

Tameside Mental Health Provision

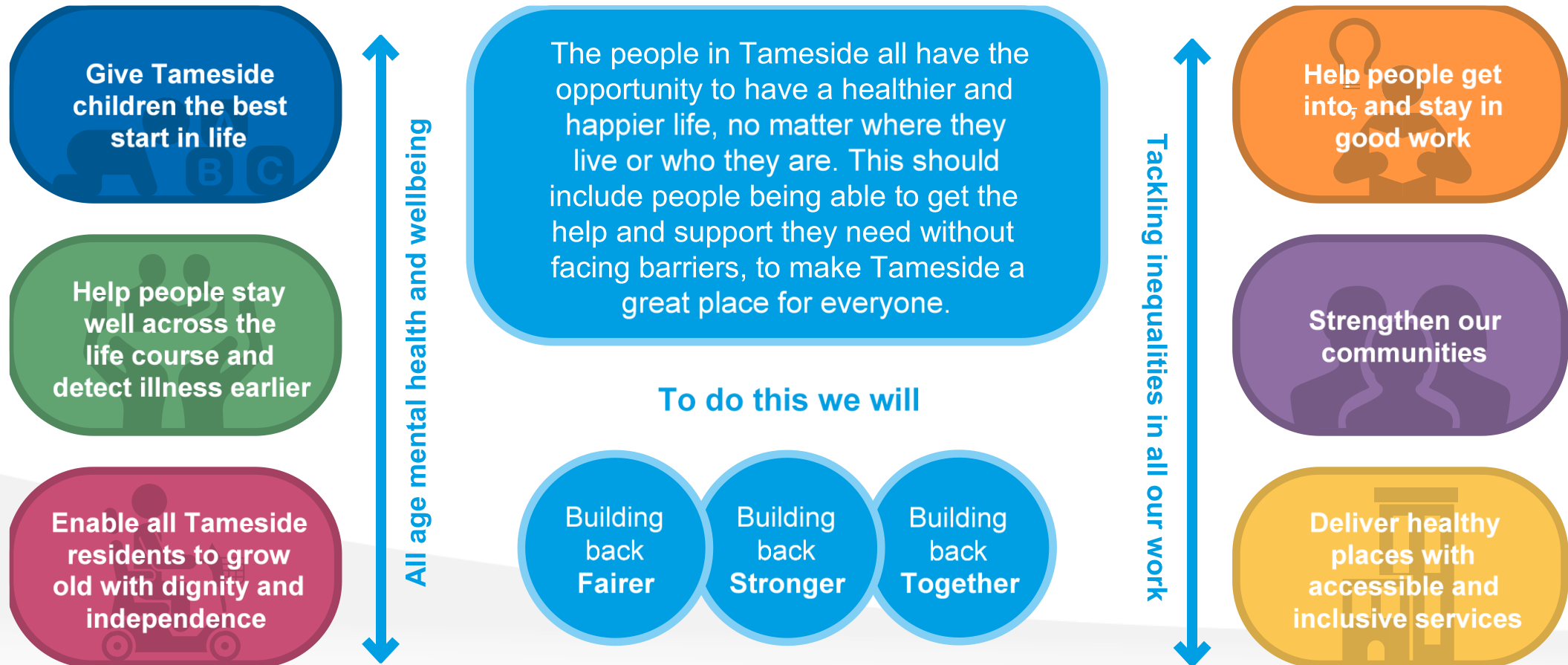
Simon Sandhu – Medical Director, Pennine Care

Trish Cavanagh – Deputy Place Lead

**Lynzi Shepherd – Head of Mental Health, Learning Disabilities and
Autism (Tameside)**

November 2023

TAMESIDE JOINT HEALTH AND WELL BEING STRATEGY AND LOCALITY PLAN: Building Back Fairer, Stronger, Better.



Estimated spectrum of mental health need across Greater Manchester population



Well
Population
1.7m



At
Risk
550
Thousand



Mild
350
Thousand



Moderate
150
Thousand



Severe
50
Thousand

Episodic - 30,000
Persistent - 13,000
Complex Enduring - 7,000+



Wellbeing

Self Care
700k

Low Intensity Care
140k

Moderate Intensity Care
70k

High Intensity Care
18k

Complex Care
15k+

This is not a one-way street. A person will move backwards or forwards along this continuum at different points in their life.

Estimated number of people (adults and children) in each group based on their mental health state over 12 months
People categorised as having a mental health problem (mild/moderate/severe) if they had an episode in a calendar year
Categorised at risk if they had an emerging symptom within a 12 month period, an episode in the year before or were children/parents of a person presenting with mental health problems

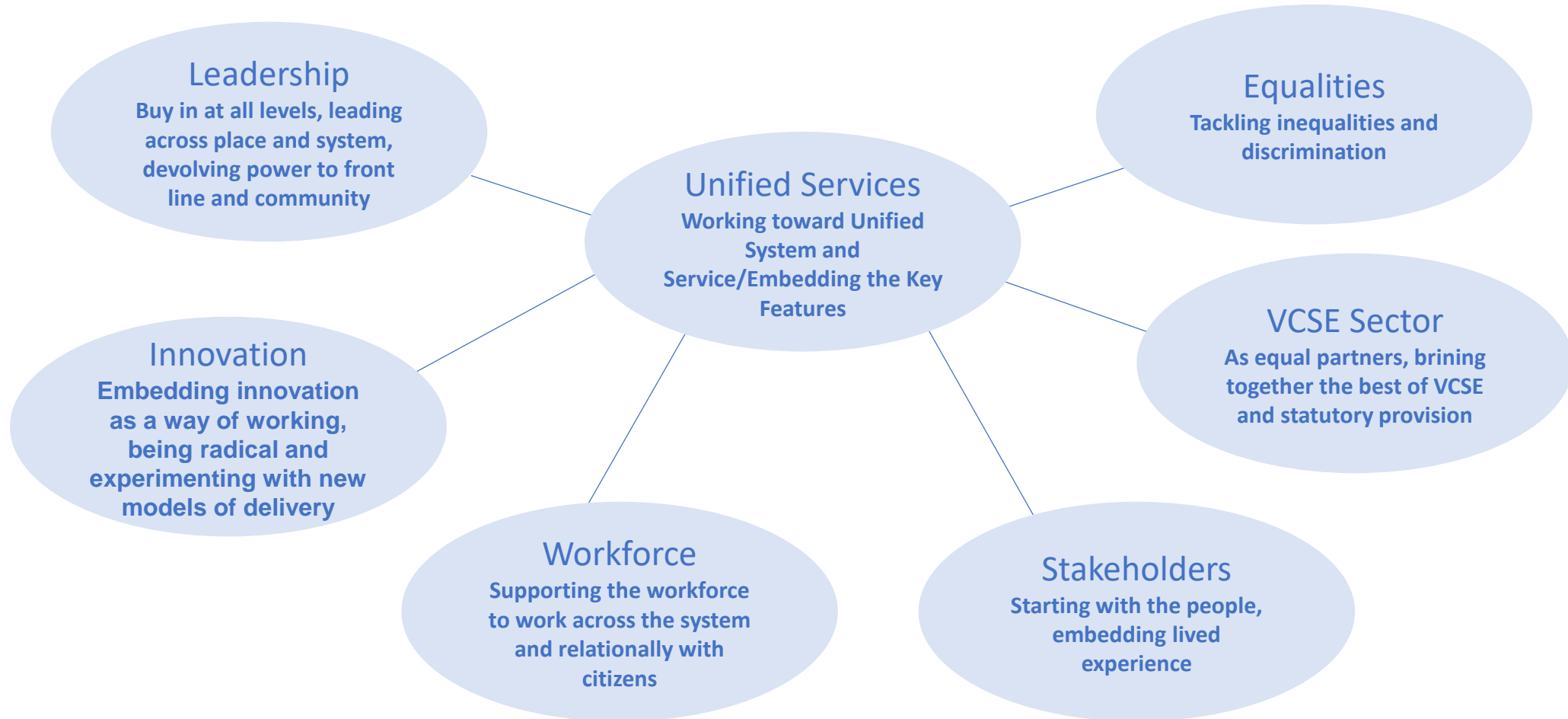
Based on the Productivity Commission Issues Paper into the Social and Economic Benefits of Improving MH (Jan 2019)

Mental Health Priorities for Tameside

- Improved mental health population health outcomes for the people of Tameside – Understanding our future needs
- Mental health will need to be taken into account in all our work – Develop and improve system working to support the prevention agenda and a reduction in health inequalities
- Children and Young Peoples Mental Health by implementing both Local Transformation Plan and NHS Long Term Plan and with a focus on the continued development of the Early Help Offer
- Mental Health Community Transformation Programme – Redesign, and develop services in line with national policies and proven evidence base knowledge
- Mental Health Urgent and Emergency Care Transformation Programme - Redesign, and develop services in line with national policies and proven evidence base knowledge
- Continued development and implementation of the “No Wrong Door” approach to all mental health care - Create the right processes to support planning decisions and enable more integrated and efficient ways of accessing services
- Reducing Health Inequalities for people with a Learning Disability and Autistic People

ENABLERS

Governance/Accountability – shared across
Tameside



Capacity and resource – shared across
Tameside



Pennine Care
NHS Foundation Trust

About us....

Simon Sandhu, Medical Director

Maximising potential

Decorative wavy lines in teal and yellow at the bottom of the slide.

Where we provide services



Pennine Care
NHS Foundation Trust



Military Veterans services (North West)



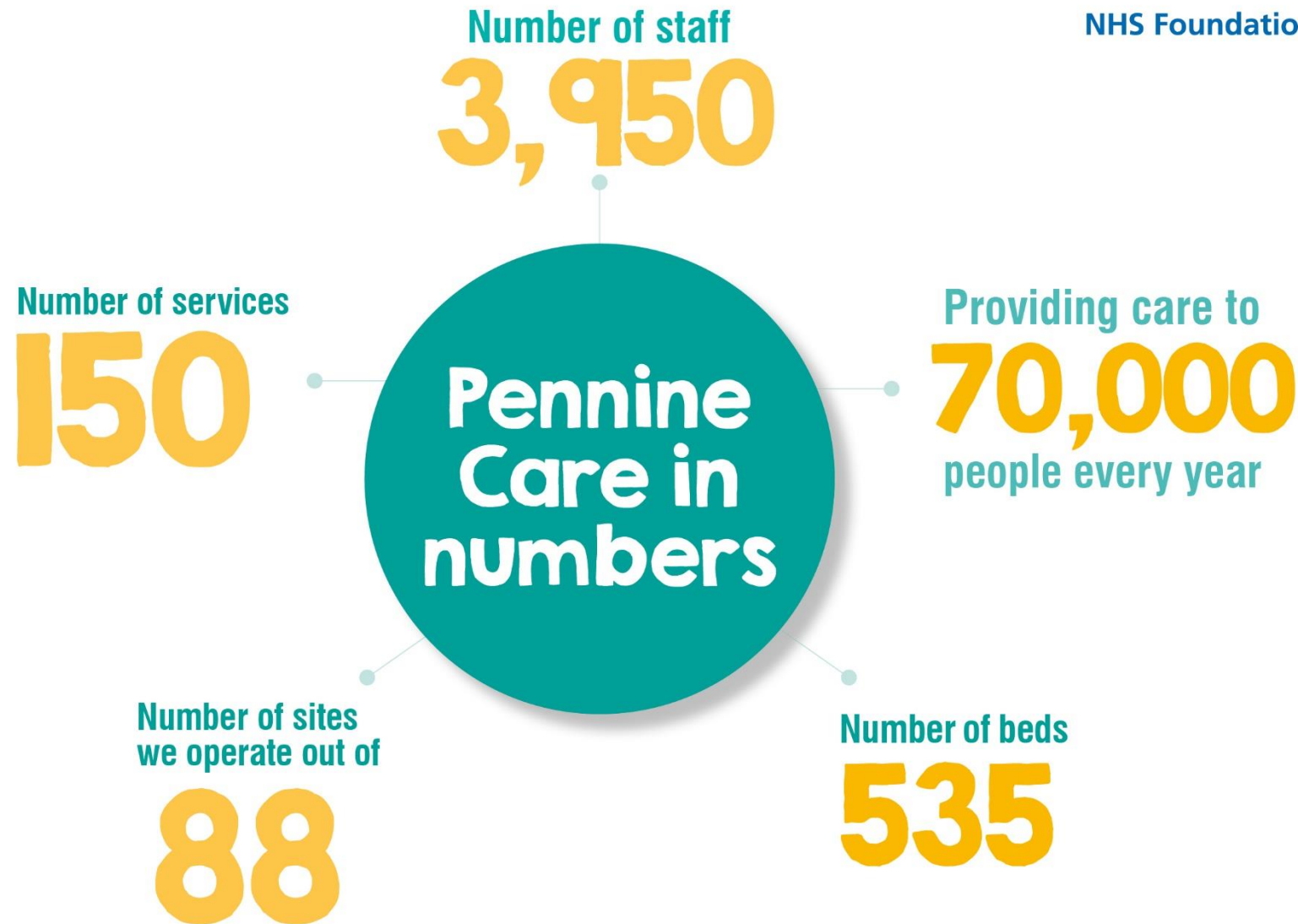
Most
deprived

Least
deprived





Pennine Care
NHS Foundation Trust





Pennine Care
NHS Foundation Trust

Our services

North West:
Military Veterans

Greater Manchester:
Child and Young People: community and inpatient
Greater Manchester Resilience Hub
Rehabilitation and Secure Care

