Stressed, anxious or feeling low?

Our online self-help programme **SilverCloud** helps you to learn how to think and feel better.

- Self-referral
- Instant access anytime, anywhere
- Regular check-ins with a qualified therapist

For more information or to self-refer visit: penninecare.nhs.uk/ healthymindsoldham



Contact us

Tel: 0161 716 2777 www.penninecare.nhs.uk/healthyminds

You can write to us at: Healthy Minds Oldham, 111 Union Street Oldham OL1 1RU

I need urgent support

If you want to talk to someone about how you feel, in your own way, the Samaritans are available 24/7. You can phone **116 123** or email **jo@samaritans.org**.

If you feel unable to keep yourself safe, you can contact your GP either by telephone or in person or attend A&E 24 hours a day, 7 days a week.

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



HEALTHY **MINDS** Oldham



Mental health support so you feel happier and healthier





Who can access Healthy Minds?

If you live in Oldham and are over the age of 16, Healthy Minds can offer support and therapies to help you manage your difficulties.

We offer a safe place and time to talk to someone who won't judge you.

You might want to make sense of things or understand yourself better, resolve complicated feelings or recognise and change unhelpful patterns in how you act or think.

Did you know that I in 4 people experience a common mental health problem

We can help with...

- Depression and low mood
- Anxiety and worry
- Panic
- Obsessive compulsive disorder (OCD)
- Post traumatic stress disorder (PTSD)
- Pre and Post natal difficulties
- Social anxiety
- Phobias
- Long term health conditions

What's next?

If you'd like to access the Healthy Minds service you can self refer at: www.penninecare.nhs.uk/healthyminds

We'll send you a letter inviting you to contact us and arrange an initial assessment appointment.

At this appointment we'll discuss your current difficulties, and together we'll decide on which treatment will be the most appropriate for you.

This could be a therapeutic workshop, computerised therapy or 1-1 sessions.

We offer a range of talking therapies, which are evidence based treatments for common mental health problems, for example, depression and anxiety difficulties.

Treatment we offer includes:

- Guided self help
- Cognitive Behavioural Therapy
- Counselling
- Therapeutic workshops
- Eye movement desensitisation and reprocessing therapy (EMDR)
- Online digital wellbeing courses