank.org.uk/>
- https://www.oldham.gov.uk/directory_record/17119/oldham_foodbank





MAHDLO

Mahdlo is a registered charity and state-of-the-art Youth Zone in the heart of Oldham for 8- to 19-year-olds (up to 25 for young people with a disability). Open 7 days a week, 52 weeks of the year, they offer a range of activities and opportunities that all young people from across Oldham can access as a member. Their work falls within six key themes: get active (sports); get creative (arts); get sorted (personal development, crime prevention and health and wellbeing); get outdoors (outward bound and environmental activities); get connected (leadership, volunteering and citizenship); Get Ahead (employment and enterprise)

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting Risk Support
- **Support:** They deliver high quality, innovative activities and experiences for young people from Oldham, to provide opportunities to raise aspirations and support young people to be the best they can be.
- **Age Range:** 8- to 19-year-olds (up to 25 for young people with a disability).
- **Referrals:** Self-referral.
- **Address:** Mahdlo Youth Zone, Egerton Street, Oldham, OL1 3SE
- **Telephone:** 0161 624 0111
- **Email:** info@mahdloyz.org
- **Website:** <https://www.mahdloyz.org/>



MYHAPPYMIND

myHappymind is a science-backed, NHS-backed mental health and wellbeing programme available for children aged 3-11. myHappymind supports schools to develop a whole school culture of mental well-being through fun and interactive lessons and resources. The programme is delivered by teachers using pre-made digital lessons projected onto the interactive whiteboard and is supported by journals for every child, soft toys and other physical resources. myHappymind also comes with a staff wellbeing programme and an app for parents for to support their child's journey. myHappymind is seeing great impact nationally across 1,500 schools including schools in Oldham, Tameside and Bury in Greater Manchester. If you would like to learn more, we encourage you to watch this short video tour: <https://www.learn.myhappymind.org/schools-tour>

- **iTHRIVE categories: Getting Advice**
- **Support:** Science-backed resources to support a whole school approach to positive mental health and wellbeing.
- **Age Range:** 3-11 years
- **Address:** Bridgford House, Heyes Lane, Alderley Edge, SK9 7JP
- **Telephone:** 01625 447547
- **Email enquiries:** hello@myHappymind.org (To find out how to access myHappymind for your school or child)
- **Website:** <https://myhappymind.org/>





OLDHAM YOUTH SERVICE

Provides a broad range of activities and opportunities to meet the needs of individuals and groups of young people that support their personal, social, political and educational development. Their offer includes universal youth work programmes, targeted/specialist youth work support, and one to one or group work delivered across Oldham, such as Youth Council ([Oldham Youth Council - A democratic voice of young people in Oldham \(oldhamyc.com\)](https://www.oldham.gov.uk/homepage/1581/oldham_youth_services)) and the Children in Care council ([Oldham Children in Care Council - A Voice for Oldham's Children Looked After and Care Leavers \(oldhamyc.com\)](https://www.oldham.gov.uk/homepage/1581/oldham_youth_services)).

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** For young people covering a range of issues, via a curriculum of youth work that covers identity and belonging, health and wellbeing inc. emotional wellbeing, healthy relationships, economic and financial well being, leadership, civic engagement and participation, arts, culture and heritage, creativity and fun, global citizenship, skill development, the environment and sustainable development
- **Age Range:** 11-21 (with limited programmes for 8 - 11-year-olds) and up to 25 for young people with SEND or Care experience
- **Referrals:** Self referral or Professional referrals via email
- **Address:** Civic Centre, West Street, Oldham, OL1 1UT
- **Telephone:** 0161 77013116
- **Email:** [oldham.youthservice @oldham.gov.uk](mailto:oldham.youthservice@oldham.gov.uk)
- **Website:** https://www.oldham.gov.uk/homepage/1581/oldham_youth_services



OLDHAM PARENT CARER FORUM

The independent voice of parents and carers of children and young people with Special Educational Needs and Disabilities in Oldham. Their missions is to ensure that parents and carers had access to meaningful information, consultation and co-production opportunities enabling their voices to be heard to drive change and shape better services to improve the lives and outcomes of children and young people with additional needs and/or disabilities aged 0-25.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Information and advice support service for parents and carers of children and young people with Special Educational Needs and Disabilities in Oldham
- **Age Range:** Children and young people with additional needs and/or disabilities aged 0-25
- **Referrals:** Self-referral
- **Address:** Chadderton Court 451 Middleton Road Chadderton Oldham, OL9 9LB
- **Telephone:** 0161 503 1547
- **Email:** admin@point-send.co.uk
- **Website:** <https://www.point-send.co.uk/Pages/Category/oldham-pcf>



OLDHAM SEND INFORMATION ADVICE AND SUPPORT SERVICE (SEND IASS)

Formerly known as Parent Partnership ensures that parents/carers of children and young people with special educational needs and/or disabilities; and young people themselves, have access to high quality Information, advice and support services. These services are widely respected as an impartial source of information and support in relation to education, health or social care provision.

Their role is to enable children, young people and their families to support themselves. Providing access to a range of information on their website which will help to understand local policy and the SEN legal framework enabling you to support your child or young person more effectively. SEND is part of the National IAS network who engage strategically with the Department of Education (DfE) on key issues arising for SEND IAS Services.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Information and advice support service individual needs and are both personal and confidential. Available by phone, email, website and face to face meetings
- **Age Range:** 0 - 25 years
- **Referrals:** Self-referral by parent/carer or young person, referrals from practitioners are also accepted subject to obtained consent.
- **Address:** Chadderton Court 451 Middleton Road Chadderton Oldham, OL9 9LB
- **Telephone:** 161 503 1540
- **Email:** iassoldham@point-send.co.uk
- **Website:** <https://www.point-send.co.uk/Pages/Category/oldham-sendias>

OLDHAM SEND WORKSHOPS - AUTISM POST DIAGNOSIS WORKSHOPS



Oldham SEND Workshops - Autism Post Diagnosis workshops for children aged between 5-16 years, commissioned by Pennine Care and a Social Communication workshops programme commissioned by Early help.

The offer of support includes a rolling programme of themed training workshops which aim to inform and equip parents and carers with a better understanding of their children's needs, and strategies to help support their children's areas of difficulty. Information marketplace events, designed to enable parents and carers to quickly and easily access information and advice from a range of services and providers.

One-to-one follow up sessions offered where needed, following attendance at workshops, to further support parents and carers develop their understanding.

Signposting to other appropriate support services. Support and advice from service coordinators in person, over the phone, or via email.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Free support to parents and carers in the form of workshops & training.
- **Age Range:** 5-16 yrs
- **Referrals:** Self-referral
- **Address:** Chadderton Court 451 Middleton Road Chadderton Oldham, OL9 9LB
- **Telephone:** 0161 503 1551
- **Email:** workshops@point-send.co.uk
- **Website:** <https://www.point-send.co.uk/Pages/Category/workshops> <https://www.point-send.co.uk/post-diagnosis-workshops>

OLDHAM SEND MEDIATION AND DISAGREEMENT RESOLUTION SERVICE



Is a free service providing opportunities to resolve disagreements at the earliest opportunity operated by Point. Most disagreements can be resolved through Mediation or Disagreement Resolution, supporting good communication and reducing the stress and time commitments of making an appeal to the SEND Tribunal, however accessing Mediation or Disagreement Resolution does not prevent you from making a claim to the SEND Tribunal if a solution cannot be found.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Support to resolve a wide range of disagreements related to Education, Health and Social decisions made about you, or your child or young person.
- **Age Range:** Parents and Carers of children and young people (Aged 0-25) who have or may have Special Educational Needs and/ or Disabilities; and Young people aged 16+ who have Special Educational Needs and or Disabilities.
- **Referrals:** By Point mediation advisors
- **Address:** Chadderton Court 451 Middleton Road Chadderton Oldham, OL9 9LB
- **Telephone:** 0161 503 1558
- **Email:** mediation@point-send.co.uk
- **Website:** <https://www.point-send.co.uk/mediation>

OLDHAM SHORT BREAKS PLAY AND LEISURE PROVISION



They offer a comprehensive range of age-appropriate activities which focus on developing your child or young person's confidence, improve socializing, develop opportunities to make new friends and support life skills.

All our partners are signed up to Oldham Co-production Values ensuring that children and young people take the lead on shaping the offer and activities that POINT and their partners deliver.

Short Breaks Play and Leisure activities follow Oldham School term dates featuring separate term-time and school holiday programmes. The current timetables can be found along with a sample of the activities your child or young person can access. The timetables also indicate the dates that these programmes will run from and until.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Support with activities for children and young people with additional needs and/or disabilities aged 0-19
- **Age Range:** 0 - 19 years
- **Referrals:** Self-referral by booking.
- **Address:** Chadderton Court 451 Middleton Road Chadderton Oldham, OL9 9LB
- **Telephone:** 0161 503 1543
- **Email:** activities@point-send.co.uk
- **Website:** <https://www.point-send.co.uk/point-activities>

COMMUNITY EATING DISORDER SERVICE (CEDS)



Community Eating Disorder Service (CEDS) provides assessment and interventions to reduce eating difficulties. The team is made up of a multi disciplinary team including a psychiatrist, eating disorder nurses and therapists, dietician, family therapist and a clinical support worker. The service runs Monday to Friday 9.00am to 5.00pm with CEDS admin available from 8.30am to 4.30pm.

- **iTHRIVE categories: Getting Advice, Getting More Help, Getting Risk Support**
- **Support:** Provides community support to children and young people with a suspected or diagnosed eating disorder including early intervention for anorexia nervosa, bulimia, suspected eating disorder, avoidant restrictive disorder, significant eating or body distress, family therapy and individual work to support the whole family.
- **Age Range:** 8 - 18yrs
- **Referrals:** Single Point of Access | [MASH Referrals \(oldham.gov.uk\)](https://oldham.gov.uk/mash-referrals)
- **Address:** 14 Tenterden Street, Bury, BL9 0EG
- **Telephone:** 0161 716 1560
- **Email:** pcn-tr.ceds@nhs.net
- **Website:** <https://www.penninecare.nhs.uk/ceds-north>

EARLY INTERVENTION TEAM

Is a multidisciplinary group dedicated to assisting young individuals experiencing their first psychosis episode. The team, composed of nursing, social work, occupational therapy, and psychology professionals, aims to minimize the duration of untreated psychosis by offering a wide array of supports.