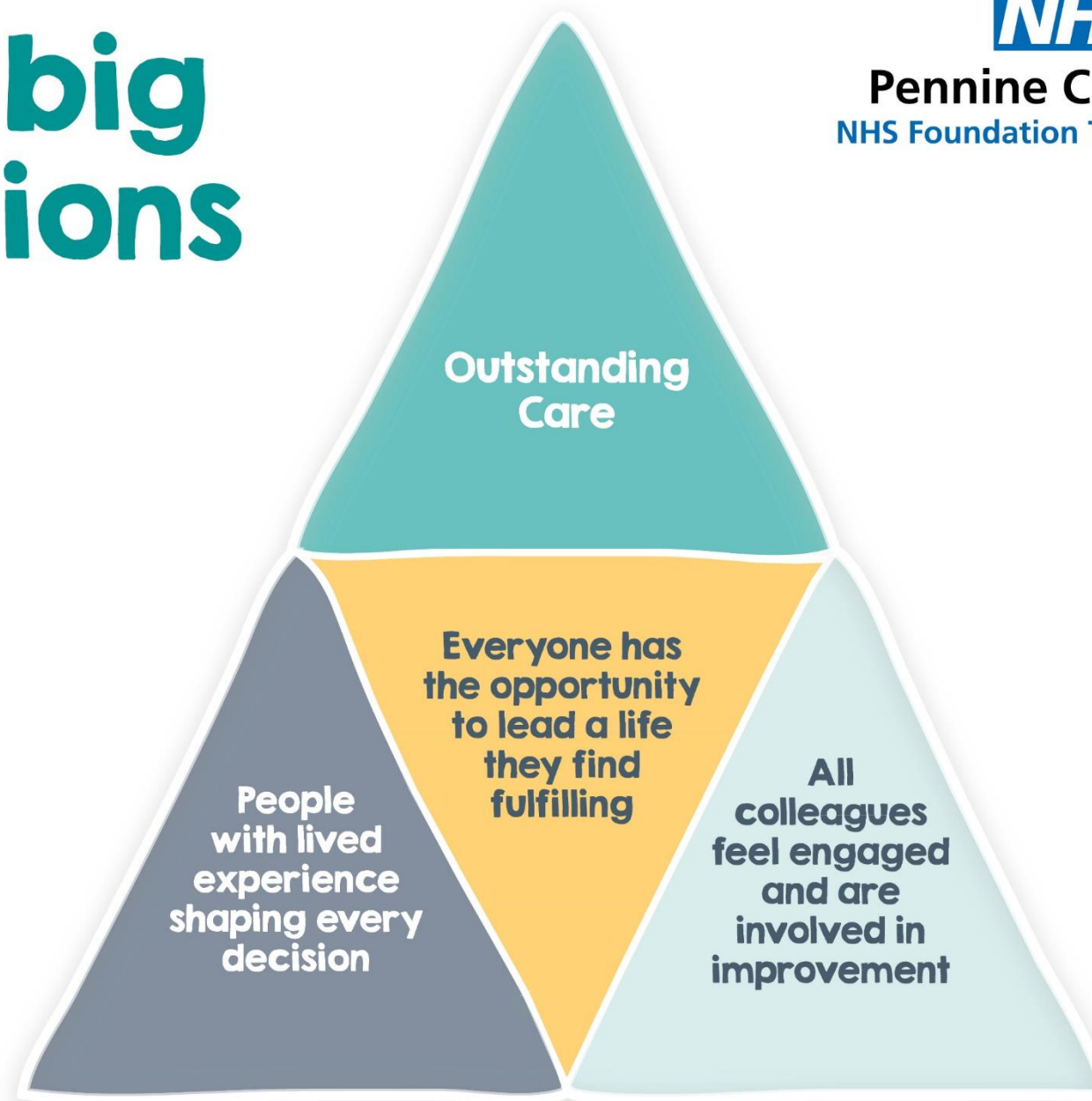
Boroughs:
Adult: primary care, community
and inpatient
Older People: community
and inpatient
Drug and Alcohol
Learning Disability and Autism



Our 4 big ambitions



Pennine Care
NHS Foundation Trust



**Outstanding
Care**

**Everyone has
the opportunity
to lead a life
they find
fulfilling**

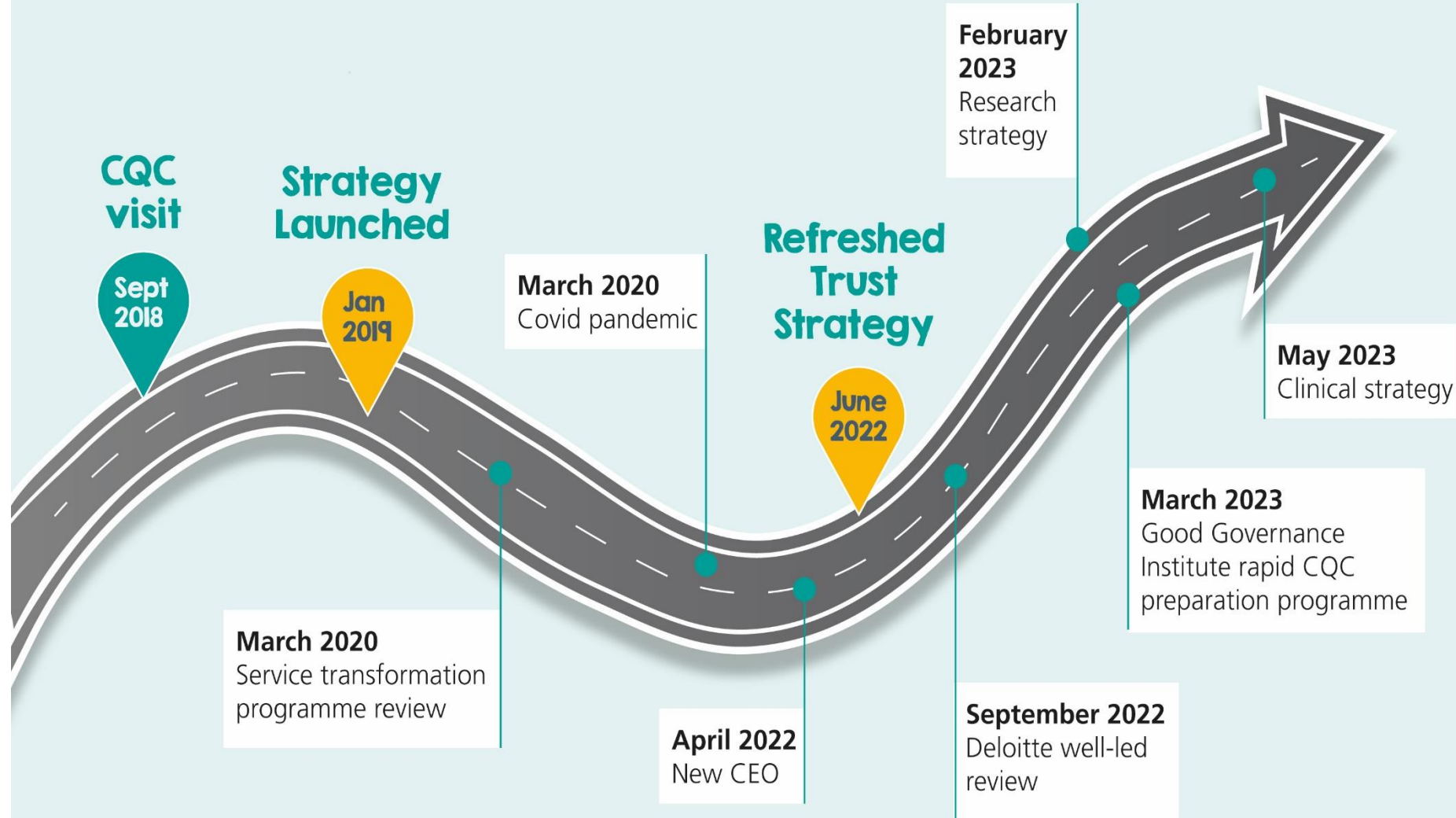
**People
with lived
experience
shaping every
decision**

**All
colleagues
feel engaged
and are
involved in
improvement**





Key milestones







Pennine Care
NHS Foundation Trust



Improvements since CQC inspection in 2018

CQC said	We did
 Medicines to be managed safely	<ul style="list-style-type: none">• All pharmacy posts appointed• Senior pharmacy staff at transformation meetings and events to ensure medicines management requirements met• Pharmacy staff appointed into home treatment and community team roles• Reviewed covert medicine policy and audited practice
 Eliminate mixed sex wards and dormitories	<ul style="list-style-type: none">• All wards are single gender with no shared dormitories
 Care plans meet the communication needs of learning disabilities patients	<ul style="list-style-type: none">• Inpatient assessment• Hospital traffic light assessment• Learning disabilities traffic light care plan
 Psychological therapies to be provided to all wards	<ul style="list-style-type: none">• Recruitment to inpatient posts

Improvements since CQC inspection in 2018

CQC said	We did
 Implementation of electronic recording for patient records	<ul style="list-style-type: none">• Electronic patient record system, Paris, to all inpatient and outpatients teams, and rolling out to psychological therapies and older people's services
 Advocacy services to be made accessible to all patients	<ul style="list-style-type: none">• All care hubs have access to advocacy services
 Alternatives to ward admissions	<ul style="list-style-type: none">• Daily and weekly huddles to manage patient flow
 New values and vision to be implemented	<ul style="list-style-type: none">• Vision, values, and behaviour framework• Strategy launched reflecting our four big ambitions

Improvements since CQC inspection in 2018

CQC said	We did
 Improve diversity and equality	<ul style="list-style-type: none">• Published anti-racist statement and transgender and non-binary statement• Focus on diversity in recruitment to reflect our communities• Developed and extended staff networks• Developed anti-racist action plan• Anti-racist survey with action plan
 Lack of development opportunities for managers/leaders	<ul style="list-style-type: none">• Leadership development programmes• Management skills development programme reviewed• Board development sessions• Apprenticeship scheme for leaders
 Obtain views of patients	<ul style="list-style-type: none">• Patient and carer experience and engagement manager• Relaunched Triangle of Care care hub and trustwide forums• Co-designed involvement toolkit for staff• Patient council for our Talking Therapies service• Patients and carers speaking directly to Board, members of project groups and forums, participating in recruitment and training• Patient and carer experience feedback calendar• Embedding lived experience participants in quality and safety forums

What our national benchmarking tells us

- Cost per adult acute bed increased from **£88k (2021) to £93k (2022)** - significantly **lower than national average** (£166k in 2021 to £179k in 2022).
- **Spend on community services is low**
 - Generic CMHT cost per patient rose from £1512 (2021) to £1934 (2022) - **considerably below national average** of £4125 (2021) and £4408 (2022) compared to benchmark levels and lack of consistent community services, crisis alternatives.
- Adult acute beds per 100, 000 resident population – **considerably higher than national average over last three years**, 28.2 compared to national average of 20.5. due to lack of community alternatives.
- Child and adolescent mental health services (CAMHS) in **lowest quartile for cost of contact.**



Other areas of variation identified

- Significant gaps in CAMHS capacity due to baseline levels and increased demand
- Inconsistent alternatives to admission services; gaps in availability, particularly out of hours. Crisis beds only commissioned in Stockport (2 beds).
- Care home liaison team/day hospital services only in two localities.
- Significant variation in medicines and prescribing shared care arrangements across and between localities - creating pressure in both primary and secondary care.



Other areas of variation identified

- Significant gaps in commissioned neurodevelopment pathway - long waits.
- Significant variation in funding and models across memory assessment services - long waits.
- NHS Talking Therapies models and commissioned levels vary.



