

Free mental health services available in Oldham

The Tameside, Oldham and Glossop branch of mental health charity [Mind](#), are working in partnership with NHS Healthy Minds Oldham and have created a range of new services for residents over the age of 16. The new services provide huge benefits for the health and wellbeing of people living in Oldham and best of all, they're free to access.

Mental health and wellbeing M.O.T Workshops

- Educational and interactive sessions for people to learn tips and techniques on how to manage their mental health
- One-off sessions from a range of locations of up to 2.5 hours
- We can also come out to your organisation to deliver workshops if you have a group of five people or more, and can accommodate up to 20 people for each workshop and have an available room.
- For further details or to refer, please contact: Judith@togmind.org or call 0161 330 9223

Drop-in sessions

- 15 minute sessions to discuss issues and find out about options for accessing other local community/NHS services
- Access into Active Monitoring (guided self-help service)
- Delivered from a range of GP surgeries and community locations, including Positive Steps on Tuesdays and Saturdays
- To find out more and to book, please call 0161 330 9223

Active Monitoring

- Guided self-help with a trained practitioner looking at coping strategies for common mental health issues, e.g. depression, stress, anxiety, confidence, anger and social isolation
- Clients can access five sessions over a period of eight weeks
- Delivered from a range of GP surgeries and community locations
- Easy referral to NHS services if required
- This service is accessed via our drop-in sessions. For more information, please call 0161 330 9223

NHS Talking Therapies

- A range of low and high intensity individual therapies and group sessions
- Delivered from a range of settings across Oldham
- Access through self-referral - online healthyminds.penninecare.nhs.uk, phone - 0161 716 2777, or via drop-in sessions

Taster workshops and courses

- A range of one hour taster workshops on anger, confidence, mindfulness and stress
- Six week courses looking at these in more detail, including NICE guideline recommended courses for stress and depression
- Delivered from a range of locations across Oldham
- Access through drop-in sessions. For more information, please call 0161 330 9223

Mental Health Online Support - ELEFRIENDS Visit <https://www.mind.org.uk/information-support/support-community-elfriends/>