

## Tips for looking after your mental health and wellbeing:-

- ◆ Talk to a Friend / family member or adult
- ◆ Be Active
- ◆ Eat well
- ◆ Socialise With friends/ family
- ◆ Try to sleep well
- ◆ Turn off your phone!
- ◆ Do things you enjoy
- ◆ Listen to Music
- ◆ Read
- ◆ Scream into a Pillow
- ◆ Try something new
- ◆ Do some Volunteering
- ◆ Have a dance
- ◆ Have a cry— it's ok too!
- ◆ Write
- ◆ Get dressed
- ◆ Have a laugh
- ◆ Watch a film
- ◆ Light Exercise
- ◆ Draw or scribble



WWW.youngminds.org.uk



WWW.Rethink.org



WWW.time-to-change.org.uk

### Our Team:-

**Vicky Gillibrand**, Service Manager

**Tara Shah**, Team Secretary

**Dr Louise Theodosiou**, Consultant

**Dr Sarah Stansfeld**, Consultant

**Dr Lynne Allerston**, Psychologist

**Laura Foster** Mental Health Nurse

**Diane Walker**, Mental Health Practitioner

**Mark Tomlinson**, Mental Health Practitioner

**Sean Collins**, Mental Health Practitioner

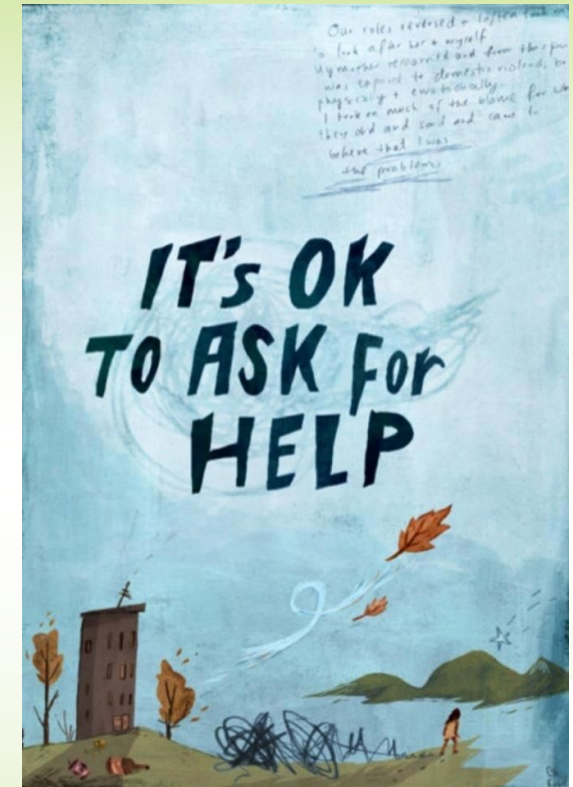
**Sam Lewis**, Mental Health Practitioner

**Genny Martin**, Psychologist

**Mark Colbeck**, Participation Worker

## EMERGE 16—17 Community

### Mental Health Team



**Emerge** 16 - 17 Community  
Mental Health Team  
The Millennium Power House  
140 Raby Street  
Moss Side  
Manchester  
M14 4SL

Tel: 0161 549 6055

# Help is at Hand

Sometimes people feel stressed, down or worried about things or just have problems in their relationships, with school work.

Over the next few pages, we have put together various online and telephone support services that you can call or google.

Please remember no problem is too big or too small when asking for help, you can give as much information as possible, a little information or just look for answers on-line.

Please remember:

Emerge has a Duty System in place, where young people can contact us Monday—Friday: 9:00am - 5:00pm. All you have to do is ask for the Duty worker who will have a chat with you, you may be offered an appointment or a chat may just help.

Please do not feel alone, contact any of the numbers, on-line services or Emerge.



- ◆ [Www.childline.org.uk](http://www.childline.org.uk)
- ◆ Freephone, available 24/7



- ◆ 0800 1111
- ◆ Freephone between 5pm & 3am
- ◆ [Www.thecalmzone.net](http://www.thecalmzone.net)



- ◆ [Www.42ndstreet.org.uk](http://www.42ndstreet.org.uk)
- ◆ 0161 228 7321



- ◆ 116 123
- ◆ Freephone, available 24/7
- ◆ On-line chat support

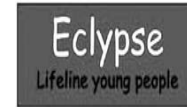


- ◆ On-line chat support available 2:00pm—6:00pm



0800 77 66 00 [talktofrank.com](http://talktofrank.com)

- ◆ Freephone
- ◆ 0808 800 2222



Manchester's Drug and Alcohol Service

- ◆ 0161 273 6686



- ◆ [Www.nopanic.org.uk](http://www.nopanic.org.uk)
- ◆ Youth Helpline—13- 20yrs
- ◆ 0330 606 1174



- ◆ 0161 226 3871
- ◆ [Www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)



- ◆ [Mermaidsuk.org.uk](http://Mermaidsuk.org.uk)
- ◆ Transgender issues



- ◆ 0345 3 30 30 30
- ◆ [Lgbt.foundation](http://Lgbt.foundation)



Hopeline : 0800 068 41 41

**Accident & Emergency Departments**

Manchester Royal Infirmary  
 North Manchester General Hospital  
 Wythenshawe Hospital  
 Salford Royal Hospital  
 Trafford General Hospital