- **iTHRIVE categories: Getting Advice, Getting More Help, Getting Risk Support**
- **Support:** They offer multidisciplinary support to young people during their first episode of psychosis, providing comprehensive care coordination, evidence-based psychological interventions (such as cognitive behavioral therapy and family interventions), psychological interventions, medication management, and assistance with education and employment, in a nurturing and non-stigmatizing environment.
- **Age Range:** All Age
- **Referrals:** Referral via professionals and self referral is welcomed.
- **Telephone:** To contact the Trust with a general enquiry 0161 773 9121 | If you need help in a crisis, 24/7 free helpline on 0800 953 0285.
- **Website:** <https://www.gmmh.nhs.uk/early-intervention/>

OLDHAM, ROCHDALE AND BURY YOUNG PEOPLE'S SEXUAL HEALTH SERVICE



Offers confidential sexual health services in Oldham, Rochdale and Bury. Our nurses and education & wellbeing workers understand the needs of young people and can help and support you with advice about STI's, contraception, pregnancy testing, emergency contraception, sex and relationships, gender and sexuality. We have partnered with fellow specialists Early Break and The Proud Trust to offer an integrated substance misuse and sexual health service in Oldham. This service is known as MYNO.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** For young people in Oldham, Rochdale and Bury.
- **Age Range:** Young people aged 13 - 19, adults with special educational needs and looked after children up to the age of 25.
- **Referrals:** Referral via professionals and self referral is welcomed.
- **Telephone:** 01706 202444
- **Website:** <https://www.thesexualhealthhub.co.uk/services-near-you/oldham-rochdale-and-bury-young-peoples/>

FAMILY NURSE PARTNERSHIP



Is a programme for first time mothers under the age of 20. It offers intensive and structured home visiting, delivered by specially trained nurses (Family Nurses), from early pregnancy until the child is two. The programme aims to improve pregnancy outcomes, child health and development and parents' economic self sufficiency.

Family nurses come from a variety of backgrounds including health visiting, midwifery, school nursing and mental health all with an additional BSc (degree) qualification.

- **iTHRIVE categories: Getting Advice, Getting More Help, Getting Risk Support**
- **Support:** Intensive and structured home visiting, delivered by specially trained nurses (Family Nurses), from early pregnancy until the child is two. The support is focused on building strong relationships between the client and family nurse to facilitate behavior change and tackle the emotional problems that prevent some mothers and fathers caring well for their child.
- **Age Range:** First time mums, under the age of 20 years
- **Referrals:** Referrals come mainly through Midwifery booking clinics, although referrals are accepted from any source and self referral is welcomed.
- **Address:** Oldham Family Nurse Partnership Team, Spring Meadows Children's Centre, Leamington Street, Littlemoor, Oldham, OL4 2RN
- **Phone:** 0161 470 4260
- **Email:** stephanie.ives@nca.nhs.uk
- **Website:** <https://fnp.nhs.uk/> <https://www.oldham.gov.uk/hsc/services/records/92/188?send=1>

OLDHAM EARLY ATTACHMENT SERVICE



Oldham early attachment service is a specialist parent infant mental health service under CAMHS and works to understand and support the relationship between parents and babies. The team is made up of clinical psychologists, specialist parent infant health visitors, child psychotherapists, therapeutic social workers, and a Speech and Language Therapist who have expertise in supporting parent-infant relationships.

They work in the community and see families in children's centres, family hubs and in their homes across Oldham. The service includes enhanced specialist assessments, a range of therapeutic interventions with parents and babies, and can work directly with other professionals (such as midwives, Health Visitors and Social workers) to support the network around you. This is offered through consultation, supervision, and training.

- **iTHRIVE categories:** Getting Advice, Getting help, Getting More Help, Getting Risk Support
- **Support:** Depending on needs short term or long-term therapeutic support for parents and babies alongside with the professional network involved in their care.
- **Age Range:** From pregnancy until the baby's second birthday
- **Referrals:** Referrals come mainly through midwife, health visitor, GP, Mental Health Services or social worker
- **Address:** Spring Meadows Children's Centre Leamington Street Oldham OL4 2RN
- **Phone:** 0161 716 2085
- **Email:** pcn-tr.oldhameas@nhs.net
- **Website:** <https://www.penninecare.nhs.uk/oldhameas>



CHILDREN WITH ADDITIONAL NEEDS SOCIAL WORK TEAM

The team promote a coordinated approach by working in partnership with families, health, education and independent providers to develop individual packages of support based upon meeting a child/young person's assessed needs.

The social work team is comprised of qualified social workers and family support workers whom have specific knowledge of the needs of children with disabilities. Alternative care, such as family placement, respite and specialist placement.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** Counselling, advice and support for children and their parents. The social work team provides assessment and care management services to children and young people under Section 17 of the 1989 Children Act.
- **Age Range:** 0-19 years
- **Referrals:** The team directly work with children and young people and their families whom have a permanent disability or a life limiting illness.
- **Address:** Southlink Business Park, Unit 11, Hamilton Street, OL4 1DB
- **Phone:** 0161 770 7777
- **Email:** cwdadmin@oldham.gov.uk
- **Website:** <https://www.oldham.gov.uk/hsc/services/records/51/186?send=1>

POSITIVE STEPS CAREER GUIDANCE

They work with young people in schools to help them choose options, decide on their careers and apply for opportunities for when they complete year 11. and help them to have a plan for their next step. Also, work with young people who are not in education, employment or training to help them to decide on their futures and find opportunities.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** They provide careers information, advice and guidance to help young people make well-informed and realistic decisions about their career pathways.
- **Age Range:** Young people aged 13 to 18 (or to 25 if they have a Special Educational Need or Disability)
- **Referrals:** Self-referral
- **Address:** Positive Steps, Medtia Place, 80 Union Street, Oldham, OL1 1DJ
- **Phone:** 0161 621 9300
- **Website:** <https://positive-steps.org.uk/oldham-careers-information-and-resources/>

TAKE 5 (TOG MIND)

Take 5 is a Mental Health & Wellbeing Hub for children, young people and their families Open Monday - Thursday evenings 3pm - 8pm. During these times, offering a variety of 1-1 support, therapeutic courses, and wellbeing sessions.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** For children and young people struggling with low-level mental health issues or in need of wellbeing support.
- **Referral:** To access Take 5 services, all young people must attend a 'Drop-in' a consultation first on Thursdays
- **Age Range:** Aged 8 - 18 in Oldham
- **Phone:** 0161 330 9223
- **Email:** take5@togmind.org
- **Website:** <https://www.togmind.org/youth-in-mind/take-5>



EARLY HELP-SINGLE POINT ACCESS

Specialist services cater to children and families with specific needs, including a targeted early help team designed for those with multiple and complex unmet needs.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** This team steps in when other services have not facilitated change, offering more focused assistance. Family workers within this team support families across various issues, encouraging them to recognize their strengths and achieve positive outcomes. This targeted support usually spans 3-6 months.
- **Age-Range:** All Ages
- **Referral:** Online referral form
- **Phone:** Multi-Agency Hub - 0161 770 7777 (Option 1, then Option 3)
- **Email:** child.mash@oldham.gov.uk
- **Website:**
https://www.oldham.gov.uk/info/200386/protecting_children/2456/early_help_for_families

OLDHAM OFFER

Oldham local Offer provides information on what is available in Oldham for children and young people and their families with special educational needs and/or a disability (SEND).

- **iTHRIVE categories:** Getting Advice
- **Support:** Information and guidance to Oldham community.
- **Age-Range:** All Ages
- **Referral:** Self-referral
- **Email:** Depends on the service of interest
- **Website:** https://www.oldham.gov.uk/homepage/1562/your_local_offer



CASH

The organization has expanded its services across various areas in the Northwest, offering a diverse range of programs tailored to meet specific community needs. Their approach emphasizes values and relationships, offering services such as advocacy, outreach, holding families/hf+ programmes, accredited training and resources, and a specialized sexual health service in Oldham. Additionally, they provide holistic therapies, emotional health & wellbeing groups

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Provide treatment, information and support service for children and young people in Oldham,
- **Age-Range:** Child and young people
- **Referral:** Self-referral
- **Phone:** 0161 723 3880

Local service

Getting Help

POSITIVE STEPS (PARENTAL SUPPORT)



Positive Steps UK is a specialist health service that helps parents to develop their knowledge to better understand emotions, reduce unwanted behaviors and promote positive interactions with their children. Key messages from neuroscience research on brain and child development are used to help make family life more rewarding and ultimately a happier one.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Support and advice to parents, parents-to-be, children and young people.
- **Referral:** Self-referral
- **Age Range:** Parents-to-be and parents of children aged 0-19 years
- **Email:** Contact form on website: <https://positivestepsuk.co.uk/contact/>
- **Website:** <https://positivestepsuk.co.uk/support-for-parents/>

THE MIX

The organization strives to address a wide range of challenges that young people face, including but not limited to mental health issues, financial difficulties, homelessness, employment searches, relationship problems, and substance abuse.

The Mix aims to provide a supportive and accessible platform where young individuals can find help, advice, and information. This is facilitated through several channels including an online community, social media interactions, a free and confidential helpline, and a counselling service.

