**GETTING ADVICE**

* [Pennine Care webpages](https://www.penninecare.nhs.uk/services/types/children-and-young-peoples-mental-health)
* [Early Help Website](https://www.tameside.gov.uk/earlyhelp/neighbourhoods)
* [Mental Health Webpages CCG](https://www.tamesideandglossopccg.org/local-services/mental-health/children-and-young-people-mental-health-support)
* [SEND Local Offer](https://www.tameside.gov.uk/localoffer)
* [Talk Shop Drop In](http://www.theanthonyseddonfund.org)
* [Families in Mind @ The Hive](https://www.togmind.org/services/hive)
* [Youth in Mind @ The Hive](https://www.togmind.org/services/hive)
* [School nursing health mentors](https://www.tamesidehospital.nhs.uk/our-services/community-services/school-nursing.htm)
* School Webinars (Wellbeing for Education Return)
* [Team Around the School](https://www.tameside.gov.uk/Early-Help/Professional/The-team-around-approach)
* [Early Help Access Point](https://www.tameside.gov.uk/Early-Help/Professional/The-early-help-access-point)
* [Educational Psychology Service](https://www.tameside.gov.uk/education/psychologyservice)

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**GETTING HELP**

* [School Nurses and health mentors](https://www.tamesidehospital.nhs.uk/our-services/community-services/school-nursing.htm)
* School pastoral care
* [Early Help](https://www.tameside.gov.uk/earlyhelp/neighbourhoods)
* [Kooth](https://www.kooth.com/)
* [Off The Record](http://www.otr-tameside.org)
* [TOG Mind](https://www.togmind.org/content/home)
* [42nd Street](http://www.42ndstreet.org.uk)
* GP
* [Home Start](https://home-starthost.org.uk/)
* [Parenting programmes](https://www.tameside.gov.uk/Surestart/Parenting-Support-for-Parents-and-Carers-in-Tamesi)
* [Branching Out](https://www.changegrowlive.org/my-recovery-tameside/branching-out)

**GETTING MORE HELP**

* [Healthy Young Minds](http://www.healthyyoungmindspennine.nhs.uk)
* GP
* [Early Attachment Service](https://www.tamesidehospital.nhs.uk/our-services/community-services/early-attachment-service.htm)
* [Perinatal CMHT](https://www.gmmh.nhs.uk/perinatal-community)

16y+

* [Healthy Minds](https://www.penninecare.nhs.uk/healthyminds/)
* [Neighbourhood MH Team](https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/adults/)
* [Secondary Care](https://www.penninecare.nhs.uk/your-services/service-directory/tameside-and-glossop/mental-health/older-people/)

**GETTING RISK SUPPORT**

* [Healthy Young Minds](https://healthyyoungmindspennine.nhs.uk/)
* [Early Help Access Point](https://www.tameside.gov.uk/Early-Help/Professional/The-early-help-access-point)
* [MASH](https://www.tameside.gov.uk/childabuse)
* [Youth Justice Service](https://www.tameside.gov.uk/YouthOffending/Youth-Offending-Team/YOT-General-Information)
* GM CYP Crisis Care Team/Rapid Response Service
* A&E All Age Liaison

**THRIVING**

* [AcSEED](http://www.acseed.org/pg-initiative_intro.php?LMCL=pfUItg) Whole School Approach for Schools
* Anna Freud Programme - [CASCADE](https://www.annafreud.org/mental-health-professionals/improving-help/resources/cascade-framework/)
* [Network News](https://www.tameside.gov.uk/mentalwellbeinginschools/networkpage) – Schools Newsletter
* Wellbeing Webinars for professionals
* CYP Partnership Newsletter
* [Mind Ed for Families](https://mindedforfamilies.org.uk/)
* [Parenting](https://www.tameside.gov.uk/Surestart/Parenting-Support-for-Parents-and-Carers-in-Tamesi) Offer

**Neighbourhood CYP Emotional Wellbeing & Mental Health Offer**

**Back to School**

