

## What happens next...

Call us on  
**0161 343 5748**

Monday – Friday  
9:00am to 4:30pm  
(excluding Bank Holidays)

or come along to a drop-in  
session. For more info visit:

[www.thebiglifegroup.com/mindsmatter](http://www.thebiglifegroup.com/mindsmatter)

Once you have been in touch with us or  
a referral has been received, you will be  
contacted within one week

Provide us with your details

Speak to one of our friendly staff and  
tell us more about how you're feeling  
and what you need help with

We'll arrange your first appointment, typically  
within four to six weeks but sometimes sooner

Work with one of our team  
to learn new ways to improve your  
mental health

## Do you need urgent support?

If you do then it is crucial that you contact  
the right person who is most likely to be your  
GP. Your GP will know where to get you the  
specialist help you need. When your GP  
surgery is closed their answerphone will direct  
you to the right place or you can call:

### Samaritans

If you want to talk to someone about how you  
feel, you can also contact the Samaritans 24  
hours a day on **116 123** or [jo@samaritans.org](mailto:jo@samaritans.org)

### Tameside and Glossop out of hours GP service (NHS Direct)

Available 24 hours a day on **111**

### Police or Ambulance Service

If you or anyone else is in immediate danger or  
harm then please call **999**

# MINDS Matter

Tameside and Glossop

Feeling  
low?



Lonely and isolated?

Feeling stressed?



Relationship issues?

Money  
worries?



Finding help  
just got easier...

**0161 343 5748**

[www.thebiglifegroup.com/mindsmatter](http://www.thebiglifegroup.com/mindsmatter)

A partnership between



Commissioned by

TAMESIDE AND GLOSSOP

Caretogether

Many people experience problems with how they think and feel at some point in their lives.

Everyday life events like losing a job, an accident, the loss of a loved one, a traumatic incident or just moving house can lead to difficult feelings that can be hard to cope with.

Sometimes, there may be no event that has triggered how you are feeling - this is common too.

These experiences can lead to problems with our mental health and wellbeing. Problems such as depression, anxiety, stress, panicking, worrying, nervousness, isolation and not being able to sleep make it difficult for us to cope with life's daily demands.

**One in four** of us will feel like this, but you do not need to try and cope on your own.

If you live in Tameside or Glossop and you are aged over 16, Minds Matter is here to help you take control of your life and to take positive steps to help you feel better.

### How can Minds Matter help me?

Minds Matter is a mental health service providing mental health guidance, support and interventions to individuals and groups in partnership with the NHS.

We have a team of Mental Wellbeing Practitioners, Peer Support Workers and Counsellors who can help you to manage and overcome your difficulties.

We are friendly and approachable, and will make sure that you see the right person who can help.

We can help you:

- ✓ Address current problems
- ✓ Gain a new understanding of your difficulties and develop new ways of coping
- ✓ Make positive changes in your life
- ✓ Talk about your difficulties in a non-judgemental and supportive environment.

### Who is the service for?

We are here to help anyone (aged 16 and over) across Tameside and Glossop.

### What are the benefits?

- ✓ We will support you to learn the skills you need to overcome your difficulties
- ✓ We will support you to cope with day-to-day problems better
- ✓ You will feel understood and supported.

### What can you expect?

Once you have been in touch with us or a referral has been received, you will be contacted within one week. We will then have a conversation with you to work out the best support for you. This could include counselling, one-to-one support, groups, drop-in support and coaching.

#### Improving your mental wellbeing

If we think you could benefit from help with social issues, we will work with you to identify the problematic areas in your life and help you to overcome any challenges you face.

#### Day-to-day problems can relate to:

- Physical health
- Loneliness and isolation
- Housing
- Employment
- Caring responsibilities
- Relationship breakdown
- Drug and alcohol use
- Bereavement
- Debt and money management

#### What if I need further help?

Sometimes you might need a greater level of support. Minds Matter works in partnership with NHS services who can support you with psychological therapy if needed.

#### Where you can find us

We will be available at a number of venues within your local neighbourhood. Please call the number on this leaflet to find out the venue nearest to you.

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