The goal is to empower young people to overcome the obstacles they face, offering them the tools and support needed to navigate life's challenges effectively.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Online emotional health and wellbeing support for under 25s
- **Referral:** Self-referral
- **Age Range:** Under 25 years old
- **Phone:** 0808 808 4994
- **Website:** <https://www.themix.org.uk/>



Local service

Getting Help

THE CHILDREN'S SOCIETY



The organization provides specialist support that empowers young people to envision and work towards a hopeful future, committing to work with young individuals, their families, and communities until a society that supports all children's needs and well-being is achieved, with a goal to significantly improve children's lives by 2030.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Specialized support to help young people and their families towards positive changes and a hopeful future,
- **Referral:** Self-referral
- **Age Range:** Children and young people aged 5- 19 years
- **Phone:** 03003037000
- **Email:** supportercare@childrenssociety.org.uk
- **Website:** <https://www.childrenssociety.org.uk/>



ADHD FOUNDATION

They aim to foster social change by collaborating with various sectors to eliminate cultural and systemic barriers facing neurodiverse individuals in health, education, and employment.

The organization commits to providing expert, multidisciplinary services throughout an individual's life and strives to be a model of integrated, innovative, and cost-effective service delivery.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** With a strength-based, lifespan service for the 1 in 5 of us who live with ADHD, Autism, dyslexia, dyspraxia, Tourette's syndrome, dyscalculia, dysgraphia, and related health concerns. and more.
- **Referral:** Self / professional referral
- **Phone:** 0151 541 9020
- **Email:** info@adhd.foundation.org.uk
- **Website:** <https://www.adhdfoundation.org.uk/>



Local service

Getting Help

CONNECTIONS

The primary aim is to assist these individuals in finding and moving into new opportunities, which may include returning to education, securing employment, or obtaining training that can lead to job readiness. This support is crucial in helping young people overcome barriers that prevent them from participating in the mainstream opportunities available to their peers.

By providing tailored guidance, resources, and encouragement, the organization seeks to empower these young individuals, enhancing their potential for future success and enabling them to contribute positively to society.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Young people aged 13-24 who are not in education, employment or training to help them move into new opportunities
- **Referral:** Self-referral
- **Age Range:** 13-24 years old
- **Phone:** 0800 0126 606
- **Email:** adviser@careerconnect.org.uk
- **Website:** <https://careerconnect.org.uk/services/#engaging-young-people>



OLDHAM BEREAVEMENT SERVICE

The Oldham Bereavement Support Service is a registered charity. With a team of trained volunteers who visit bereaved people in their own homes or by appointment at our center.

Their qualified counsellors who specialize in child grief, one to one confidential and supportive relationship to those who have suffered a loss.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** Provide ongoing support to children & young people from the age of 6.
- **Age Range:** 6-18 years
- **Referrals:** Accepted from any source and self referral is welcomed.
- **Address:** The Whiteside Centre Oak View Royal Oldham Hospital Rochdale Road Oldham OL1 2JH.
- **Phone:** 0161 627 8207
- **Email:** oldhambereavement@hotmail.co.uk
- **Website:** <https://oldhambereavement.webs.com/>

OLDHAM BEREAVEMENT SUPPORT SERVICE

Bereavement counselling service works with children, adolescents (up to age 18 years) and their parents in Oldham.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** Offer a one to one confidential and supportive relationship to those who have suffered a loss no matter how long ago, giving the bereaved person the opportunity to use such support to talk through and express their grief while trying to understand and come to terms with their loss.
- **Age-Range:** Up to 18 years old and parents
- **Referral:** Self-referral
- **Phone:** 0161 834 6069
- **Email:** info@gaddum.co.uk / oldhambereavement@hotmail.co.uk
- **Website:** <https://directory.childbereavementuk.org/organisation/oldham-bereavement-support-service/>

SERVICE

They support young carers by promoting positive wellbeing through a variety of activities, workshops, and respite. Working with school staff and other professionals, they aim to ensure Young Carers have access to the support they need and know they are not alone. Their offer includes a range of short-term interventions including signposting, one-to-one support, in school support and workshops.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Support for young carers in the Oldham Borough and make sure they get the same opportunities in life, as those who don't have to care for someone. Their main priorities are to reduce social isolation and improve their positive mental and physical health and well-being.
- **Age-Range:** 8-18 years old
- **Referral:** Self-referral
- **Phone:** 0161 621 9400
- **Email:** info@positive-steps.org.uk
- **Website:** <https://positive-steps.org.uk/services/young-carers/>

EARLY BREAK



Early Break's work is rooted in 'person-centred' theory. What this means is that the young people and families are at the centre of everything they do. Each young person sets their own goals and targets, and the role of their individual worker is that they support them to achieve these goals.

The services includes sexual health/substance use service, holding families programme (provides whole family support for children and family members or carers affected by parental substance use), 'emotional health & wellbeing' groups, 'fresh start' anti-bullying project, bereavement and loss counselling, advocacy, outreach workers, mentoring, helpline, closing the gap, peer support and more.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** Support to accomplish the set goals for each Young person and their families.
- **Age-Range:** Young people, families and carers.
- **Referral:** Website form <https://earlybreak.co.uk/referrals/> or send the referral form to info@earlybreak.co.uk
- **Contact:** <https://earlybreak.co.uk/contact/>
- **Website:** <https://earlybreak.co.uk/what-we-do/early-break-core-services/>

YOUTH JUSTICE SERVICE

Operated by an independent charitable trust under local authority contract, aims to reduce re-offending, minimize first-time criminal entries, and lower youth custody rates. It is committed to safeguarding youth, protecting the public, and assisting crime victims, with a foundational belief in rehabilitating young people into positive community members.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** Offers young individuals aged 10-18 who are engaged with the criminal justice system post-court proceedings, at risk of criminal involvement, or have been victims of crime, aiming to guide them towards positive paths and away from future offenses.
- **Age Range:** 10-18 years
- **Referrals:** Referral via professionals and self referral is welcomed.
- **Telephone:** 01616219292
- **Email:** info@positive-steps.org.uk
- **Website:** <https://www.positive-steps.org.uk/services-for-children-and-young-people/youth-justice-service>

OLDHAM LEARNING TEAM

CHILDREN'S DISABILITIES



They provide an assessment prior to undertaking interventions alongside the child's family. This is enhanced using specific behavior assessments, health assessments, and risk assessments. They also provide a package of training workshops for parents which cover behavior management and sleep management.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** Support to other services around individual children, including advice on health, behavioral and care issues. They also provide parenting advice and family work.
- **Age-Range:** All Age
- **Referral:** Self-referral
- **Telephone:** 0161 770 3770
- **Email:** pcntr.oldhamchildrensldteamreferrals@nhs.net
- **Website:** <https://www.penninecare.nhs.uk/oldhamchildrensld>

SCHOOL NURSING SERVICE

OLDHAM COMMUNITY

Oldham school nursing 5-19 Universal Health Service works with children and young people aged 5-19 years and their parents and carers. This service is inclusive of individuals who attend a school in Oldham and are home educated living in Oldham. Providing expert health information, advice, support, assessments, and interventions based on the Healthy Child Programme. Ensuring they experience the very best health and wellbeing advice enabling them to reach their full potential. operates as a mix skill set providing a wide range of health and wellbeing advice and support.. They work closely with other agencies which allows us to signpost to the most appropriate services.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Provide support for parents, carers, and education staff, ensuring effective partnerships and following a whole team approach.
- **Age Range:** 5 to 19 years
- **Referrals:** Self-referral, GP, Health professional, Social care professional, Educational provision.
- **Contact:** Refer to 'Where to Find Us' section on their website
- **Website:** <https://www.northerncarealliance.nhs.uk/our-services/oldham-school-nursing-service?q=%2Four-services%2Foldham-school-nursing-service>

OLDHAM FAMILY HUBS

They are one-stop shops to access all the help and support to make sure a child is healthy, safe and looked after. Their resources includes midwifery clinics, breastfeeding support, parenting support, speech and language support and stay and play sessions to offer a "one-stop shop". You can choose from face-to-face support in the Family Hubs across Oldham or anonymous text messaging service, ChatHealth, that parents can contact for any advice about their children's health.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** Accredited courses, face-to-face settings and resources for parents and carers to access all the help, support and speak to health professionals to make sure families thrive and overcome challenges
- **Age-Range:** all age
- **Referral:** Self-referral
- **Contact:** Shaw & Crompton Family Hub (North) Tel: 0161 206 0401, Medlock Vale Family Hub (South) Tel: 0161 206 0409, Beever Family Hub (Central) Tel: 0161 206 0408, Alexandra Children's Centre (Central) Tel: 0161 206 0408, Spring Meadows Family Hub (East) Tel: 0161 206 0420 and Stanley Rd Family Hub (West) Tel: 0161 206 0419
- **Email:** familyinfo@oldham.gov.uk
- **Website:** <https://familyhubs.oldham.gov.uk/family-hubs/>



CHILDREN AND YOUNG PEOPLE'S INDEPENDENT SPECIALIST DOMESTIC VIOLENCE ADVISOR AND DEVELOPMENT OFFICER (CHIDVA)



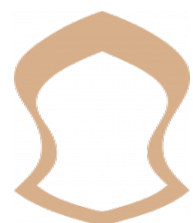
Carry a caseload - Direct Work with 16- 18-year-old- Case Load- who are themselves victims of DA. 1 -1 DA work with Young People who are victims of DA themselves. Support through the Court process both Criminal and Civil court. Advice on any Civil Orders. Safety planning. Target hardening on properties. Sharing Resources with Social Workers/ other professionals working with children and young people affected by domestic abuse. Linking in with services that offer support to children and young people. Point of contact for Professionals.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Support for Young People who are victims of DA themselves.
- **Age Range:** 16- 18-year-old- Case Load- who are themselves victims of DA
- **Referrals:** CHIDVA presently are only working with MARAC / High risk cases.
- **Phone:** 07841235011 or 0161 770 1572
- **Email:** nicola.field@oldham.gov.uk or idaa.service@oldham.gov.uk

GHAZALI TRUST

They are a charitable organization which uses sports, education, arts and community participation to help individuals achieve and become the best they can be. Ghazali Trust has been helping individuals in and around Oldham to become productive citizens who make a positive contribution to their communities by helping and supporting people through a wide variety of mediums such as mentoring, education and sport.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** They contribute to creating a healthy, happy, culturally and economically vibrant Oldham.
- **Age Range:** Any ages
- **Referrals:** Self referral
- **Address:** Greengate Street, Oldham, UK, OL4 1FN, England
- **Email:** info@ghazalitrust.com
- **Website:** <https://ghazalitrust.com/>



Local service

Getting Help

MENTAL HEALTH IN EDUCATION



The Oldham Whole Setting Approach to Emotional Health and Mental Wellbeing aims to promote social, emotional and mental health across all Oldham schools, colleges and other education settings. Strengthening the universal offer of support for all pupils and all staff will help contribute towards protecting and promoting children and young people's mental health.