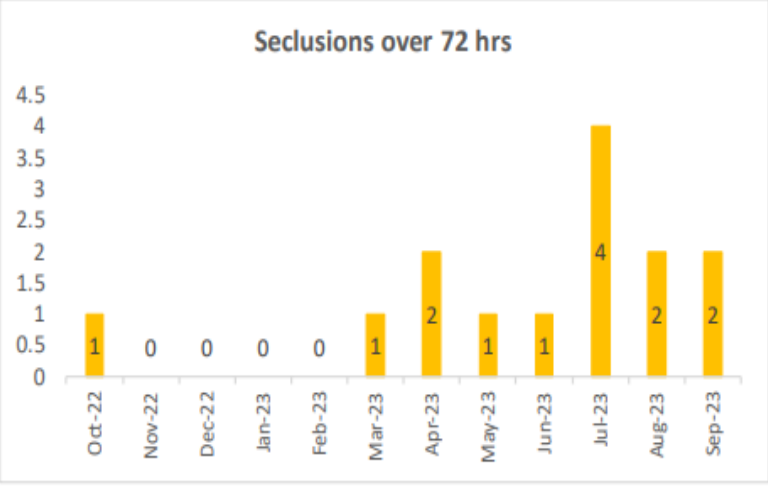
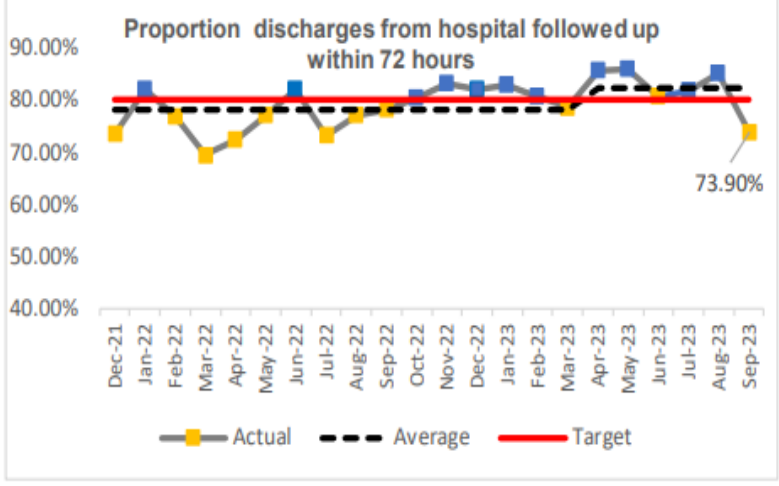
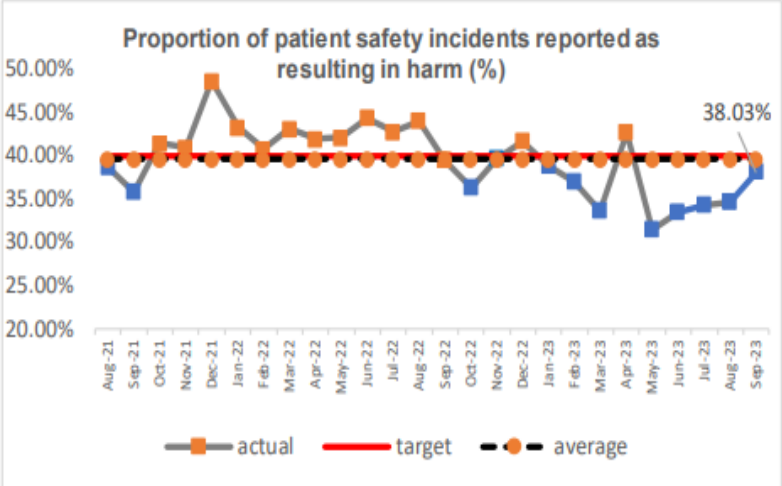
Quality metrics

Patient Safety

The proportion of incidents that resulted in harm remains below the 40% threshold with an average of 36.14% since January 2023.

At a Trust level 72 hr follow up remains above the 80% standard, however in month performance has dropped across 4 out of 5 boroughs with Bury & Stockport reporting below the quarterly 80% standard for Quarter 2. Further work is being undertaken to review the position across the Trust.

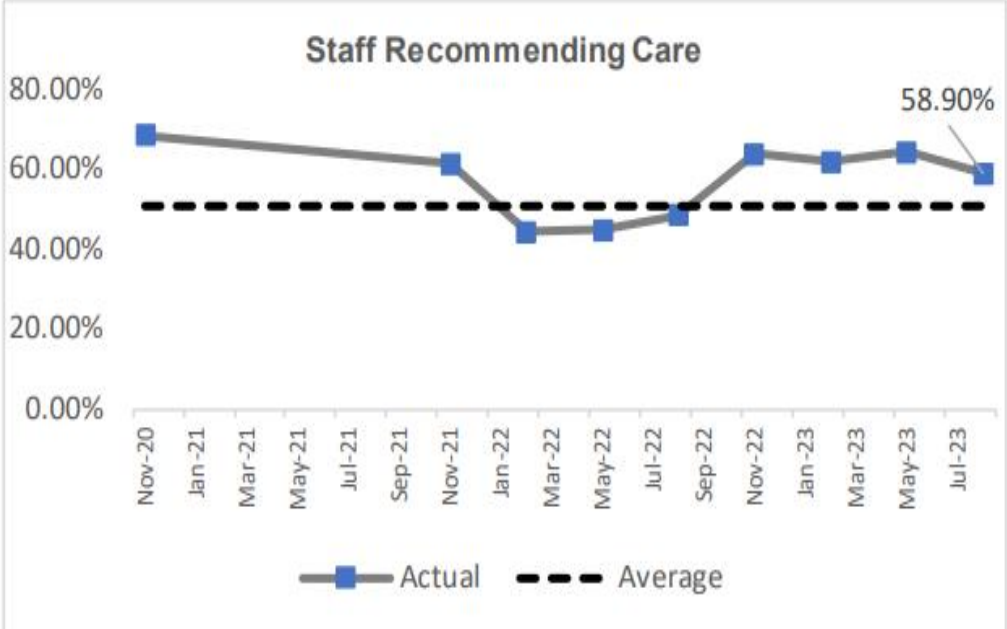
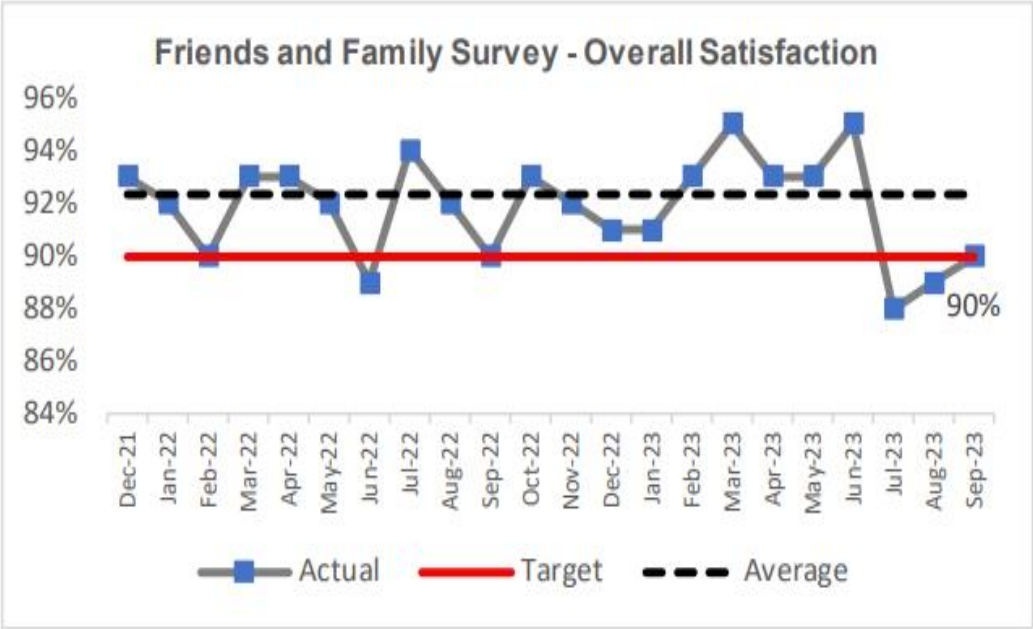
2 Seclusions over 72hrs have been reported in month



	Qrt 2 22/23	Qrt 3 22/23	Qrt 4 22/23	Qrt 1 23/24	Qrt 2 23/24
Qrtly	76.21%	81.97%	80.46%	84.19%	81.21%
Target	80%	80%	80%	80%	80%
HMR CCG	79.57%	83.33%	80.23%	88.98%	82.80%
Bury CCG	75.00%	76.92%	77.33%	78.65%	78.33%
Oldham CCG	76.32%	87.85%	81.82%	88.79%	88.24%
Tameside CCG	98.28%	87.56%	85.71%	87.50%	82.76%
Stockport CCG	76.24%	86.08%	82.61%	80.19%	79.76%

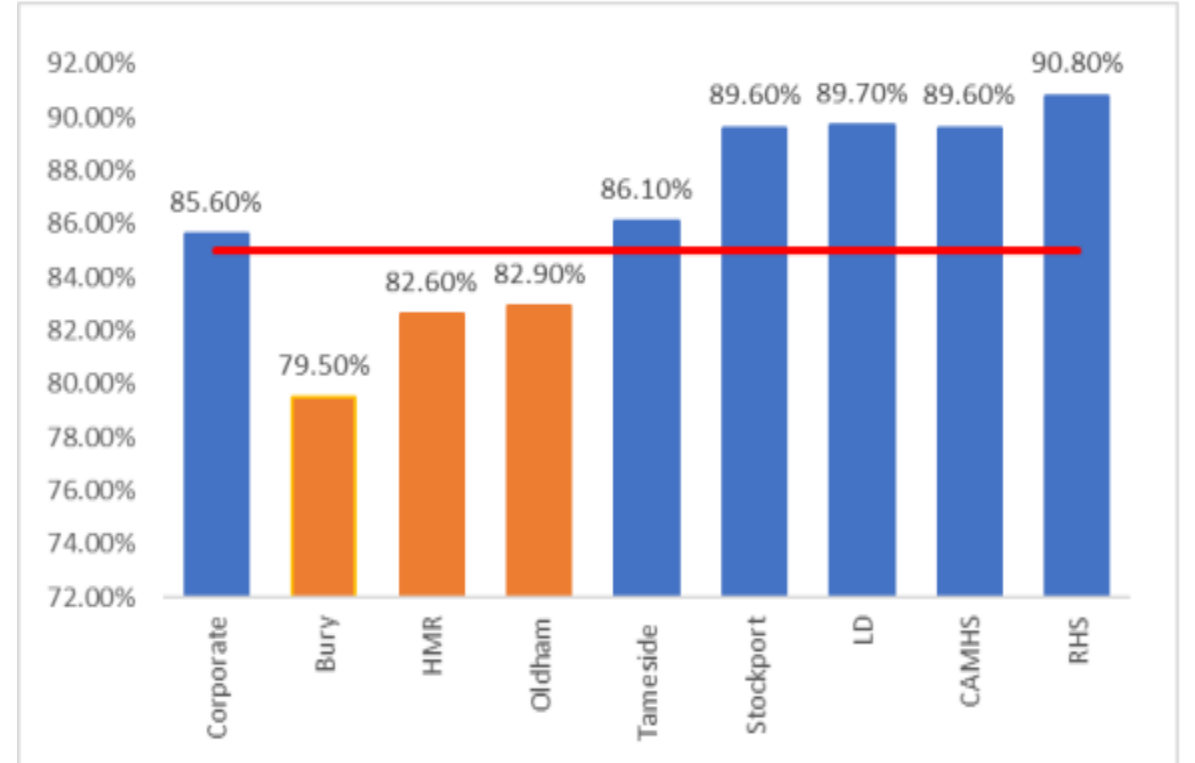
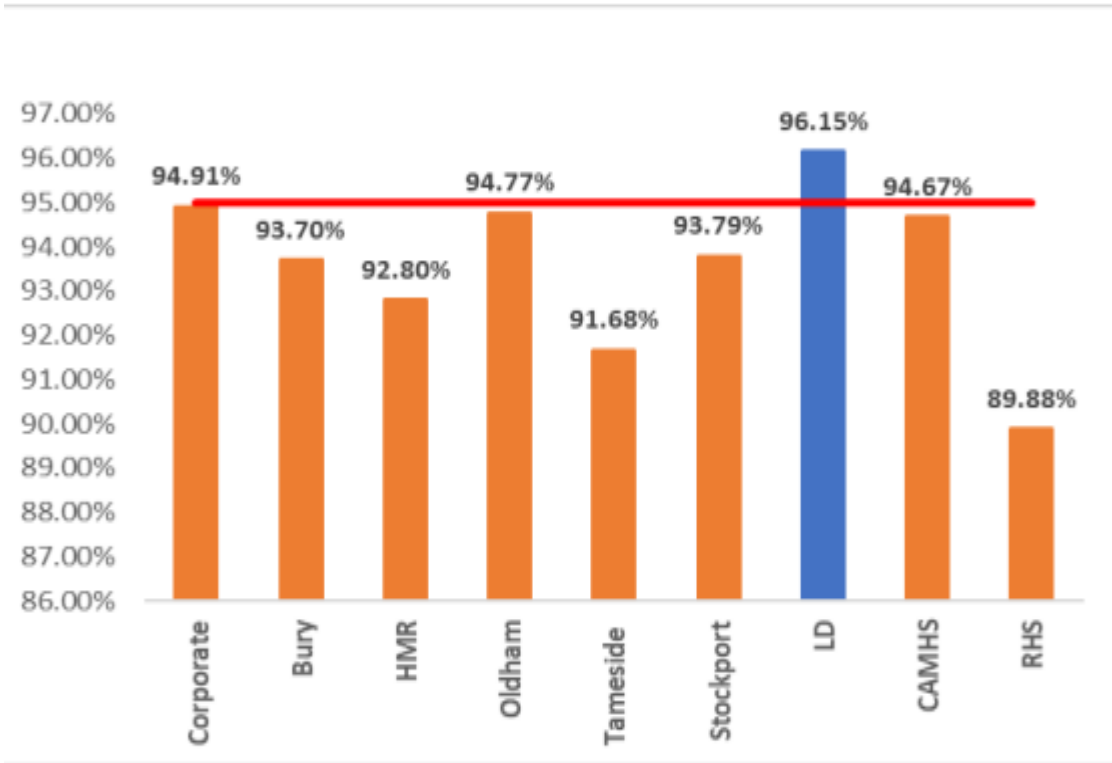
Experience of Care

Our overall patient experience score from our friends and family survey is reported at 90% and remains above the national average for Mental Health Trusts. Specialist Services continues to report below the 90% standard with results in our Rehabilitation and High Support inpatient wards reporting at 61%.



