

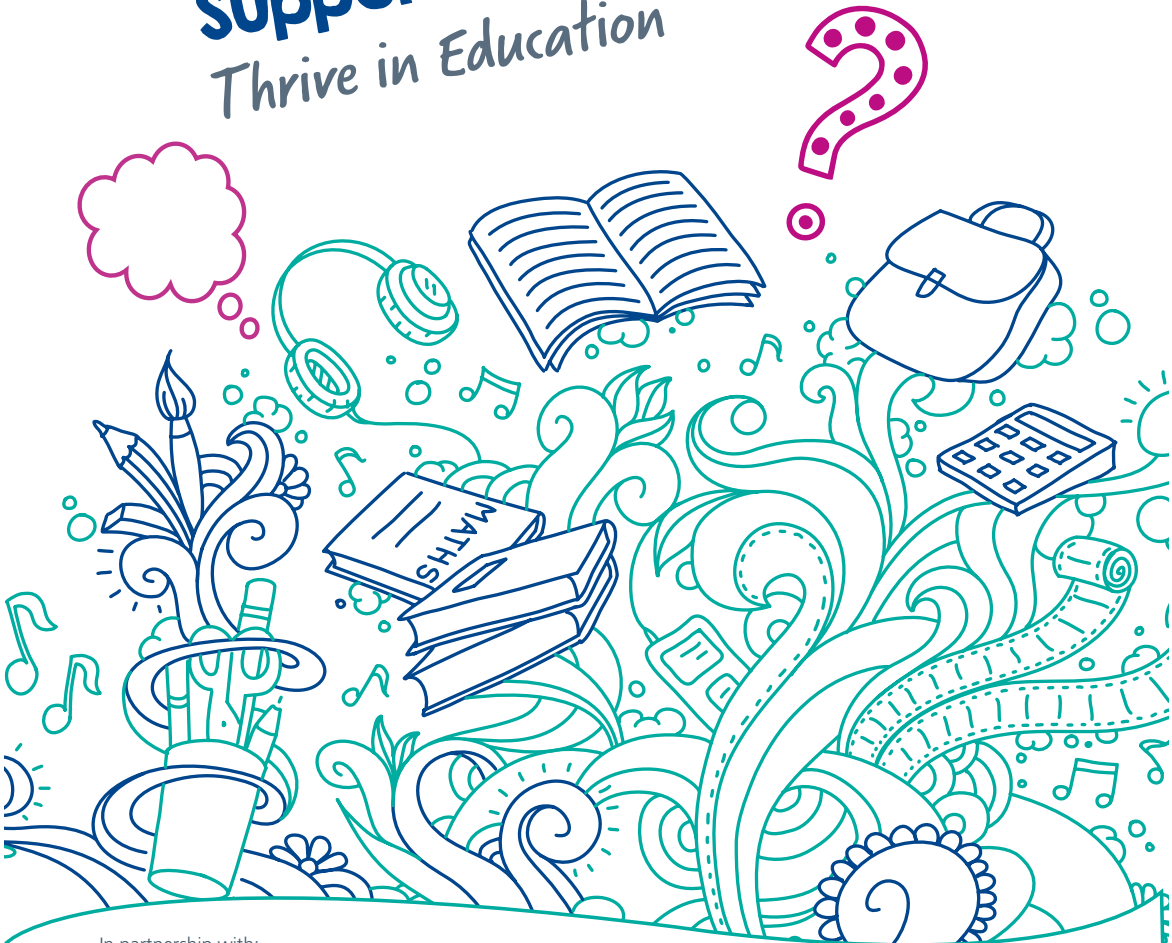


Pennine Care
NHS Foundation Trust

Tameside

Young People's Mental Health Support Team

Thrive in Education



In partnership with:



Tameside
Educational
Psychology
Service

Off The
Record
Tameside

About our service

The young people's mental health support team is for children and teenagers aged four to 18 who are experiencing low level emotional and behavioural difficulties, such as worry or low mood.

Our aim is to help young people reach their full potential, by offering the right support, in the right place, at the right time.

We help parents understand their child's difficulties and offer guidance and training to school staff. We also offer various types of therapy, such as cognitive behavioural informed therapy (positively changing thoughts and behaviour), counselling and sport or art-based therapy.

We work in schools across Tameside all year round, including school holidays. Referrals to our service are via the school's mental health lead or link worker.

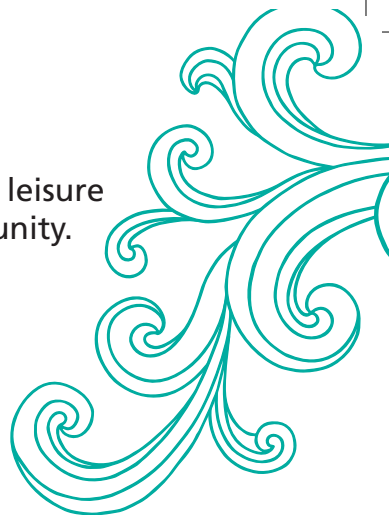
Who are we?

Our service is run by lots of partners. We all work together to provide the very best support to young people:

- **Pennine Care NHS Foundation Trust:** Our dedicated child and adolescent mental health staff work hard to make sure children, young people and families receive the right care, at the right time, in the right place:
www.penninecare.nhs.uk
- **42nd street:** We are a mental health charity with 40 years' experience of providing free and confidential services to young people who are experiencing difficulties with their mental health and emotional wellbeing:
www.42ndstreet.org.uk



- **Active Tameside:** We're a charity providing leisure and wellbeing activities to the local community. Our vision is to inspire local people to live healthier, happier and more active lives. Our Active Body Active Mind programme, in partnership with Active Angels, aims to support pupils, teachers and families on their wellbeing journey:
www.activetameside.com and
www.activeangelswell-being.co.uk
- **Youth in Mind (part of Tameside, Oldham and Glossop Mind):** We're a local charity with over 40 years' experience providing mental health support. Our mission is to provide the best quality services, with a focus on prevention, early help, and primary care; alongside empowering people to live well:
www.togmind.org/youth-mind
- **Tameside Educational Psychology Service:** We provide the Emotionally Friendly Schools programme, which aims to develop a whole school approach to wellbeing, celebrate good practice and support the emotional health of the whole school: www.emotionallyfriendly.co.uk
- **Off The Record - Tameside:** We're an independent charity that's been based in Tameside for over 30 years. Our experienced professionals provide school and project-based counselling to young people aged 7 to 25 years:
www.otr-tameside.org



Want to find out more?

If you are a parent or carer, please speak to your child's teacher, or the school's mental health lead about how our service can help you.

If you are an education professional, please contact the team on pcn-tr.tamesideandglossopmhst@nhs.net



www.penninecare.nhs.uk



Date of publication: June 2022

Reference: 0810

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