- **iTHRIVE categories:** Getting Advice, Getting Help.
- **Support:** They support schools and colleges in adopting a holistic approach to emotional health and mental wellbeing, offering tailored support, including consultation and training, to benefit both students and staff,
- **Age-Range:** Primary, secondary and college settings
- **Referral:** Each setting has an allocated advisor, a Senior Mental Health Lead (SMHL), who will work with the team to follow an Assess-Plan-Do-Review process and complete the bi-annual self-assessment for the Greater Manchester Mental Health in Education Standards.
- **Telephone:** Aimee Thomas 0161 770 4900 Natalie Williams 0161 770 1395
- **Email:** aimee.thomas@oldham.gov.uk (Primary Schools Enquiries)
Natalie.Williams@oldham.gov.uk (Secondary School, College and Special School Enquiries)
- **Website:** <https://www.oldhamconnect.uk/Page/27992>

ACTION TOGETHER

Strengthens the VCFSE sector in Oldham, Rochdale, and Tameside by connecting communities, fostering development, encouraging partnership and collaboration, and offering investment and support to enhance local organizations and volunteerism. The membership is free for VCSE organizations in those areas.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** They assist individuals and groups in enhancing their impact and volunteering efforts, organize action groups and networks to tackle poverty and inequalities, secure funding for local initiatives, and advocate for the VCFSE sector's voice and local insights to inform decision-making and facilitate social change.
- **Age Range:** All Ages
- **Referrals:** Self-referral, POINT's central administration line
- **Telephone:** 0161 339 2345
- **Email:** info@actiontogether.org.uk
- **Website:** <https://www.actiontogether.org.uk/oldham>

CHILDREN'S THERAPY

OCCUPATIONAL



The team is based within the Integrated Care Centre in Oldham Centre, assessments are carried out here as well as in the community such as schools and at home, depending on the child's age and reason for referral. Their services are related to specialist equipment for daily living and promoting function, fine & gross motor skills, sensory processing and self-care skills.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** Care and support for children with physical disability
- **Age-Range:** 0-18 years
- **Referral:** They have an open referral system for advice about specialist daily living equipment. Referral requests for assessment and advice about fine motor, self-help or sensory processing skills can be made by Health, Social Care professionals or school staff.
- **Telephone:** 0161 357 5124
- **Email:** nca.procurement@nca.nhs.uk
- **Website:** <https://www.northernalliance.nhs.uk/our-services/childrens-occupational-therapy-1?q=/our-services>

CENTRE OF WELLBEING, TRAINING & CULTURE



Over 30 years helping to make positive changes through employability skills, health awareness, provide accredited courses, building relationships across communities, arts for wellbeing, community podcast, and YouTube channel. They work with related services to provide information and advice to deliver a holistic and person-centred approach for young, adults and older people. They Empower communities to create diverse and inclusive places where people are proud to live.

CWTC has a proven track record of delivering interrelated activity across the region such as:

- ✓ supporting communities link project,
- ✓ Accredited and Non-accredited courses
- ✓ Health and Wellbeing awareness (CWTC Wellbeing Café, Accredited courses in: Understanding Dementia, Supporting Carers, Understanding Mental Health, Basic Understanding in Diabetes Reminiscence materials to engage South Asian elder community)
- ✓ Others.

- **iTHRIVE categories: Getting Advice, Getting Help, Getting More Help.**
- **Support:** Provide information and advice to deliver a holistic and person-centred approach for young, adults and older people
- **Age Range:** Any ages
- **Referrals:** Self referrals.
- **Address:** Centre of Wellbeing, Training & Culture 5 Barn Street Oldham OL1 1LP
- **Phone:** 07930 306933
- **Email:** admin@cw-tc.co.uk
- **Website:** <https://cw-tc.co.uk/>



CHILDREN'S AND YOUNG PEOPLE LEARNING DISABILITY TEAM

Supporting children with a diagnosed learning disability, their families and carers. Our team consists of qualified community learning disability nurses.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** Supporting for children and young people with learning disabilities
- **Age Range:** 0-18 years
- **Referrals:** Referrals are accepted from any source and self referral is welcomed.
- **Telephone:** 01627703770
- **Email:** pcn-tr.oldhamchildrenslldteamreferrals@nhs.net
- **Website:** <https://www.penninecare.nhs.uk/oldhamchildrenslld>



Pennine Care
NHS Foundation Trust

Regional service

Getting Help

RAPID RESPONSE TEAM (RRT)

Is a team of mental health professionals and specialists providing support to children and young people under 18 years old in mental health crisis. This service is delivered in partnership with Pennine Care, Greater Manchester Mental Health and the Children's Society.

- **iTHRIVE categories:** Getting Advice, Getting More Help, Getting Risk Support
- **Support:** Community-based rapid assessment and brief intensive support for up to 72 hours.
- **Age-Range:** Children and young people under 18 years old
- **Referral:** By professionals or If you have been seen by our service before, you can self-refer for up to six months after discharge by calling 0300 323 0911.
- **Telephone:** 01617162855 If you are experiencing a mental health crisis and need urgent help, please contact our Mental Health Crisis Line on Freephone 0800 051 3253.
- **Website:** <https://www.gmmh.nhs.uk/rapid-response-team/>



**Greater Manchester
Mental Health**
NHS Foundation Trust





GENERAL PRACTICE SERVICES & PRACTICE NURSES

GPs deal with a whole range of health problems. They also provide health education, offer advice on smoking and diet, run clinics, give vaccinations and carry out simple surgical operations. GPs usually work in practices as part of a team, which includes nurses, healthcare assistants, practice managers, receptionists and other staff. Practices also work closely with other healthcare professionals, such as health visitors, midwives, mental health services and social care services. GPs surgeries can be found locally across Salford.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting Risk Support
- **Age Range:** All ages
- **Referrals:** To access your local GP practice, you will need to register with the practice
- **Address:** To find local GP practices: <https://www.nhs.uk/service-search/find-a-GP>

MATERNITY SERVICES

Includes specialist midwives who provides support for stress in pregnancy; low birth weight; parental mental illness (including post-natal depression); supporting the emotional and social wellbeing of the infant; teenage pregnancy.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** They provide the best possible experience for mothers, babies and families across Oldham, Rochdale and Greater Manchester.
- **Age Range:** Any age
- **Referrals:** Self-referral
- **Contact:** <https://www.northerncarealliance.nhs.uk/contact-us>
- **Website:** <https://www.northerncarealliance.nhs.uk/patient-information/maternity-services>

SAFENET DOMESTIC ABUSE



SERVICES OLDHAM

Empowering people to live free from domestic abuse by offering group domestic abuse interventions, resettlement support, move on accommodation, dedicated services for children and young people and safe 24hr emergency refuge accommodation.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** They provide information, support & safe accommodation for anyone affected by domestic abuse, stalking & honour-based abuse in Oldham.
- **Age Range:** Women, children, boys up until 16 years
- **Referrals:** Referring to SafeNet is easy & survivors can contact SafeNet directly or a referral can be made by someone who is supporting them.
- **Telephone:** 03003033581
- **Email:** contact@safenet.org.uk
- **Website:** <https://safenet.org.uk/our-services/Oldham/>

TAMESIDE OLDHAM AND GLOSSOP MIND (TOGMIND)

Enabling everyone in the community to achieve better mental health. They aim to provide the best quality local mental health services in prevention, early intervention and primary care; alongside empowering individuals and our communities to live well. Their services includes counselling, youth in mind, wellbeing hub, social prescribing, peer support project, silver cloud.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** They support clients, and communities to achieve better mental health with a variety of services
- **Referrals:** Self-referral
- **Age Range:** 8-25 years
- **Email:** office@togmind.org
- **Website:** <https://www.togmind.org/home>

YOUTH IN MIND



They prioritize two main areas. Firstly, works closely with schools to raise awareness of mental health issues and provide education and support to students, parents, teachers and governors. Secondly, offers an innovative range of therapeutic services that can be tailored to meet both school, community and individual needs.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** They support students, parents, teachers and governors
- **Referrals:** Self-referral
- **Age Range:** All Ages
- **phone:** 0161 330 9223
- **Email:** office@togmind.org
- **Website:** <https://www.togmind.org/youth-mind>

HEALTH VISITORS

They offer support and encouragement to you and your family from pregnancy and birth, through the early years, to primary school. They provide advice related to infant feeding, healthy weight and nutrition, child development, accident prevention, oral health, emotional health and wellbeing to support your child to be school ready.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** Support and encouragement to you and your family from pregnancy and birth, through the early years
- **Age-Range:** From pregnancy to five years old
- **Referral:** Self-referral
- **Telephone:** 0161 206 7729
- **Website:** <https://www.northerncarealliance.nhs.uk/our-services/health-visiting>

GREATER

MANCHESTER



BEREAVEMENT SERVICE

They provide support and assistance to anyone who has been bereaved or affected by a death, regardless of the cause or how long ago the death occurred.