	May-23	Jun-23	Jul-23	Aug-23	Sep-23
North	88%	90%	89%	94%	92%
South	93%	97%	92%	95%	93%
Specialist	94%	97%	86%	87%	89%

Workforce Data – attendance & appraisal



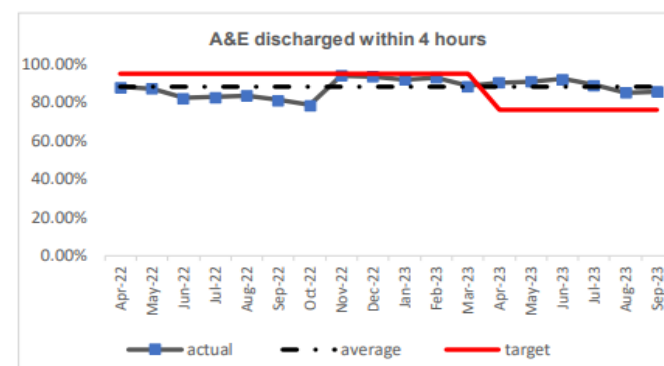
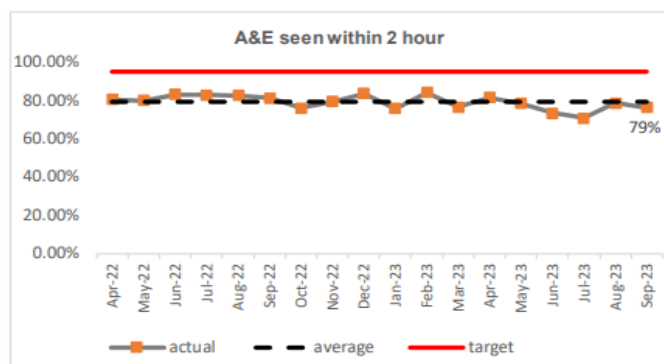
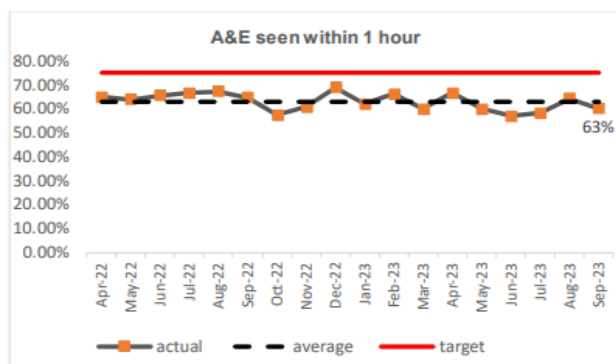
Community Mental Health

Access and Crisis

Referrals into the Mental Health Liaison service have averaged around 1300 per month since January 2022; over the last 3 months in particular referrals have started to drop and there were 1055 across all teams during September. A comparison of September 2022 with September 2023 shows that, across the PCFT footprint, the highest number of referrals have been consistently from Oldham patients.

Performance against the 1 hour and 2-hour targets have been consistently below the standard across all borough for over 18 months with ongoing pressures related to staffing capacity, acuity and access to appropriate space within emergency departments contributing to the pressures. Performance in Bury has seen a decline over the past quarter the reasons for which are being explored.

As from April 23 the national standard for 4 hours discharge has been reduced from 95% per month to 76% per month by March 2024. September saw a slight improvement in performance against the 4-hour standard and this remained above the adjusted 76% target.

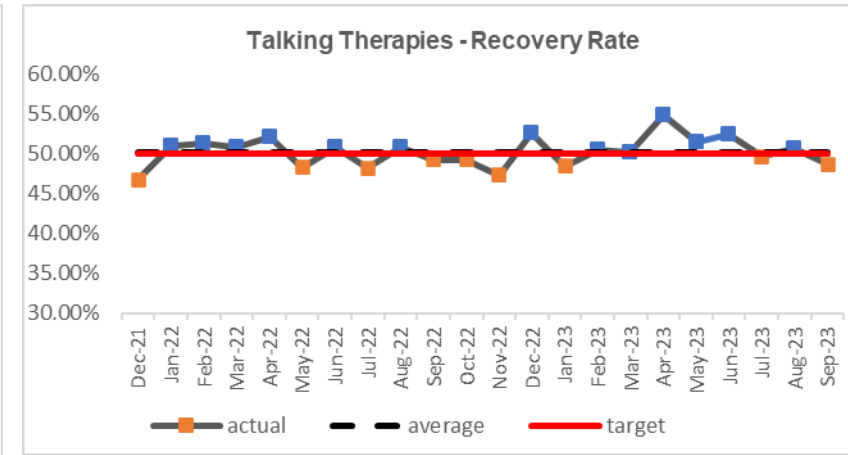
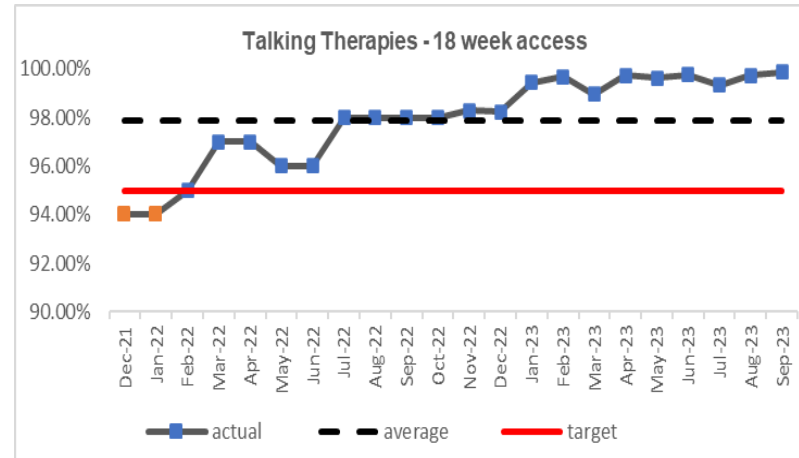
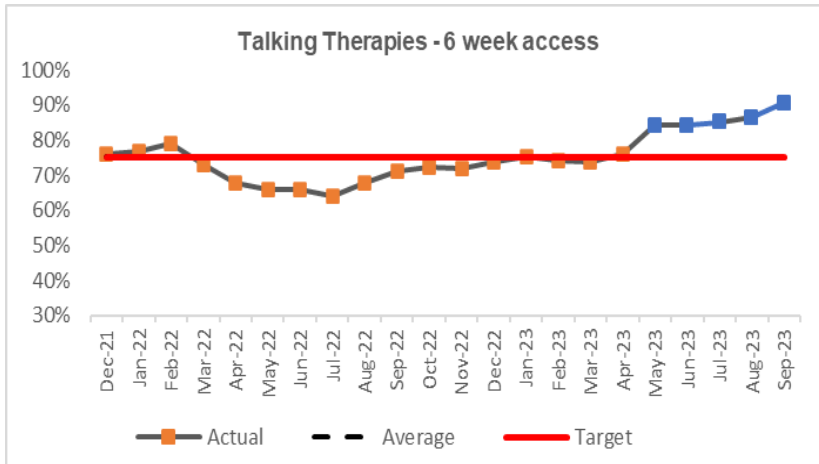


	Qrt 2 22/23	Qrt 3 22/23	Qrt 4 22/23	Qrt 1 23/24	Qrt 2 23/24
Cum.in qrt	66.17%	61.50%	62.43%	61.16%	60.88%
Target	75%	75%	75%	75%	75%
HMR	63.84%	54.41%	51.15%	47.78%	61.54%
Bury	61.01%	57.74%	52.24%	54.48%	35.71%
Oldham	61.57%	57.35%	59.21%	64.34%	60.90%
Tameside and Glossop	73.84%	66.00%	71.48%	64.71%	56.21%
Stockport	68.75%	67.19%	66.06%	63.34%	68.82%

	Qrt 2 22/23	Qrt 3 22/23	Qrt 4 22/23	Qrt 1 23/24	Qrt 2 23/24
Cum.in qrt	82.15%	78.96%	78.46%	77.59%	74.87%
Target	95%	95%	95%	95%	95%
HMR	80.13%	75.74%	70.38%	68.89%	69.23%
Bury	83.03%	77.98%	75.37%	71.64%	42.86%
Oldham	78.20%	75.18%	78.38%	79.10%	74.69%
Tameside and Glossop	84.84%	84.57%	80.63%	78.71%	82.65%
Stockport	84.09%	79.78%	81.65%	80.81%	73.20%

	Sep-22	Dec-22	Mar-23	Jun-23	Sep-23
Snap Shot month	82.15%	78.96%	78.46%	92.14%	85.52%
Target	95%	95%	95%	76%	76%
HMR	79.40%	88.60%	79.80%	92.74%	70.00%
Bury	73.10%	88.00%	86.30%	93.10%	100.00%
Oldham	92.10%	98.20%	97.90%	99.08%	79.63%
Tameside and Glossop	61.10%	83.90%	73.10%	76.15%	80.19%
Stockport	95.80%	100.00%	91.10%	97.52%	99.24%

Specialist Mental Health Provision: Talking Therapies

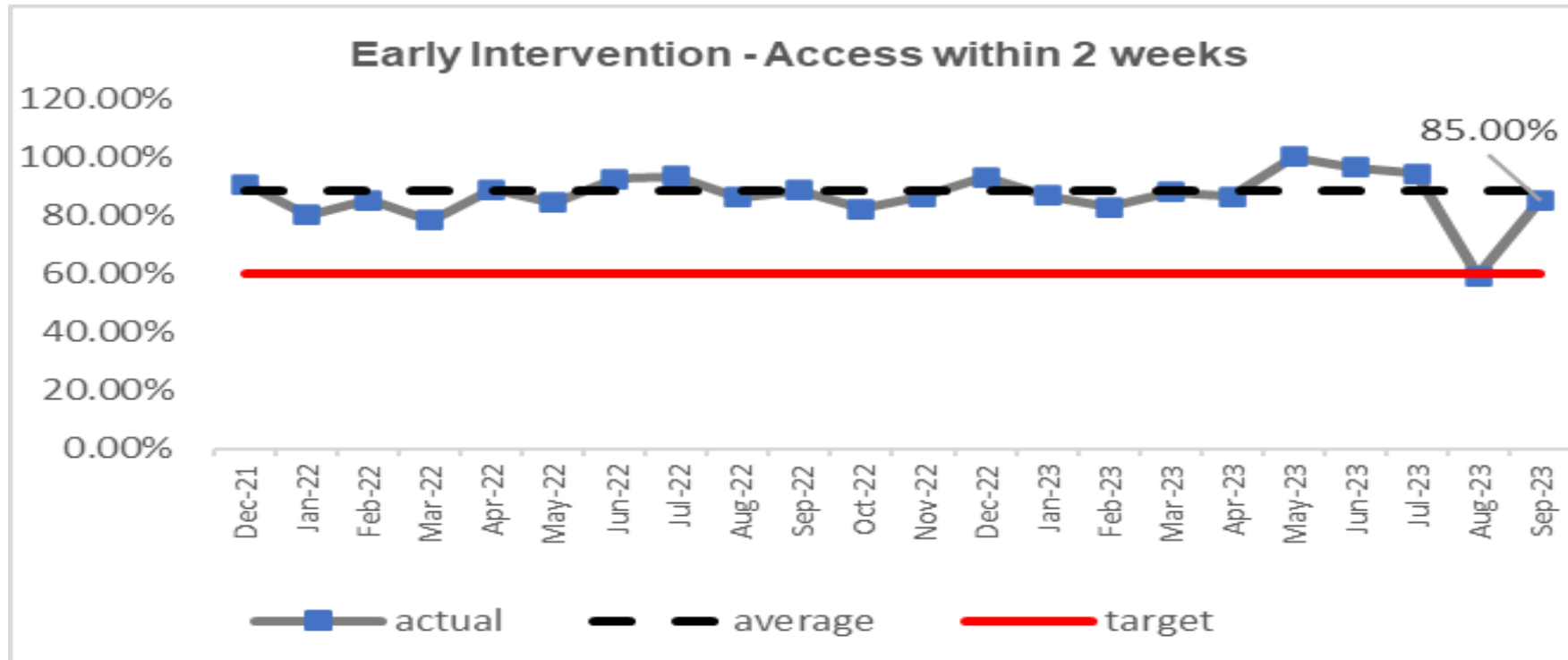


	Qrt 2 22/23	Qrt 3 22/23	Qrt 4 22/23	Qrt 1 23/24	Qrt 2 23/24
Qrtly	67.69%	72.58%	74.42%	81.63%	87.38%
Target	75%	75%	75%	75%	75%
Tameside	84.84%	91.26%	93.10%	96.13%	97.12%

