



# Mental health crisis support in Stockport

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We are a safe haven, mental health support service for the Stockport community.

Open from early morning through to the evening, every day and with a 24/7 helpline – our door is always open to anyone who needs us.

 OpenDoorStockport

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## Support that is tailored to you

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If you are feeling anxious, stressed, angry, low or maybe just not yourself, these can be signs that your mental health is under strain.

The sooner you start receiving support, the more likely it is that you will start to feel like yourself again.

Open Door is a new mental health support service and currently waiting times are short.

Our team of trained professionals will work with you to build on your strengths, and develop coping strategies and resilience.

We can offer you support via telephone, WhatsApp, video calling and face to face at our new site in the town centre.

To find out more or to book an appointment please email:

**[opendoorstockport@makingspace.co.uk](mailto:opendoorstockport@makingspace.co.uk)**

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## Safe, non-judgemental and flexible to your needs

We take a whole person approach to delivering support. This means that we don't just treat your symptoms or the condition you might be experiencing.

We get to know you as an individual and consider everything about you that might be impacting upon your mental health, wellbeing and ability to cope, including your psychological, physical and social environment and needs.

Our highly trained team will ensure that we provide you with a therapeutic, safe, nonjudgemental environment.

Your recovery will be guided by you with a focus on self-management and empowerment. We are on this journey together and we will be there to support you every step of the way.

We also work in partnership with other agencies so that we can help you gain access to additional support and services that you may find beneficial.

We're here to give you the right support at the right time



Email:

[opendoorstockport@makingspace.co.uk](mailto:opendoorstockport@makingspace.co.uk)

24/7 Helpline:

**0800 138 7276**



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