The organization focuses on offering a listening ear, connecting individuals with the appropriate support, and addressing the specific needs of those bereaved by suicide through dedicated practitioners. Additionally, they aim to serve as a resource for professionals and individuals seeking advice for others, ensuring comprehensive support for all aspects of bereavement within the community.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** Anyone bereaved or affected by a death, regardless of the cause or timing of the loss.
- **Referral:** Self-referral
- **Telephone:** 0161 983 0902
- **Email:** gmcb-sal.gm.bs@nhs.net
- **Website:** <https://greater-manchester-bereavement-service.org.uk/about-us/>





ADOPTION NOW

Adoption Now is a Regional Adoption Agency combining the Local Authorities: Blackburn with Darwen, Bolton, Bury, Oldham, Rochdale and Tameside. Works in partnership with two Voluntary Adoption Agencies Caritas Care and Adoption Matters.

At Adoption Now, they successfully place a significant number of children from the Northwest each year and provide support to families. Additionally, available support for the Special Guardians, can be accessed through The Adoption and Special Guardianship Support Fund (ASGSF).

Adoption Now assess the family's adoption support needs and then apply for funds directly to the ASGSF on their behalf if specialist services and therapies are deemed necessary such as therapeutic approach to parenting, counselling services, dedicated advice, resources, and peer support.

- **iTHRIVE categories: Getting Advice, Getting Help, Getting More Help**
- **Support:** They support families to enable them to achieve their dream of becoming parents and therapeutic services for adopted children and young adults.
- **Age Range:** The minimum age for adopters is 21 years, but there is no specific upper age limit,
- **Referrals:** The team directly works with children and young people and their families who have a permanent disability or a life limiting illness.
- **Phone:** 01204 336096 or 01204 336 097
- **Email:** adoptionssupport@adoptionnow.org.uk
- **Website:** <http://www.adoptionnow.org.uk/> or <https://www.oldham.gov.uk/adoption>



42nd STREET

42nd Street is an innovative Greater Manchester young people's mental health charity with 40 years' experience of providing free and confidential services to young people who are experiencing difficulties with their mental health and emotional wellbeing. They offer a choice of effective, creative, young person-centred and rights-based approaches. Their vision is for inclusive, accessible mental health and wellbeing support and opportunities for all young people.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** They provide support for young people with their emotional well-being and mental health by offering a choice of effective, creative, young person-centred and rights-based approaches.
- **Age Range:** 11-25-year-olds who are experiencing poor mental health, especially those who are particularly vulnerable, marginalized and discriminated against and for many of whom 42nd Street is their preferred and trusted source of support.
- **Referrals:** Self-referrals from young people and referrals from social-care colleagues only from 13th November 2023
- **Address:** The Space, 87-91 Great Ancoats Street Manchester. M4 5AG
- **Email:** simonesprayoffice@42ndstreet.org.uk or theteam@42ndstreet.org.uk
- **Website:** <https://www.42ndstreet.org.uk/>



NATIONAL SUPPORT SERVICES





HOPE UNIT AND HORIZON UNITS

Are part of the Child and Adolescent Mental Health Service (CAMHS) in-patient facilities, situated within Fairfield Hospital in Bury. They provide treatment and support to young people, aged between 13 and 18 years old, from anywhere in the UK, who are suffering from a range of mental health difficulties.

Both units are led by an expert team of healthcare professionals comprising psychiatrists, psychologists, nurses, occupational therapists, dieticians and teachers and their colocation enables the seamless assessment and treatment of range of young people with both acute and complex needs. The units have been designed with these young people in mind and have benefitted from an extensive refurbishment to ensure that they are of the highest standard, enabling them to receive expert care and treatment in a safe, therapeutic environment.

- **iTHRIVE categories:** Getting Advice, Getting More Help, Getting Risk Support
- **Support:** Specialized adolescent inpatient mental health units
- **Age Range:** 13-18 years
- **Referrals:** Referrals via MH Professionals
- **Address:** Pennine House Fairfield General Hospital Rochdale Old Road Bury BL9 7TD
- **Telephone:** Hope Unit 0161 716 1168 / 1161
- **Horizon Unit** 0161 716 1145
- **Website:** <https://www.penninecare.nhs.uk/hopeunit>



NHS SEXUAL HEALTH

NHS Information and advice about sexual health, including contraception and sexually transmitted infections (STIs) also sexual health information and advice for teenagers.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** Depending on the situation there are counselling services, helpline, and more.
- **Referral:** Self-referral
- **Age Range:** Any ages
- **Telephone:** You can call the national sexual health helpline free on 0300 123 7123, Monday to Friday, 9am to 8pm, Saturday and Sunday, 11am to 4pm. Your call will be treated with sensitivity and in strict confidence. If you need help quickly, or if ChatHealth is not available in your area, contact your GP, call 111 or visit a walk-in-centre. In an emergency, call 999.
- **Website:** <https://www.nhs.uk/live-well/sexual-health/> or <https://www.healthforteens.co.uk/sexual-health/>



KOOTH

A free and anonymous online counselling service for young people launched in Greater Manchester. The online counselling and emotional wellbeing platform is available to any young person who may be struggling with their mental health or wellbeing. Kooth offers a variety of resources, including: a live chat function that allows young people to contact a qualified counsellor, moderated chat forums with other young people, crisis information and self-help resources.

Kooth provides information and support along with treatment for young people with a range of mental health and wellbeing issues. Scheduled and drop-in counselling sessions are available 365 days a year and include slots at evenings and weekends.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** Information, peer support and online counselling
- **Age Range:** 11 - 25 years
- **Referrals:** Self-referral by parent/carer or young person, referrals from practitioners are also accepted subject to obtained consent.
- **Address:** The Epworth, 25 City Road, London EC1Y 1AA
- **Telephone:** Customer service: 020 3984 9337
- **Email:** Professional queries: contact@kooth.com
- **Parent queries:** parents@kooth.com
- **Website:** <https://www.kooth.com/signup/where-do-you-live>



THE PROUD TRUST'S RESOURCES

FOR LGBT+YOUNG PEOPLE

The initiative aims to empower young people to embrace their identity and supports them through youth groups, mentoring programs, and more across the north-west and beyond. Additionally, it assists adults in trusted roles, like schools and children's services, in creating more LGBT+ inclusive environments and enhancing their ability to combat discrimination while celebrating diversity.

- **iTHRIVE categories: Getting Advice**
- **Support:** Support young people across the north-west and beyond through youth groups, mentoring programmes and more.
- **Referrals:** Self referral
- **Age Range:** 11-25 years
- **Address:** 49-51 Sidney St, Manchester, M1 7HB
- **Telephone:** 0161 660 3347
- **Email:** <https://www.theproudtrust.org/contact-us/>
- **Website:** <https://www.theproudtrust.org/>



CHAT HEALTH

Anonymous messaging service that provides a safe and easy way for parents of children aged 0 to 19 years to send a message to a health visitor or school nurse and get confidential help and advice. Parents will receive responses from the service within 24 hours, between Monday and Friday (not an emergency service). Also offers a Young People's Service for ages 11 to 19. If you are a young person wanting anonymous advice on a range of topics including mental health, relationships, alcohol, smoking, bullying.

- **iTHRIVE categories: Getting Advice**
- **Support:** Evidence-based health and wellbeing advice to be sought in a safe, discreet, and confidential way.
- **Referrals:** Self referral
- **Age Range:** Parents and carers of 5-19-year-olds and 11-19 years old
- **Contact:** Parents of children under five can text 07480 635990 and Parents of school-aged children (age 5 to 19) can text 07507 330499 and Young People (11 to 19 years) can text 07480 635992
- **Email:** <https://www.theproudtrust.org/contact-us/>
- **Website:** www.chathealth.nhs.uk



YOUNG MINDS

They provide young people with the tools to look after their mental health. We empower adults to be the best support they can be to the young people in their lives. Provide to young people the space and confidence to get their voices heard and change the world we live in.

They want to help to create a world where no young person feels alone with their mental health.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** For children and young people, parents and professionals working with children and Young people's mental health.
- **Referral:** Self-referral.
- **Age Range:** People of all ages and backgrounds
- **Email:** <https://www.youngminds.org.uk/about-us/contact-us/>
- **Website:** <https://www.youngminds.org.uk/>

THE COMPASSIONATE FRIEND

They are dedicated to ensuring that their volunteers and staff receive high-quality training, equipping them with the skills and knowledge needed to offer the utmost care and support to those navigating the pain of child bereavement.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** directly to bereaved families, and indirectly by fostering understanding and good practice amongst professionals concerned with child death and by increasing public awareness.
- **Age-Range:** Parents Bereaved of a School Age Child (4-16)
- **Referral:** Self-referral
- **Telephone:** 0345 123 2304
- **Email:** helpline@tcf.org.uk
- **Website:** <https://www.tcf.org.uk/>



NO PANIC

Is a registered charity offering support to individuals suffering from Panic Attacks, Phobias, OCD, and other anxiety-related disorders, as well as their carers. Addressing the gap left by overstretched UK health services, No Panic provides crucial, tailored support via telephone and internet, ensuring flexibility, comfort, and confidentiality. With a philosophy that individuals can recover from mental health issues with the right support, No Panic utilizes cognitive behavior therapy and anxiety management techniques in their recovery programs, adapting to the unique needs of each person they assist.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** They provide support and recovery programs for individuals suffering from panic attacks, phobias, obsessive-compulsive disorders, and other related anxiety disorders, including support for their carers.
- **Age-Range:** All Age
- **Referral:** Self-referral
- **Telephone:** 0300 772 9844
- **Crisis Message:** 01952 680835
- **Email:** sarah@nopanic.org.uk
- **Website:** <https://nopanic.org.uk/>



CHILDLINE

This service provides a safe and private platform for them to discuss their concerns, seek advice, or find support on any issue affecting them, ensuring they have access to help whenever they need it, day or night.