	Qrt 2 22/23	Qrt 3 22/23	Qrt 4 22/23	Qrt 1 23/24	Qrt 2 23/24
Qrtly	98.09%	98.15%	99.34%	99.75%	99.73%
Target	95%	95%	95%	95%	95%
Tameside	99.84%	100.00%	100.00%	100.00%	100.00%

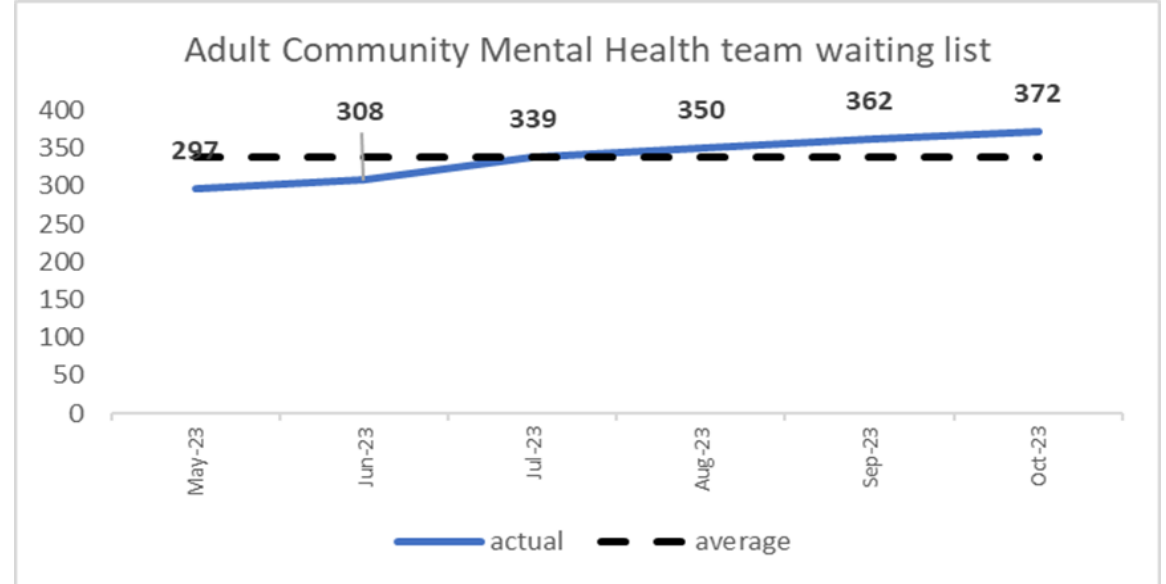
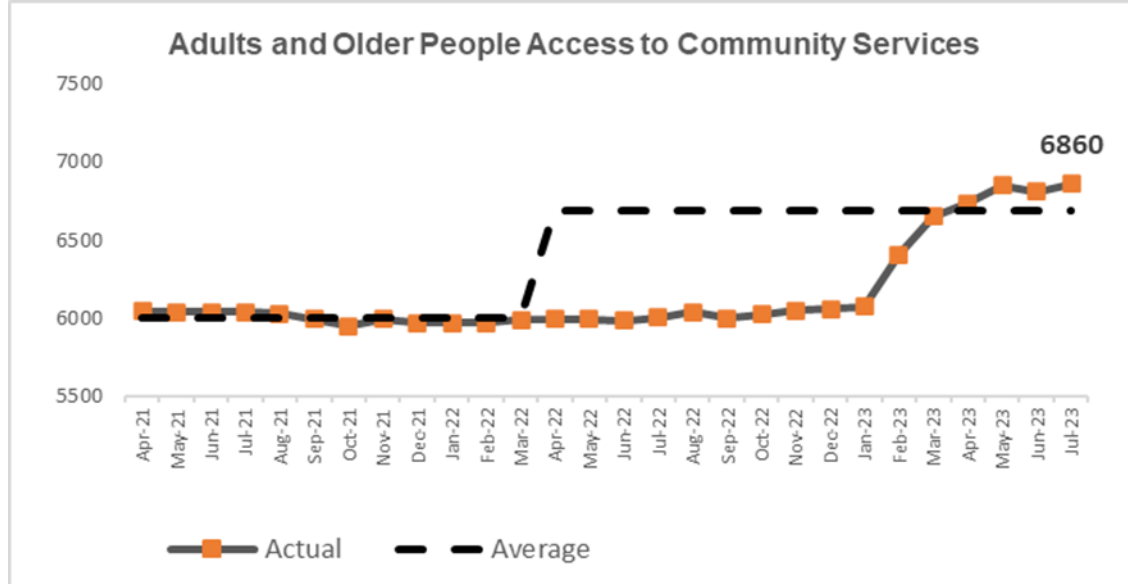
	Sep-22	Dec-22	Mar-23	Jun-23	Aug-23	Sep-23
Snap Shot month	49.20%	52.50%	50.20%	51.40%	50.70%	48.70%
Target	50%	50%	50%	50%	50%	50%
Tameside	50.50%	49.10%	51.00%	51.90%	56.00%	50.90%

Specialist Mental Health Provision: Early Intervention Services



	Qrt 2 22/23	Qrt 3 22/23	Qrt 4 22/23	Qrt 1 23/24	Qrt 2 23/24
Qrtly	89.36%	86.73%	86.60%	94.87%	79.07%
Target	60%	60%	60%	60%	60%
Tameside	82.35%	60.00%	87.50%	92.31%	77.78%

Specialist Mental Health Provision: Community Teams

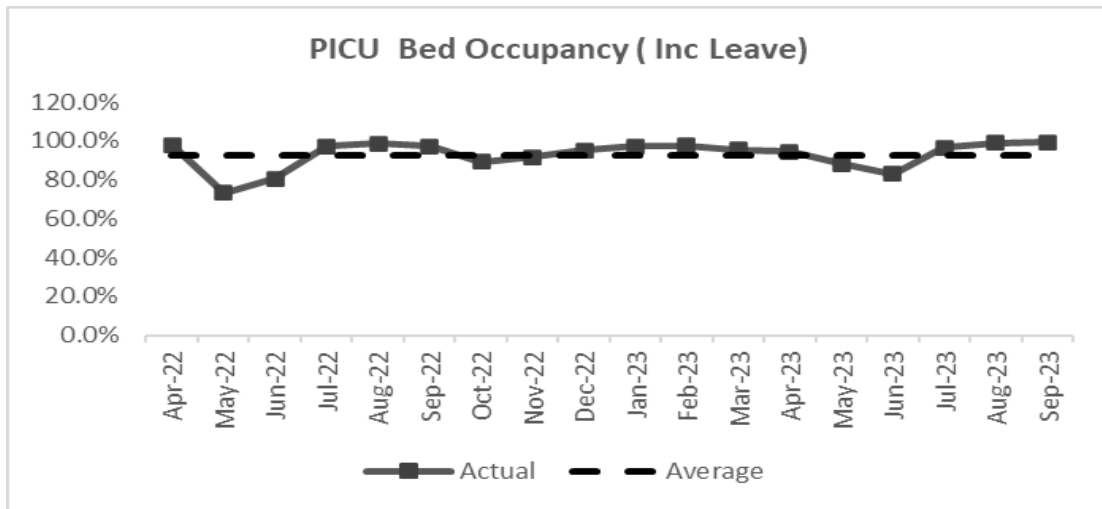
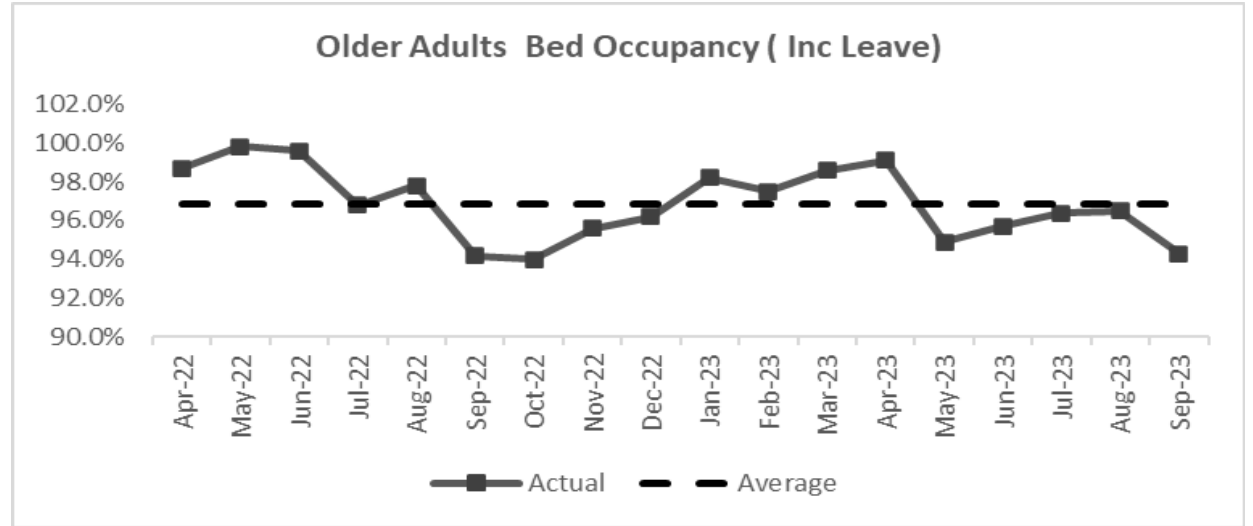
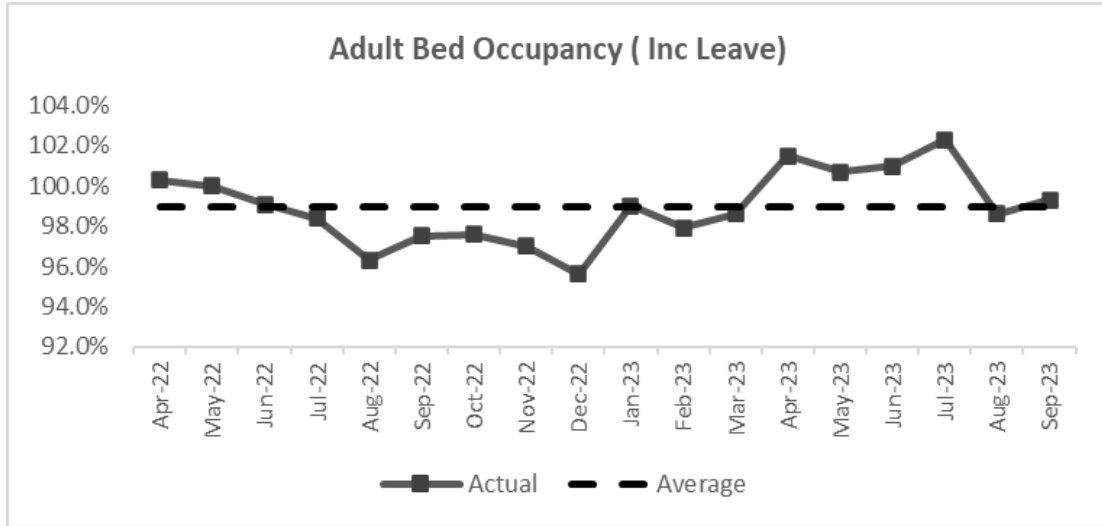


	Qrt 2 22/23	Qrt 3 22/23	Qrt 4 22/23	Qrt 1 23/24	Qrt 2 23/24
Rolling 12 month	6000	6060	6650	6810	6860
Trajectory				7100	7100

