



## Exciting New Free Services in Oldham

Tameside, Oldham and Glossop Mind, in partnership with NHS Healthy Minds Oldham are excited to announce a range of new services for residents of Oldham, aged 16+. We have recently received funding from Oldham CCG to develop and deliver this exciting new partnership that will have huge benefits for the health and well-being of people living in the borough of Oldham.

### Mental Health and Well-Being 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 5 people or more, 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](mailto:Judith@togmind.org) or call 0161 330 9223.

### Drop-Ins

- 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 5 sessions over a period of 8 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 (IAPT)

- A range of low and high intensity individual therapies and group sessions.
- Delivered from a range of settings across Oldham.
- Access via self-referral: online: <https://healthyminds.penninecare.nhs.uk/>, phone: 0161 716 2777, or via Drop-In session.

### Taster Workshops and Courses

- A range of 1 hour taster workshops on Anger, Confidence, Mindfulness and Stress.
- 6 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 via Drop-In sessions. For more information, please call: 0161 330 9223.