- **iTHRIVE categories:** Getting Advice
- **Support:** A free 24-hour confidential helpline for children and young people
- **Age-Range:** Children and young people
- **Referral:** Self-referral
- **Telephone:** 0800 1111
- **Website:** www.childline.org.uk



HEADMEDS

The aim of the organization is to provide young people, parents, and professionals with the resources and support needed to address and manage mental health challenges effectively. It seeks to empower young people by equipping them with the tools to take care of their mental health, support parents and professionals in becoming effective allies, and create platforms for young voices to influence societal change.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Our website is full of advice and information to give young people the tools to look after their mental health. We empower parents and professionals to be the best support they can be to the young people in their lives.
- **Age-Range:** Young people
- **Referral:** Self-referral
- **Contact:** <https://www.youngminds.org.uk/about-us/contact-us/>
- **Website:** <https://www.youngminds.org.uk/>

National service

Getting Help



ANXIETY UK

Anxiety UK is a national charity founded in 1970 by Katharine and Harold Fisher to support individuals living with anxiety, stress, and anxiety-based depression, inspired by Katharine's own struggle with agoraphobia. Operating nationally, the charity maintains its core mission of providing support for those affected by anxiety disorders. It offers a variety of services for both members and non-members, including access to a supportive community, discounted therapy services, resources for understanding and overcoming anxiety, support groups, and discounted courses on anxiety management and Art for Anxiety Relief (AfAR).

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Individuals living with anxiety, stress, and anxiety-based depression by providing access to a variety of support services. The organization focuses on helping people to manage and overcome their anxiety, enabling them to live their daily lives more fully.
- **Referral:** Self-referral
- **Telephone line:** 03444 775 774
- **Test Support:** 07537 416 905
- **Email:** admin@anxietyuk.org.uk
- **Website:** <https://www.anxietyuk.org.uk/>



CRUSE BEREAVEMENT CARE

Their mission is to support people through one of the most painful times in life - with bereavement support, information and campaigning. Values are crucial to the culture of any organization. Their values underpin everything they do. Whether they're talking to a client or to a member of their own team, they always strive to be kind, inclusive, ambitious and genuine.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Supporting through our website, national helpline, group, zoom, telephone or one-to-one in person support. We want to make sure everyone grieving gets the help they need in a way that works for them. We have a specially trained dedicated team of 4,000 bereavement volunteers.
- **Referral:** Self-referral
- **Telephone:** 0808 808 1677
- **Website:** <https://www.cruse.org.uk/>

OPTIMISE

Leading experts in mental health assessment and treatment. They can treat a range of mental health conditions at their clinic. Their services include all types of psychiatric assessments for all ages with a range of specialist consultants to cover every area of mental health including; adult psychiatry, older adult psychiatry and memory services, children's mental health, learning disability, ASD/autism, ADHD.

In the case that there is not a current diagnosis their team offers a free telephone screening consultation.

- **iTHRIVE categories:** Getting Advice, Getting More Help, Getting Risk Support
- **Support:** They provide mental health assessment and treatment by their qualified specialists team.
- **Age-Range:** All ages
- **Referral:** Self-referral
- **Telephone:** 0800 844 5257
- **Email:** info@optimisehcg.co.uk
- **Website:** <https://www.optimisehealthcaregroup.co.uk/>



HOPE AGAIN

They offer a safe and supportive space where young people can find comfort, advice, and understanding from peers who have also experienced loss. They aim to help young individuals cope with grief, feel less isolated, and navigate the emotional journey of bereavement.

They provide information about services, share experiences, and offer a listening ear. Hope Again seeks to be a helpful resource for any young person dealing with the loss of a loved one, ensuring they know they have somewhere to turn when someone dies.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** They provide a safe place to learn from other young people, how to cope with grief, and feel less alone. Hope Again provides somewhere to turn to when someone dies.
- **Age-Range:** Young people
- **Referral:** Self-referral
- **Telephone:** 0808 808 1677
- **Email:** hopeagain@cruse.org.uk
- **Website:** <https://www.hopeagain.org.uk/>

WINSTON'S WISH

The organization aims to support young people in the UK who are dealing with grief, helping them understand their feelings, process their loss, and find pathways to move forward with hope.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Through information, on-demand services, bereavement support and counselling, they support young people across the UK to understand their feelings, process, their grief and find ways to move forward with hope for a brighter future. They also help the adults who are caring for young grieving people including parents, school staff and healthcare professionals.
- **Age-Range:** Up to the age of 25
- **Referral:** Self-referral
- **Telephone:** 08088 020 021
- **Email:** ask@winstonswish.org
- **Website:** <https://www.winstonswish.org/>



PAPYRUS is a leading UK charity focused on the prevention of young suicide, established in 1997 by bereaved parents. With a mission to reduce suicides among those under 35, The charity offers a range of services, including the HOPELINE247 helpline, providing free, confidential support 24/7 to young people and those concerned about them. PAPYRUS has expanded across the UK, engaging communities through resources, training, and advocacy for legislative changes in suicide prevention.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** The organization focuses on providing direct support to young individuals and those concerned about them through their HOPELINE247 service, engaging communities with resources and training, and advocating for changes in suicide prevention legislation.
- **Age-Range:** 35 years and under
- **Referral:** Self / professional referral
- **Telephone:** 08000684141
- **Head Office:** 01925 572 444
- **Text:** 07860 039967
- **Email:** pat@papyrus-uk.org or admin@papyrus-uk.org
- **Website:** <https://www.papyrus-uk.org/>

CAMPAIGN AGAINST LIVING MISERABLY CALM



This organization emphasizes the universality of suicidal feelings and commits to being accessible to everyone in need. With resources ranging from informational advice on their website addressing various personal issues to free, confidential conversations via helpline or webchat, their services are designed to support individuals facing challenges including anxiety, relationship issues, health concerns, financial stress, or suicidal thoughts. Also provides activities to help resist the urge to self-harm. Calm Harm aims to help young people resist the urge to self-harm.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** The organization offers practical advice and emotional support. Also , through campaigns they challenge stereotypes and challenge the stigma that prevents people talking about suicide.
- **Referral:** Self-referral
- **Telephone:** 0800 58 58 58
- **Webchat from website:** <https://www.thecalmzone.net/>
- **Website:** <https://www.thecalmzone.net/>

NATIONAL BULLYING HELPLINE

The core message emphasizes that all forms of bullying are unequivocally unacceptable, regardless of the motivation behind it or the method through which it is carried out. It underscores that bullying can impact anyone at any stage of life—children, adults, and in various environments including schools, workplaces, online, or at home. For those facing challenges related to bullying, harassment, cyberbullying, or anti-social behavior, the website aims to offer guidance, solutions, and practical assistance to navigate and overcome these issues.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Information and advice for anyone dealing with bullying
- **Age-Range:** All Ages
- **Referral:** Self referral
- **Telephone:** 0845 225 5787
- **Telephone:** 0300 323 0169
- **Website:** <https://www.nationalbullyinghelpline.co.uk/>

CARERS TRUST

Their mission is to make life better for carers. They provide information and advice on caring, help carers connect with each other, campaign with carers for lasting change, and use innovation to improve services.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Support and information to those who look after an older, disabled or seriously ill family member or friend
- **Referral:** Self referral
- **UK:** 020 7378 4999
- **Wales:** 029 2081 1370
- **Scotland:** 0141 378 1065
- **Ireland:** 02890 439 843
- **Email:** advice@carersuk.org
- **Website:** <https://www.carersuk.org/>



KIDSCAPE

Kidscape is an award-winning bullying prevention charity. Established in 1985, we support children and their families across England and Wales to challenge bullying and to have happy, healthy relationships.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Their vision is for all children to grow up in supportive communities safe from bullying and harm.
- **Age-Range:** For young people, parents and professionals with practical strategies to prevent bullying.
- **Referral:** Self referral
- **Parent Advice Line:** 0300 102 4481
- **WhatsApp:** 07496 682785
- **Email:** parentsupport@kidscape.org.uk
- **Email:** info@kidscape.org.uk
- **Website:** <https://www.kidscape.org.uk/>

BULLYING UK

Family Lives, founded over forty years ago by volunteers, aims to offer early intervention and crisis support to prevent families from reaching a crisis point. The organization helps with issues like family breakdowns, challenging relationships and behavior, financial troubles, and emotional and mental wellbeing. Through services such as the ParentChild program, family befriending, and a helpline, Family Lives emphasizes the importance of timely, appropriate support.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Family Lives provides targeted early intervention and crisis support to families.
- **Age-Range:** For young people, parents / carers and professionals.
- **Referral:** Self referral
- **Helpline:** 0808 800 2222
- **Email:** askus@familylives.org
- **Website:** www.bullying.co.uk



BEAT

They are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, their mission is to end the pain and suffering caused by eating disorders. The organization campaigns for increased professional awareness and improved treatment funding. Through these efforts, the Helpline annually contributes to saving lives, maintaining family unity, and helping people achieve freedom from eating disorders.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** Empower and encourage individuals seeking help for eating disorders, emphasizing early treatment for a better recovery chance. They offer guidance toward recovery, not just for sufferers but also for their families and friends, providing them with the skills and advice needed for support.
- **Age-Range:** 18 years and under
- **Referral:** Self referral
- **Youthline:** 0808 801 0711 (under 18s)
- **Telephone:** 0808 801 0677
- **Email:** help@beateatingdisorders.org.uk
- **Website:** www.beateatingdisorders.org.uk

ANOREXIA & BULIMIA CARE



Anorexia and Bulimia Care (ABC) is a charity with over 25 years of experience dedicated to offering personalized support and practical advice for those struggling with eating disorders. ABC's mission includes providing relief, promoting support, educating caregivers, and researching treatments and cures, with an emphasis on publishing their findings to advance understanding in the field. Their services encompass a national helpline, family and befriending programs, nutritional guidance, professional training including medical training through the RCGP, and a wealth of resources and literature.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** They offer personalized, continuous support and practical guidance to individuals affected by eating disorders such as Anorexia Nervosa, Bulimia Nervosa, binge eating, and related eating distress, including self-harm.
- **Age-Range:** All Age
- **Referral:** Self referral
- **Telephone:** 03000 11 12 13
- **Contact from website:** <https://yippy.green/service/contact>
- **Website:** <https://yippy.green/profile/talk-ed>