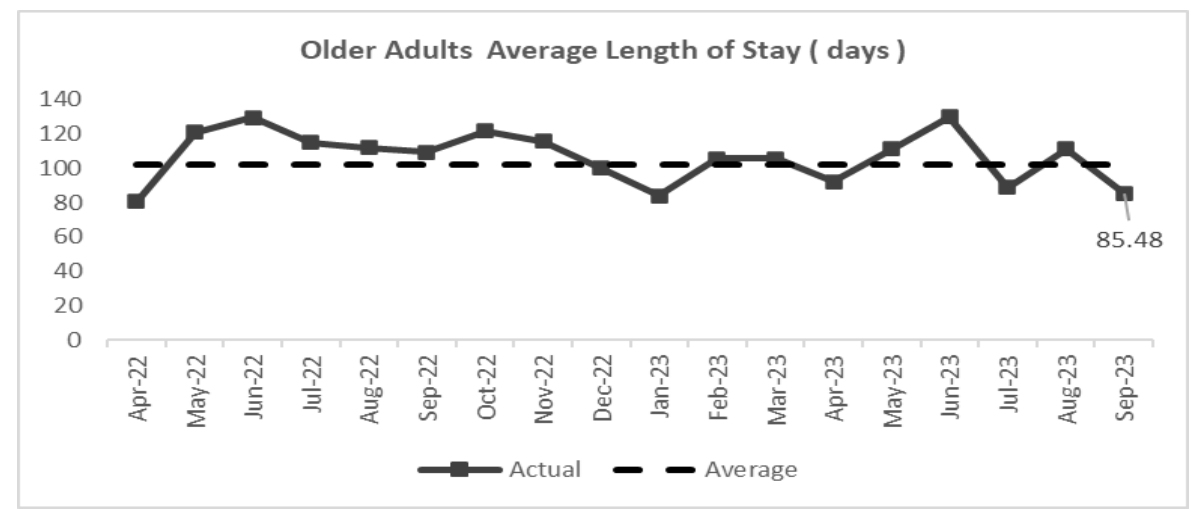
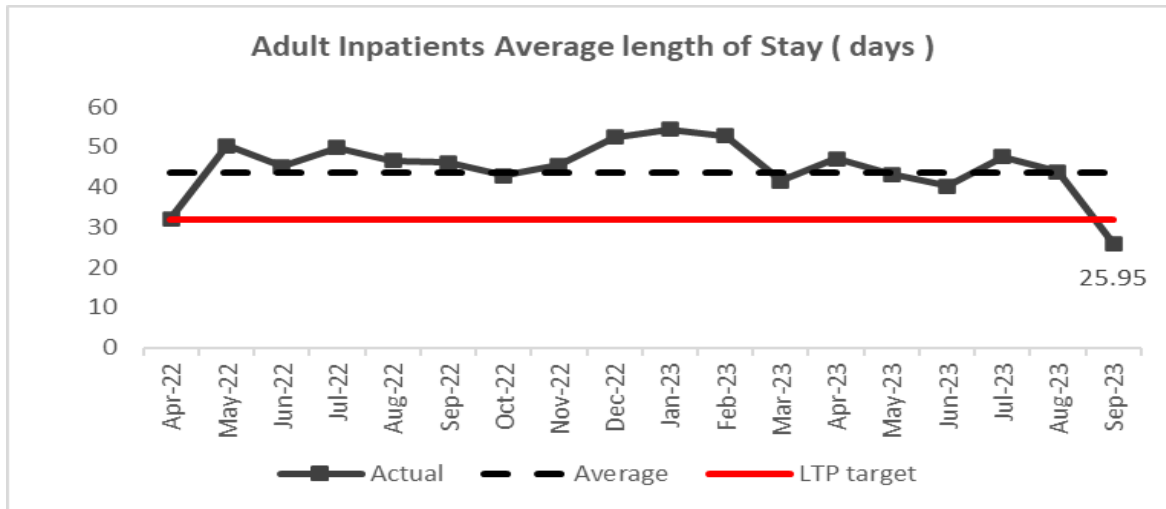
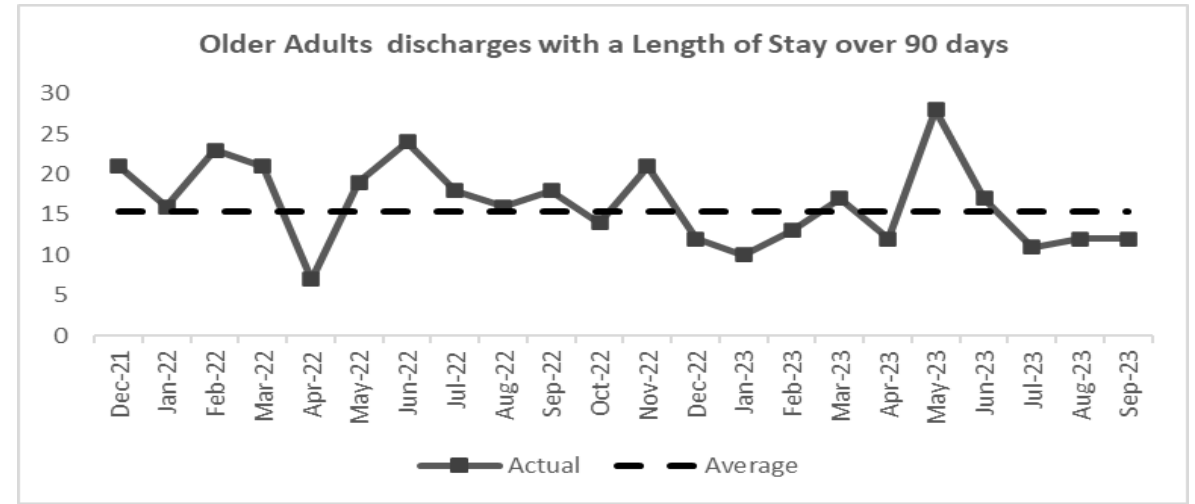
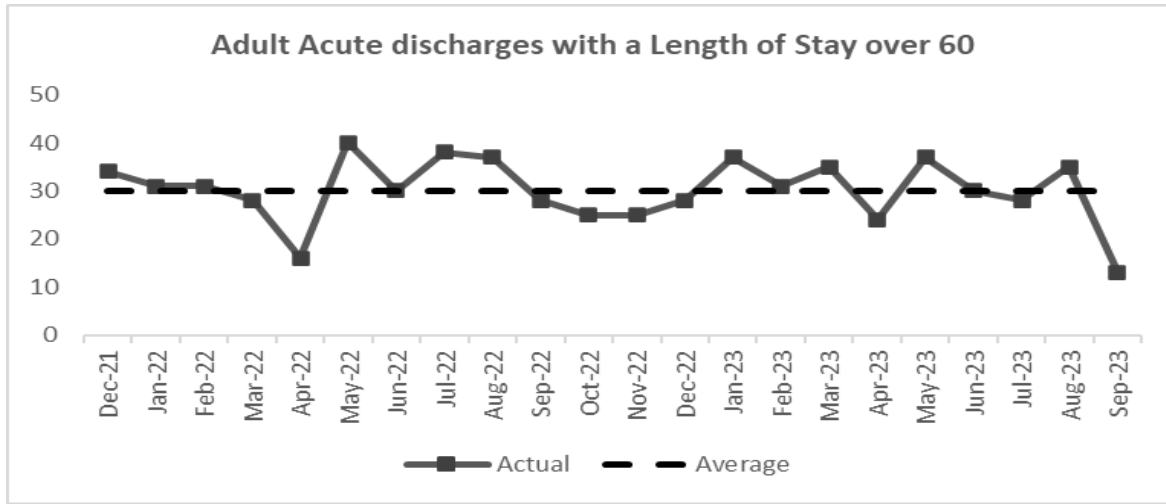
	Sep-23	Oct-23
HMR	16	23
Bury	46	63
Oldham	141	151
Tameside and glossop	87	85
Stockport	60	50

Inpatient Mental Health

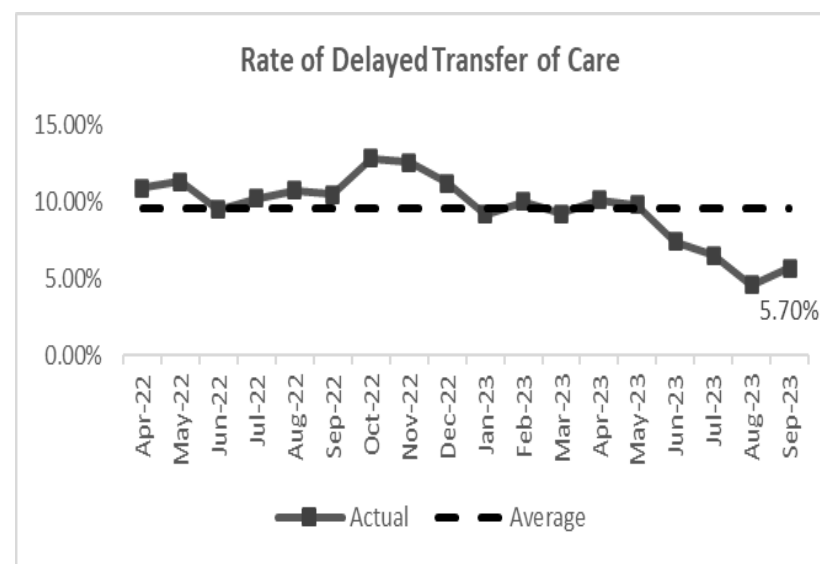
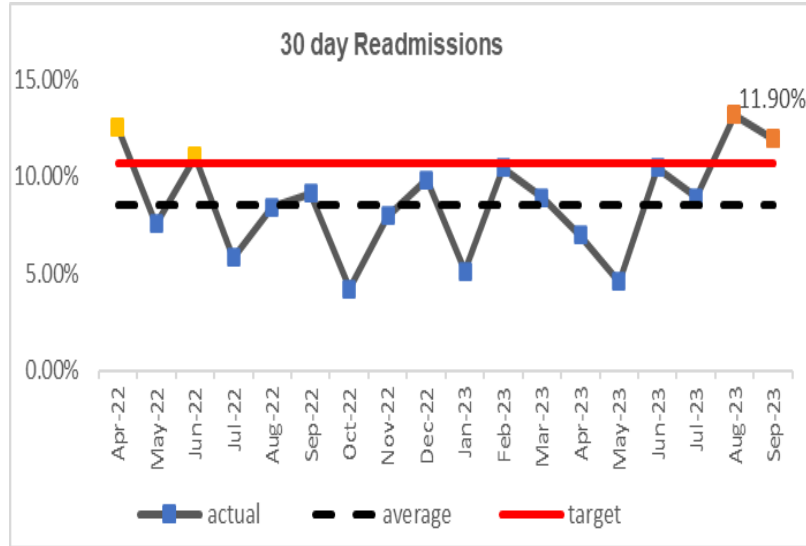
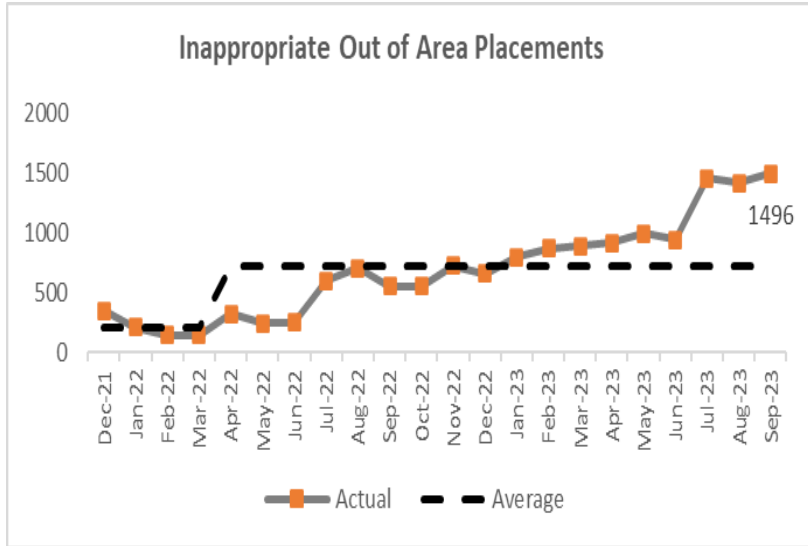
Specialist Mental Health Provision: Inpatients - Occupancy



Specialist Mental Health Provision: Inpatients – Length of Stay



Specialist Mental Health Provision: Inpatients – Out of Area Placements, Delayed Transfers, Readmissions