ADOPTION UK

They are determined to get the right support at the right time, from childhood into adulthood, for everyone who can't grow up in their birth families. They connect people across the adoption community, support adopters and adoptees, and work with them to influence the decisions that affect their lives.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Support, awareness and understanding for those parenting or supporting children who cannot live with their birth parents.
- **Age-Range:** For everyone who can't grow up in their birth families
- **Referral:** Self referral
- **Email:** info@adoptionuk.org.uk
- **Telephone head office:** 0300 666 0006
- **Website:** www.adoptionuk.org

NATIONAL CENTRE FOR



EATING DISORDERS

They believe that everyone has the right to have good eating disorder help from someone who cares and understands. They believe that therapists who work with eating disorders deserve the best professional training to empower their work, plus ongoing clinical support. That is their mission for people with anorexia, bulimia, binge and compulsive eating, body image issues, intractable weight struggles and the people who serve them.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** Provides advice and information on compulsive eating, anorexia, bulimia and weight problems.
- **Referral:** Self referral / professional referral via online form/assessment test
- **Email:** admin@ncfed.com
- **Telephone:** 0845 838 2040
- **Website:** <https://eating-disorders.org.uk/>

IMAAN

They provide a safe space for dialogue, education, and understanding, fostering acceptance and inclusivity within communities, and advocating for the rights and well-being of LGBT Muslims.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Support LGBT Muslim individuals, their families, and friends by addressing and navigating the complexities of sexual orientation within the context of Islam
- **Age-Range:** Muslim LGBTI people
- **Referral:** Self referral
- **Email:** imaanlgbtq@gmail.com
- **Website:** <https://imaanlondon.wordpress.com/>

THE FOSTERING NETWORK

As the UK's leading fostering charity, they are the essential network for fostering and bringing together everyone who is involved in the lives of fostered children.

They support foster carers to transform children's lives and we work with fostering services and the wider sector to develop and share best practice.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** To support those who foster, improve opportunities for fostered children and young people and provide expert guidance to all fostering services.
- **Age-Range:** For fostered children and young people
- **Referral:** Self referral
- **Telephone:** 020 7620 6400
- **Email:** info@fostering.net
- **Website:** <https://thefosteringnetwork.org.uk/>



PROUD CONNECTIONS

Their aim is to provide comprehensive online support and information to LGBT+ and questioning young people, as well as to the adults in their lives, including parents, carers, teachers, and professionals. Offering resources and guidance to navigate the challenges associated with gender and sexual identity..

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Online support and information for LGBT+ and questioning young people, and the adults that support them, including parents, carers, teachers, and other professionals
- **Age-Range:** LGBT+ young people
- **Referral:** Referral via our online form
- **Telephone:** +441616603347
- **Email:** All youth groups and 1-1s (face-to-face contact) have moved to digital provision, as have all other engagements wherever possible olivia.ouwehand@theproudtrust.org
- **Website:** www.theproudtrust.org/proud-connections



WOMEN'S AID

Is a national charity working to end domestic abuse against women and children. As a federation they provide life-saving services across England while building a future where domestic abuse is not tolerated. Help for all aspects of domestic abuse, such as women's housing and safety planning.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting more help.
- **Support:** Support women experiencing abuse and work to change attitudes and the law so that in the future, domestic abuse doesn't exist.
- **Age Range:** 16+
- **Referrals:** Self-referral
- **Contact:** <https://www.womensaid.org.uk/information-support/>
- **Website:** <https://www.womensaid.org.uk/>

women's aid
until women & children are safe



SHELTER

Home is a human right. It's a foundation and it's where everybody thrive. Yet, everyday millions of people are being devastated by the housing emergency. They exist to defend the right to a safe home. Because home is everything.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Advice and support services across the UK providing people with one-to-one, personalized help with all their housing issues
- **Age-Range:** All Ages
- **Referral:** Self referral
- **Telephone:** 03003301234
- **Email:** info@shelter.org.uk
- **Website:** <https://www.shelter.org.uk/>



ALBERT KENNEDY TRUST



The organization offers comprehensive support services tailored for LGBTQ+ young people facing homelessness or living in hostile environments. Their assistance includes providing emergency housing, securing long-term safe homes, and offering financial support for deposits and rent. They also help with independent living costs, act as guarantors, guide access to benefits, and facilitate mental health support. They work to ensure a holistic approach to support and empowerment for LGBTQ+ youth in need.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Supporting LGBTQ+ young people aged 16-25 across the UK who are homeless, at risk of homelessness, or living in hostile environments.
- **Age-Range:** 16-25-year-olds
- **Referral:** Self referral
- **Email:** gethelp@akt.org.uk
- **Telephone:** 020 7831 6562
- **Website:** www.akt.org.uk



RETHINK MENTAL ILLNESS

They are the leading expert charity for people with serious conditions like schizophrenia and bipolar disorder. They offer practical help guided by what works. Every year, their diverse range of information and support helps tens of thousands of people get through crises, live independently and feel that they do not have to face mental illness alone.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Offers practical help and information for anyone affected by mental illness on a wide range of topics such as living with mental illness, medication and care.
- **Advice Service:** 0808 801 0525
- **Email:** info@rethink.org
- **Website:** <https://www.rethink.org/>



STEM 4

Stem4 is a leading UK-based digital mental health charity for children and young people, providing a comprehensive range of services aimed at supporting mental health.

They offer five evidence-based mental health apps designed to aid with conditions like anxiety, self-harm, depression, and eating disorders. In addition to their digital offerings, stem4 delivers mental health literacy programs in schools, and bridges the digital divide with in-person educational sessions for students, training for parents, carers, educators, and health professionals, along with a variety of clinically informed, printable resources. Their mission is to help young individuals across the UK manage their mental health effectively, build resilience, and ensure their safety online, all at no cost to the users.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** To ensure that no young person goes without the latest psychological support that they deserve.
- **Age-Range:** Child and young people
- **Email:** enquiries@stem4.org.uk
- **Website:** <https://stem4.org.uk>



OCD ACTION

OCD Action aims to make a significant and enduring impact on the lives of individuals with Obsessive-Compulsive Disorder (OCD), their families, carers, and friends through its frontline services.

The organization envisions a future where OCD is widely understood, and everyone affected by OCD receives timely and effective treatment and support. OCD Action is committed to working alongside the OCD community to achieve this goal, advocating for better awareness, understanding, and access to necessary resources and support systems.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Delivering frontline services which make a tangible and long-term difference to the lives of people with OCD, their families, carers and friends.
- **Age-Range:** All Age
- **Referral:** Self-referral
- **Telephone:** 0300 636 5478
- **Website:** www.ocdaction.org.uk



OCD UK

The aim of OCD-UK is to provide specialized support, information, and advice for individuals affected by Obsessive-Compulsive Disorder (OCD), both directly and indirectly. The charity actively works to eradicate the trivialization and stigma associated with OCD through advocacy and education. Leveraging the personal experiences of those involved in the organization, OCD-UK seeks to create a community of understanding and support, empowering those affected by OCD to manage their condition more effectively.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Focuses on assisting children and adults dealing with Obsessive-Compulsive Disorder. The charity offers advice, information, and support services to those affected by OCD and actively campaigns against the disorder's trivialization and stigma.
- **Age-Range:** All Age
- **Referral:** Self-referral
- **Telephone:** 01332 588112
- **Contact from website:** <https://www.ocduk.org/contact-us/>
- **Website:** www.ocduk.org



BIPOLAR UK

Bipolar UK is the only national charity dedicated to empowering individuals and families affected by bipolar. Peer support is at the core of their work. They empower approximately 1,000 people a month to stay well - and they have the ambition to reach thousands more.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** To empower everyone affected by bipolar to live well and fulfill their potential.
- **Age-Range:** Individuals and families affected by bipolar
- **Referral:** Self-referral
- **Ecommunity:** ecommunity@bipolaruk.org
- **Support Groups:** supportgroups@bipolaruk.org
- **Website:** <https://www.bipolaruk.org/>



National service

Getting Help

FAMILY LIVES

The organization aims to provide support to parents to help them foster the best possible relationships with their children, emphasizing the importance of positive and nurturing connections. Additionally, it extends. The goal is to enhance family dynamics, promote healthy parent-child relationships, and support the overall well-being of families through comprehensive support and educational programs.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Support to parenting professionals, equipping them with the resources, knowledge, and skills needed to effectively assist parents and caregivers in their roles.
- **Age-Range:** Parents
- **Referral:** Self-referral
- **Telephone:** 0808 800 2222
- **Email:** askus@familylives.org.uk
- **Website:** www.familylives.org.uk



SAMARITANS

Samaritans is not only for the moment of crisis, but they also are taking action to prevent the crisis. They give people ways to cope and the skills to be there for others. And they encourage, promote and celebrate those moments of connection between people that can save lives. Every life lost to suicide is a tragedy, and Samaritans' vision is that fewer people die by suicide. That's why they work tirelessly to reach more people and make suicide prevention a priority.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Provides help and support to people and communities in times of need. In prisons, schools, hospitals and on the rail network, Samaritans are working with people who are going through a difficult time and training others to do the same.
- **Referral:** Self-referral
- **Telephone:** 116 123
- **Contact options** <https://www.samaritans.org/how-we-can-help/contact-Samaritan/>
- **Website:** <https://www.samaritans.org/>



FRANK

This service is aimed at anyone seeking help or information regarding substance abuse, including individuals struggling with addiction, their families, friends, or professionals looking for guidance. The helpline offers confidential support, aiming to educate, advise, and assist those concerned about substance misuse, with the goal of promoting understanding, recovery, and prevention.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** 24-hour helpline offering information and advice to anybody concerned about drugs/substance misuse.
- **Referral:** Self-referral
- **Telephone:** 0300 123 6600
- **Text:** 82111
- **Email:** frank@talktofrank.com
- **Website:** www.talktofrank.com



NACOA

Nacoa (The National Association for Children of Alcoholics) was founded in 1990 to address the needs of children affected by a parent's drinking or similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood. It seeks to increase awareness of their situation in public consciousness and advocate for research into the challenges they encounter and strategies for preventing alcohol use disorder in this vulnerable group.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** Provides information, advice, and support to children impacted by a parent's alcohol use, as well as to reach out to professionals who work with these children.
- **Age-Range:** Children of all ages affected by a parent's drinking or similar addictive problem.
- **Referral:** Self-referral
- **Telephone:** 0800 358 3456
- **Email:** helpline@nacoa.org.uk
- **Website:** www.nacoa.org.uk



WE ARE WITH YOU

They work with people on their own goals, whether that's staying safe and healthy, making small changes or stopping an unwanted habit altogether. They give people support in a way that's right for them either face to face in their local service, community or online.

- **iTHRIVE categories: Getting Advice, Getting Help**
- **Support:** They deliver support and raise awareness around drugs, alcohol and mental health.
- **Referral:** Self-referral
- **Contact from website:** <https://www.wearewithyou.org.uk/help-and-advice/>
- ✓ Need urgent help? With You isn't a crisis service. If you need urgent help, you can:
 - ✓ Call your GP and ask for an emergency appointment
 - ✓ Call NHS 111
 - ✓ Contact your mental health crisis team (if you have one)
 - ✓ Call Samaritans free on 116 123 or email jo@samaritans.org
- **Website:** www.wearewithyou.org.uk



SAFE HAVEN & CRISIS

RESPONSE

Early-intervention critical incident support, crisis mental health care, and the treatment of psychological trauma. Today Safe Haven supports organizations with personnel around the globe, helping prepare people for challenging work environments, to thrive under extreme pressure and uncertainty, and respond and recover after crises and disaster.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** Support work challenges that fits your people and your business.
- **Age-Range:** All Age
- **Referral:** Partner with clients
- **Telephone:** +44(0)161 635 1010 and contact form on their website
- **Website:** <https://safehaven.co.uk/>



HARMLESS

Is an organization who works to address and overcome issues related to self-harm and suicide. With those with lived experience at the heart and the helm of the service they deliver support, information, training and consultation to cover all aspects of need under this broad suicide prevention agenda. Working closely with the people that we help and other stakeholders they constantly evolve their approach to respond to changing needs and presentations in our service and to yield change in the broader sector. The Self Harm Tracker Aims to calm urges, daily pledges, reviews, activities, journal, meditations and breathing exercises

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help, Getting Risk Support
- **Support:** Provide support, information, training and consultancy about self harm to individuals who self harm, their friends, families and professionals with a view to promoting health and recovery, reducing isolation and distress, and by increasing awareness and skill in intervention.
- **Referral:** Self-referral
- **Contact from website:** <https://harmless.org.uk/contact/>
- **Website:** www.harmless.org.uk





CHILD BEREAVEMENT UK

The organization is dedicated to ensuring that all families receive the support necessary to rebuild their lives during the difficult times of a child's grief or death.

They offer free, confidential bereavement support to individuals, couples, children, young people, and families across the UK through telephone, video, or instant messenger, it also provides face-to-face support in various locations.

- **iTHRIVE categories:** Getting Advice, Getting Help, Getting More Help
- **Support:** The service offers free, confidential bereavement support to families, individuals, and children across the UK, through various channels including telephone, video, and instant messenger, along with face-to-face assistance in selected locations, to help them rebuild their lives during times of grief.
- **Referral:** Self-referral
- **Age Range:** Children and young people up to 25
- **Telephone:** 0800 02 888 40
- **Email:** scotlandsupport@childbereavementuk.org
northsupport@childbereavementuk.org
- **Website:** <https://www.childbereavementuk.org/Pages/Category/child-bereavement-uk-support-services>

CARERS UK

Their mission is to make life better for carers. They provide information and advice on caring, help carers connect with each other, campaign with carers for lasting change, and use innovation to improve services.

- **iTHRIVE categories:** Getting Advice, Getting Help
- **Support:** Provides support and information to those who look after an older, disabled or seriously ill family member or friend
- **Age-Range:** Young Carers
- **Referral:** Self-referral
- ✓ UK: 020 7378 4999
- ✓ Wales: 029 2081 1370
- ✓ Scotland: 0141 378 1065
- ✓ Ireland: 02890 439 843
- **Email:** advice@carersuk.org
- **Website:** <http://www.carersuk.org/>



STREET GAMES

This organization harnesses the power of sport to create positive change in the lives of young people living in underserved communities right across the UK. StreetGames' work helps to make young people and their communities healthier, safer and more successful. StreetGames exists to bridge the sporting inequality gap for young people from low-income, underserved communities. Working with their partners, they deliver Doorstep Sport to bridge the inequality gap and offer sport and physical activity in a way that meets the needs and motivations of their beneficiaries.

Their areas of Work: health and wellbeing, community safety, volunteering and youth voice, holiday gap provision. Some of their resources are Social Prescribing Youth Network and the All-Age Social Prescribing.

They support the Oldham area with the following projects Chatterton Boxing Club, Limehurst Lions ARFLC, Leeds Rhinos Foundation, Oldham Athletic Football Club, Oldham Greenhill Community Sports & Recreation Club, Outta Skool, Oldham Sport Development, The Ghazali Trust

- **iTHRIVE categories: Getting Advice, Getting help**
- **Support:** They support by breaking down traditional barriers to accessing physical activity and supporting young people living in underserved communities to lead healthier, happier lives.
- **Age Range:** Any ages.
- **Referrals:** Self referral
- **Emails:** contactus@streetgames.org
- **Telephone:** 0161 7070782
- **Website:** <https://www.streetgames.org/>



ADDITIONAL SERVICES



HELPLINE SUPPORT



EMOTIONAL & MENTAL HEALTH

Young Minds: if you are experiencing a mental health crisis. Young Person Crisis messenger: text YM to 85258 Service available 24/7 For parents worried about their child. Parents Free Helpline: 0808 802 5544 (M-F; 9.30am-4pm) www.youngminds.org.uk

Childline: confidential helpline for children and young people to support you and help you find ways to cope. FREE Helpline: 0800 1111 Because of the coronavirus, the phonenumber is open from 9am-midnight. www.childline.org.uk



EMOTIONAL & MENTAL HEALTH

The Mix: online emotional health and wellbeing support for under 25s. Free Helpline: 0808 808 4994 7 days a week from 4pm to 11pm Crisis Messenger: text THEMIX to 85258. www.themix.org.uk

Shout: 24/7 FREE text service, for anyone in crisis, if you're struggling to cope and you need immediate help. Text GMOldham to 85258 www.giveusashout.org

HELPLINE SUPPORT



EMOTIONAL & MENTAL HEALTH

No Panic: advice and information for people suffering from panic attacks & anxiety disorders. Youth Helpline: 0330 606 1174 (for 13-20 yrs) Open: Mon, Tue, Wed, Friday: 3pm to 6pm; Thurs 3pm to 8pm; Sat 6pm to 8pm www.nopanic.org.uk

Anxiety UK: user-led organization, with resources, text service and info line. Info line: 03444 775 774 Email: support@anxietyuk.org.uk Text: 07537 416 905 Open Monday - Friday, 9.30am - 5.30pm (excluding Bank Holidays). www.anxietyuk.org.uk



SUBSTANCE / ALCOHOL MISUSE

FRANK: information and advice to anybody concerned about drugs/substance misuse. Helpline: 0300 123 6600 - Open 24 hours/7 days Text 82111 Text a question and FRANK will text you back.

NACOA: if you are affected by someone else's drinking, NACOA can help. FREE Helpline: 0800 358 3456 Email: helpline@nacoa.org.uk www.nacoa.org.uk



HELPLINE SUPPORT



SUICIDE

[Samaritans:](#) available 24 hours a day for anyone struggling to cope and provide a safe place to talk.

FREE Helpline: 116 123

Email: jo@samaritans.org

www.samaritans.org

[Papyrus:](#) information and advice for young people who may be at risk for harming themselves. FREE HOPELINEUK: 0800 068 41 41

Text: 07860 039967

Email: pat@papyrus-uk.org

www.papyrus-uk.org



BULLYING

[National Bullying Helpline:](#) help and advice for children and adults dealing with bullying at school or work

Helpline: 0845 22 55 787

Open Mon-Fri; 9am-5pm

www.nationalbullyinghelpline.co.uk



HELPLINE SUPPORT



BEREAVEMENT

Hope Again: support for children & young people affected by the death of someone close. FREE Helpline: 0808 808 1677 Email: helpline@cruse.org.uk Open Mon-Fri; 9:30am - 5:00pm. www.hopeagain.org.uk

Winston's Wish: support for bereaved children, their families and professionals. FREE Helpline: 08088 020 021 Open Mon-Fri; 9am-5pm Email ask@winstonswish.org www.winstonswish.org

Child Bereavement UK: support for families or when a child is facing bereavement. FREE helpline: 0800 02 888 40 Open Mon-Fri, 9am-5pm (ex. Bank Holidays) Email: support@childbereavementuk.org <http://www.childbereavementuk.org/>



EATING DISORDERS

Beat: information on anorexia, bulimia & other kinds of eating disorders. Student line: 0808 801 0811 Youthline: 0808 801 0711 Open Mon-Fri, 12pm-8pm; weekends 4pm-8pm www.beateatingdisorders.org.uk

Anorexia & Bulimia Care: providing on-going care, emotional support and practical guidance for anyone affected by eating disorders. Helpline: 03000 11 12 13 - Open: Tues-Fri; 9.30am-5.30pm Email us: support@anorexiabulimiare.org.uk www.anorexiabulimiare.org.uk