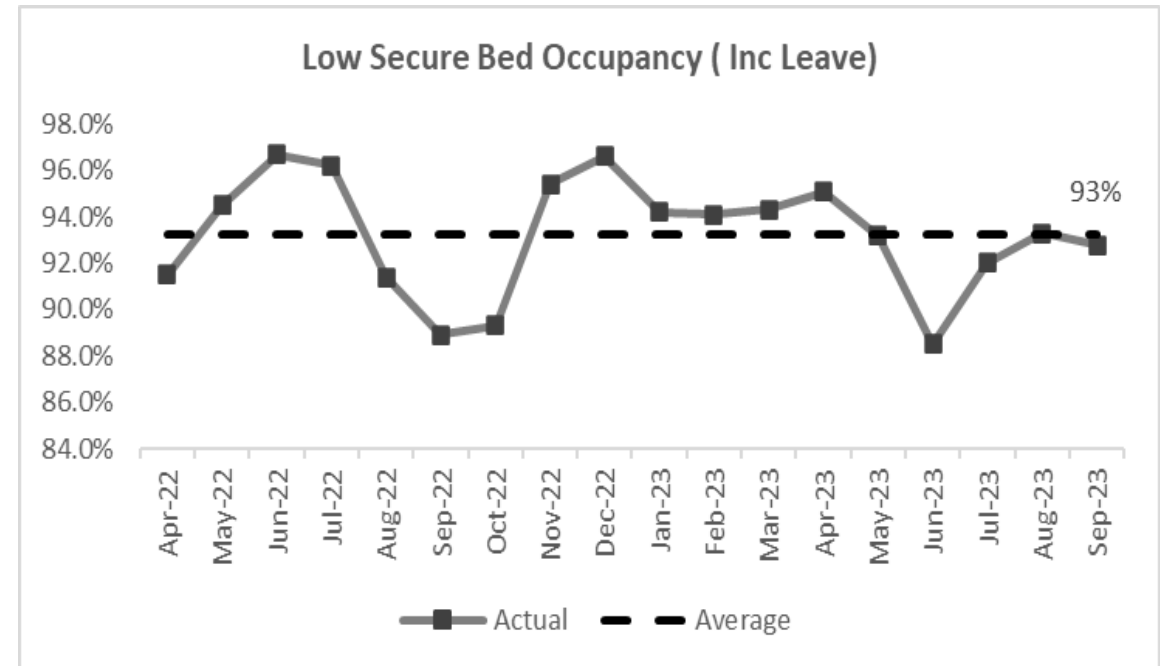
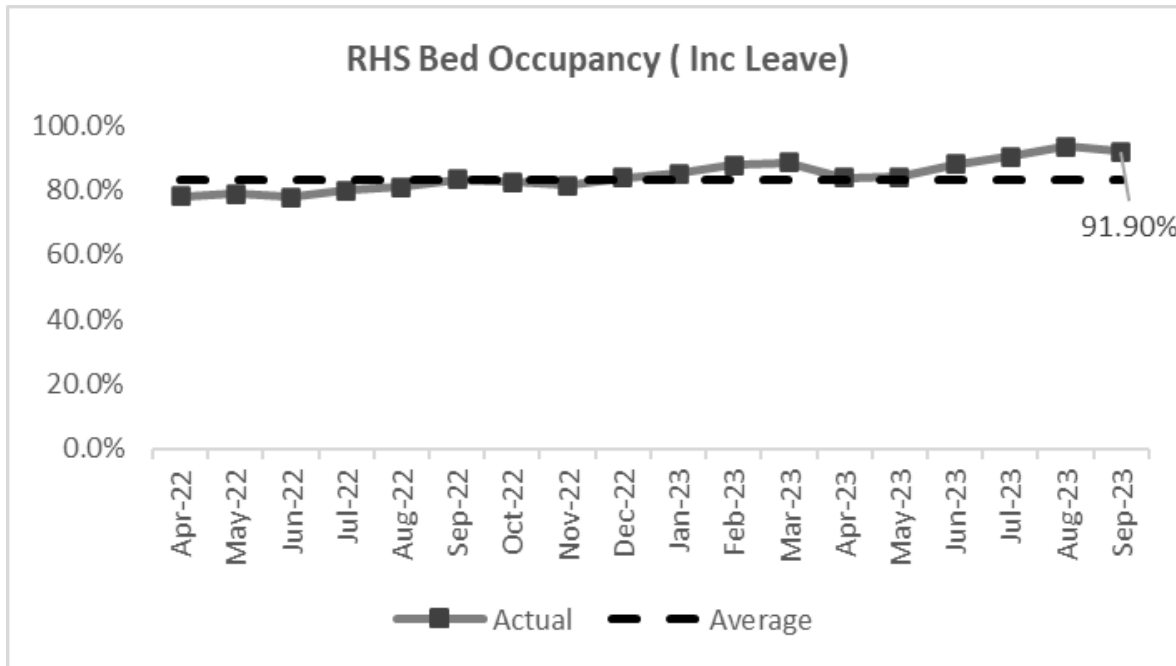


	Qrt 2 22/23	Qrt 3 22/23	Qrt 4 22/23	Qrt 1 23/24	Qrt 2 23/24
Cum.in qrt	1862	1944	2559	2850	4369
Trajectory	400	400	300	2425	2413
Tameside CCG				385	557

	Qrt 2 22/23	Qrt 3 22/23	Qrt 4 22/23	Qrt 1 23/24	Qrt 2 23/24
n qrt	7.78%	7.35%	8.07%	7.17%	11.42%
:	10.7%	10.7%	10.7%	10.7%	10.7%

Specialist Mental Health

Specialist Mental Health Provision: Specialist



Children and Young People's Mental Health

Tameside: National Benchmarking



Greater Manchester
Integrated Care



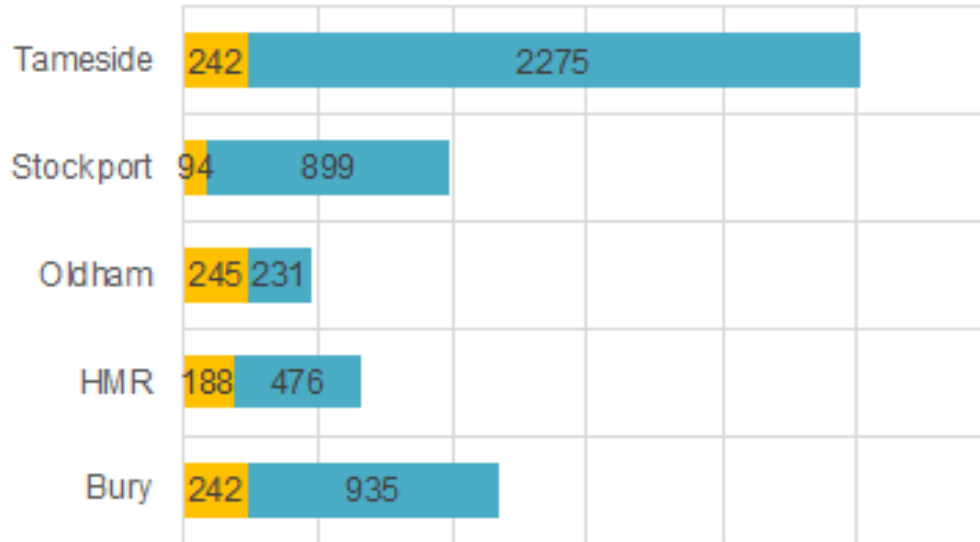
Pennine Care
NHS Foundation Trust

Metric	Low	High	Tameside	National Mean	National Median
Referrals received per 100,000 population			8,535	4,869	4,473
Referral acceptance rate (%)			76%	77%	76%
Mean waiting time to 1st appointment (weeks)			11	9	7
Mean waiting time to 2nd appointment (weeks)			23	15	12
Waiting list (1st appointment) at 31st March 2022 per 100,000 population			3,060	845	629
Waiting list (2nd appointment) at 31st March 2022 per 100,000 population			3,598	674	401
Conversion rate (%)			74%	72%	73%
Patients on the caseload per 100,000 population (0-18)			4,379	2,220	1,923
Contacts delivered per 100,000 population (aged 0-18)			48,944	30,353	26,434
Contacts delivered per clinical WTE			616	337	321
Proportion of contacts delivered non face to face (phone or digitally)			63%	52%	54%
Proportion of non face to face contacts delivered digitally			6%	35%	31%
Community CYPMHS workforce per 100,000 population (0-18)			108	117	114
Community CYPMHS cost per 100,000 population (0-18)			£6,291,976	£7,637,744	£7,363,237
Cost per contact (£)			£129	£285	£251
Inpatient staff per 10 Beds			...	45	42

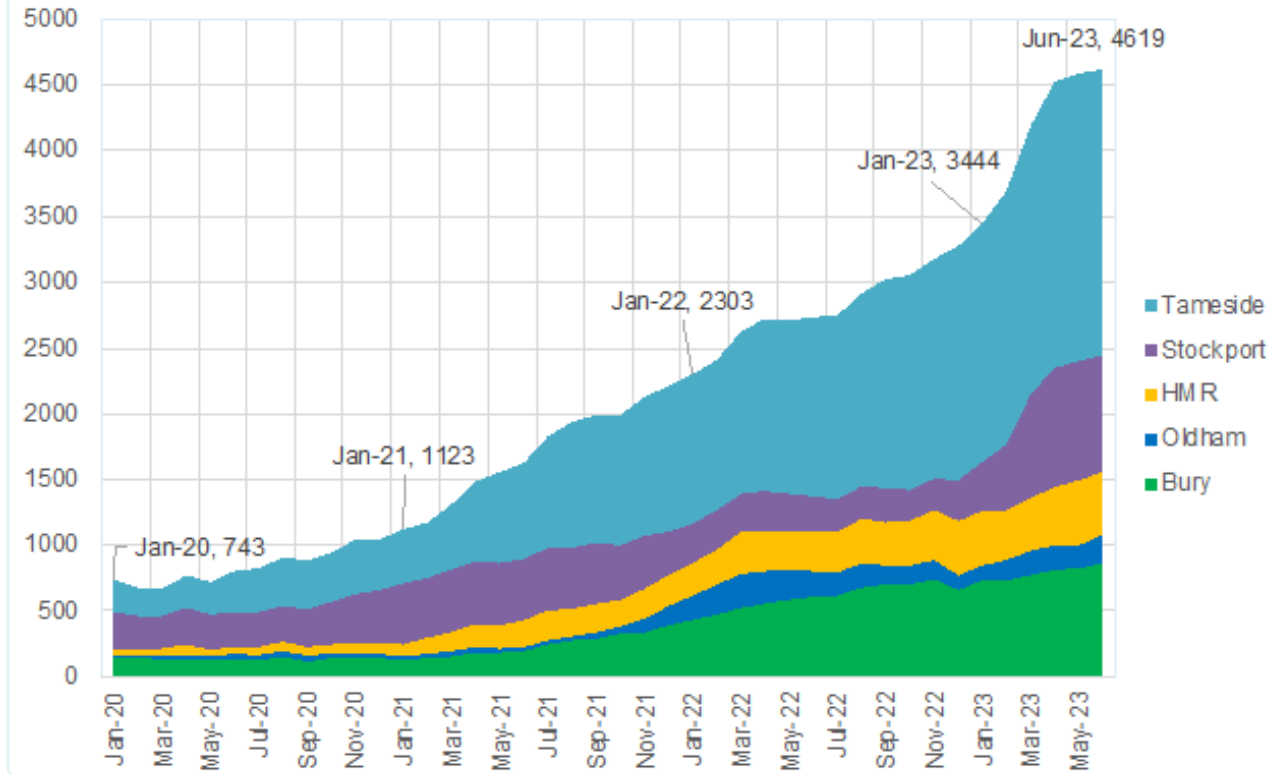
Pennine Care Current Position for CAMHS in Tameside

Waiters by locality

■ Core ■ Neuro



Neurodevelopment waiting list growth over time - Jan 2020 to June 2023



Pennine Care Current Position for CAMHS in Tameside

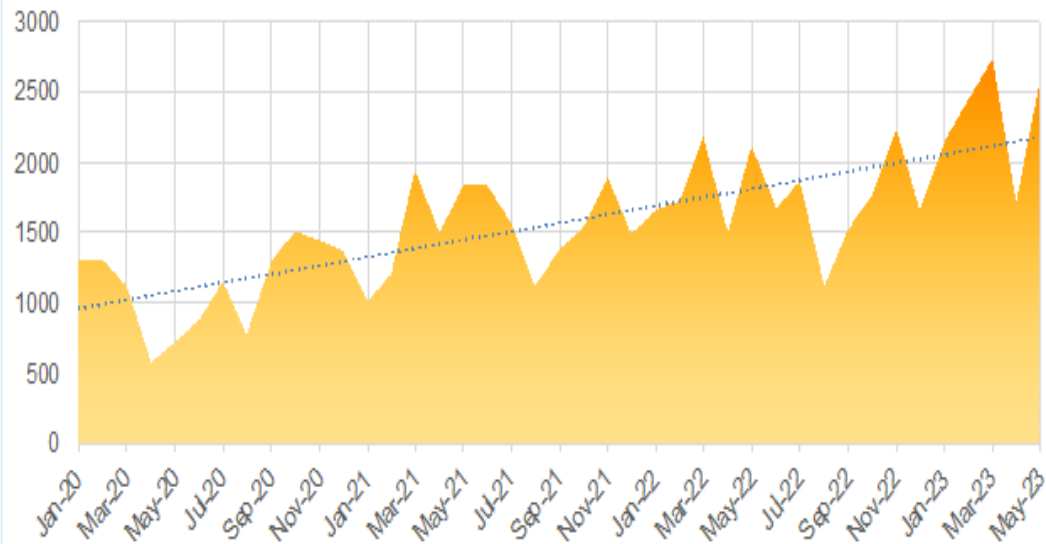


Pennine Care
NHS Foundation Trust



Greater Manchester
Integrated Care

CAMHS referrals over time - Jan 2020 to Jun 2023



Locality	Total population	Population estimate: age 4-16	Referrals 1 Jun '22 to 31 May '23	Referrals as percentage of school age population
Bury	193,800	37,210	3,857	10.37%
Oldham	242,100	52,052	2,673	5.14%
Rochdale	223,800	45,208	1,576	3.49%
Stockport	294,800	52,474	2,650	5.05%
Tameside	231,100	42,522	2,654	6.24%

Pennine Care Current Position for CAMHS in Tameside



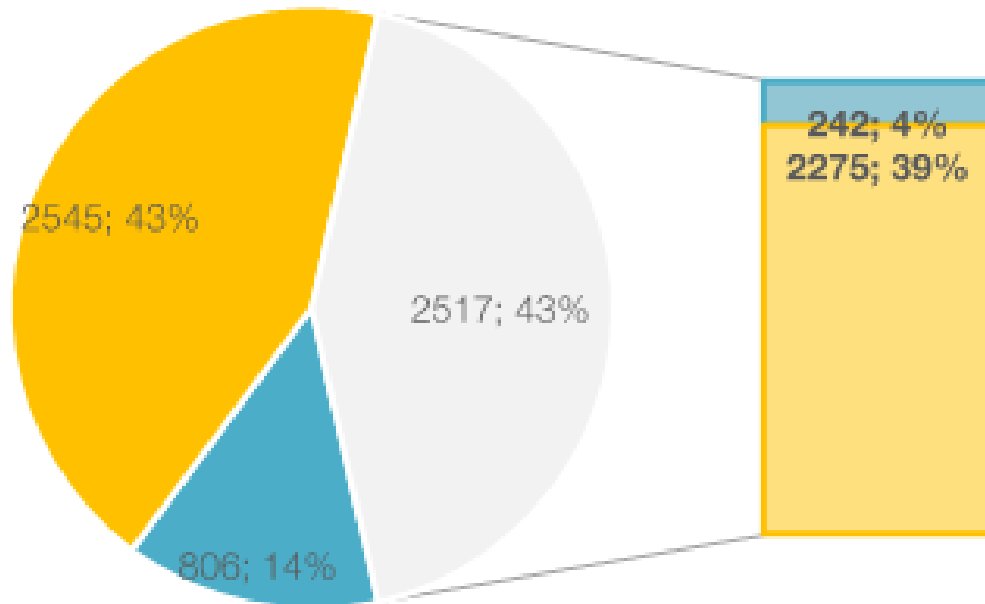
Pennine Care
NHS Foundation Trust



Greater Manchester
Integrated Care

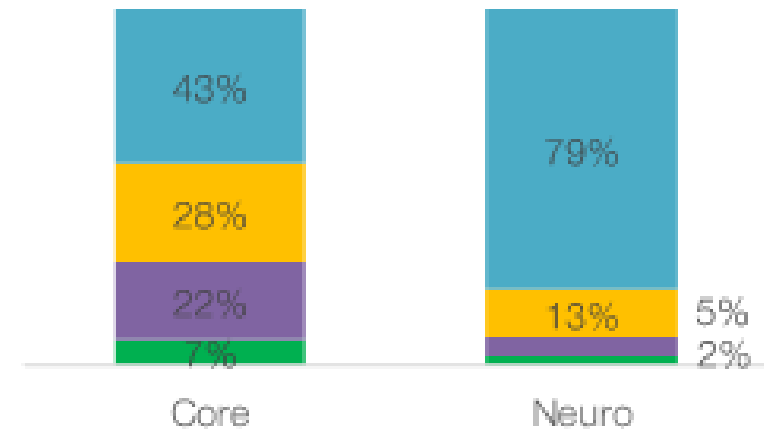
Total waiting list

Core Neuro Tameside Core Tameside Neuro



Tameside CAMHS waiters by length waited per pathway

Under 4 weeks 4-9 weeks
10-17 weeks 18 weeks and over



Additional Community Services: CYP ND Pathways – snapshot/examples

OKE Health Navigator

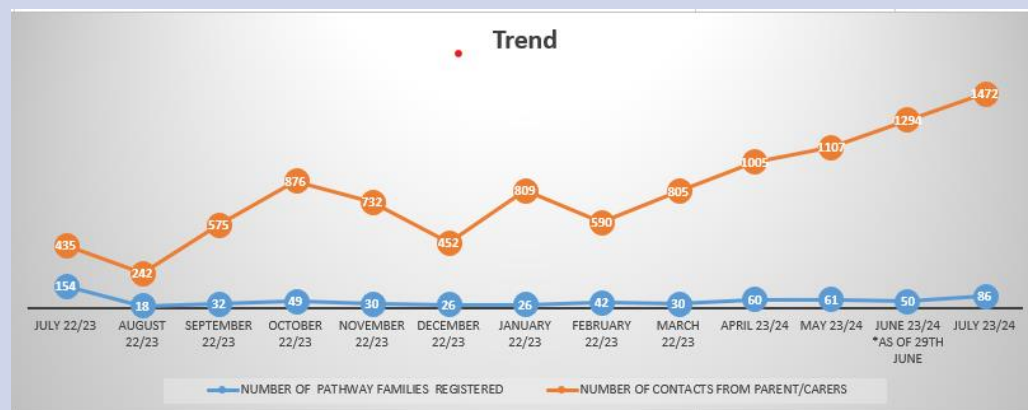
Number of families registered:

- Jul/Aug 23: 86 Total to date: 664
- Number of contacts with parents/carers:
- Jul/Aug: 664 Total to date: 10394

Starling Introduction to Neurodiversity Training

- 612 professionals trained (since commencing of scheme)
- This includes professional such as: Teachers, SENCOs, Youth Justice Workers, Social Workers, VCSE, Faith organisations, CGL, Parenting Team, Family Support Workers.
- On average around 150-200 people per quarter. E.g March - June 2023 = 152 attendees at 4 training events.

Active Tameside Participation Officers



Active Participation Officers

SEND Participation - Young People and Families Supported				
	Jan-23	Feb-23	Mar-23	Q4 Total
Total Young People Supported:	Total: 43 (30 Males / 13 Females)	Total: 34 (18 Males / 16 Females)	Total: 53 (41 Males / 12 Females)	130
Total Families Supported:	Total: 17	Total: 14	Total: 27	58

*AS OF 29TH JUNE

Additional Community Services: CYP ND Pathways – snapshot/examples

Community Hive –

MH Support age 8-18, professional referral not necessary. Available via hubs across locality.

Number of clients receiving support: Q4: 179 Q1: 317

Number of referrals: Q4: 214 Q1:213

22/23 Total: 546

Except for Christmas and holiday periods there has been steady increase in CYP accessing support.

MHST

Q4 Total Number of referrals: 144

Total number of CYP receiving support: 114

Active Body /Active Mind

	Jan-23	Feb-23	Mar-23
Young People on programme	168	168	145
Male	84	84	91
Female	84	84	54
Age 6-11 (Primary)	162	162	60
Age 11-16 (Secondary)	6	6	85
BME	28	28	35
Disability	3	3	6

Kooth

Online support, no referral needed CYP age 10+

New registrations: Q4 328 Q1: 452

Annual total 22/23: 912 registrations

2.5% of total CYP population reached in rolling 12 month period.

Most common reasons users accessed support: Anxiety 41%; Self harm 31%; suicidal thoughts 25%



Additional Resources

MENTAL HEALTH AND EMOTIONAL WELLBEING SUPPORT

I need help now:

Pennine 24/7 Helpline: (freephone)
Our Mental Health Helpline is here for anyone in our areas requiring urgent mental health support – this includes people already known to mental health services, those who are not known and carers.
0800 014 9995
24 hours a day 7 days a week
www.penninecare.nhs.uk/help

Talk to an adult, friend or somebody that you trust as soon as you can.

Childline
Call 0800 1111 or visit www.childline.org.uk

Samaritans
A confidential national helpline supporting people in mental health crisis
08457 90 90 90
www.samaritans.org

Papyrus
Papyrus offers support to young people feeling suicidal
www.papyrus-uk.org/help-advice

I need advice or help:

OKE
Health Navigator Service – advice and additional support for health and mental health services for parents
www.facebook.com/ourkidsyeses.uk/
Tel: 0161 342 5550 Mob: 07867484290
Email: oketameside@gmail.com

Community Hive
For mental health and emotional wellbeing the Community Hive offers walk in support in accessible neighbourhood locations
www.togmind.org/youth-in-mind/community-wellbeing-offer

Early Help
Family Information Service on 0161 342 4260 for help and advice on Early Help Services available.
Monday to Wednesday: 8.30am - 5pm
Thurs: 8.30am - 4.30pm
Fri: 8.30am - 4pm
www.tameside.gov.uk/Early-Help-Parent-Carer-The-early-help-access-point

KOOTH
Free, safe and anonymous mental health support for young people
www.kooth.com

Parenting Support
Do you need support, advice and guidance? The Parenting Team are here to support parents, carers and professionals.
parentingreferrals@tameside.gov.uk
0161 368 7722
Please note that e-mails will only be viewed during 8.30am and 5pm - Monday to Friday.

I need more help:

CEDS **0161 716 4060**
Our Community Eating Disorders Service offers advice and support to families, carers, and those who work with, or support, a child or young person.
pcn-tr.ceds@nhs.net
www.penninecare.nhs.uk/ceds-south

CAMHS
Specialist services to children and young people who are experiencing mental health difficulties.
Mental Health referrals need to be made by a professional to the single point of access that includes Early Help, Mental Health and Safeguarding. Following triage, the referral will be supported by the most appropriate service.
www.penninecare.nhs.uk/tamesidecamhs

NHS
Pennine Care
NHS Foundation Trust

NHS
Greater Manchester
Integrated Care

A FAMILY NEEDS SEND HEALTH ADVICE OR SUPPORT



OKE HEALTH SERVICES NAVIGATOR

- Friendly advice 7 days a week
- Help you find the support you need in a variety of ways
- Help with queries on pathways

We can connect you to services We will listen to you and help navigate the system with you We can offer support and advice and keep you up to date on the local offer

ACTIVE TAMESIDE SEND TEAM

- Access to supported activities
- Build confidence
- Connect to other services
- About the services

We can find the right support for you We can connect you to like-minded people We can make you stronger and help you try new things

SEND FAMILY SUPPORT IN EARLY HELP

- Access to specialist parenting advice
- Offer group support and interventions to understand your child with additional needs
- Advice on behaviour

We can help you implement strategies We can connect you to other families We can help you access social care support

CONTACT INFORMATION:

OKE: 0161 342 5550, 07867484290. www.ourkidsyeses.org/contact-us/, Facebook – OKE Our Kids Eyes

ACTIVE: 0161 301 6054. Joel.morton@activetameside.com, Aiden.hopkins@activetameside.com

SEND: Call the Access Point: 0161 342 4260

5 Ways to Wellbeing

CONNECT: building connections with family, friends, colleagues or neighbours can support and enrich you every day. Encourage them to join you on a GM Daily Mile, and make your walk more fun and enjoyable.

KEEP LEARNING: trying or learning something new or visiting somewhere new can increase your confidence and your self-esteem, as well as being fun. Walking a Daily Mile can help you see new things where you live, and further away.

BE ACTIVE: moving makes you feel good, whatever the activity. It helps to release feel good hormones which support your overall wellbeing. Simply putting one foot in front of the other moves you from inactive to active. A GM Daily Mile can give you a real feeling of achievement and satisfaction.

GIVE: Giving time or words to others is proven to support wellbeing. Being involved with your community and creating connections with people can be rewarding. Inviting others to walk with you, or sharing a smile and saying hello to other walkers will give you a positive sense of self.

TAKE NOTICE: enjoying the moment, being aware of the here and now and noticing the world around you can help you appreciate what matters. Being mindful of the present helps you to feel grounded. A GM Daily mile can take you away from your daily routine and stresses. A perfect chance to switch off and enjoy a nice stroll.

@GMWalks #GMDailyMile #GMWalking #ActiveWorkplaces

Greater Manchester Walking Daily Mile

SELF-REFERRAL EMOTIONAL WELLBEING, SUPPORT AND ADVICE - FOR CHILDREN AGED 8-18



CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND EMOTIONAL WELLBEING GETTING ADVICE AND GETTING HELP (SEPTEMBER 2022)

Mental Health Support in Tameside and Glossop

More information for adults and children's mental health services

Local Offer for SEND

Do you have a query around Autism or ADHD and need support?
ADHD / ASD Consultation Offer

NHS Pennine Care NHS Foundation Trust

Contact the CAMHS Service on 0161 716 3600 to access one of the Tuesday Consultation slots with one of the Neuro Specialist Team. This could be delivered digitally, over the phone or where there are risks, we can support face to face. You can access more than one consultation appointment if you need to.

Community Hive
(8-18 year olds)
TOG Mind
Every Wednesday 4-8pm in Ashton, other localities available
Brief Intervention Walk In
Online Support

Families and Young People Can SELF-REFER to the Community Hive - online support and drop ins

School Nurse Health Advice Line
Call 0161-366-2317
Monday to Friday 9am-4pm

Your School Nursing Service

Live information on the **Facebook page**

There is additional support for young people in schools so please speak to the pastoral lead about accessing support in school. The mental health in schools team is expanding across schools.

www.penninecare.nhs.uk/tameside-mhsupport

KOOTH Online Counselling and Peer Support Forum
(11-25 year olds)
Free to register, no referral needed

kooth

Early Help
Neighbourhood Support and Advice for families in Tameside

Tameside Metropolitan Borough