

Referring to Take5 during COVID 19



Accessing our support in Oldham has changed a little since we are not able to see children, young people and their families face-to-face at this time.

The Take 5 and Families In Mind staff are working hard to make sure that a telephone or web-based version of the drop in, family assessments and all of our interventions are still available to those who may need help and support now more than ever.

To access telephone/web-based support at Take5

Call: 0161 330 9223

Email: take5@togmind.org

To access telephone/web-based Families In Mind support

Call: 0161 330 9223

Email: office@togmind.org

The type of support we are currently offering:

- Telephone Emotional Wellbeing Check - A quick 5 minute phone check-in with a Practitioner
- Telephone or Web-based Initial Assessment 'drop in' - Including further referrals or signposting
- Telephone or Web-based Early Intervention Support - Guided self-help sessions identifying key triggers/learning new coping strategies. 20 mi-nute sessions once a week for 5 weeks.
- Telephone or Web-based Counselling - 50 minute sessions, once a week for 8 weeks.

Practitioners will ensure that the same level of support and confidentiality is upheld, and will ensure that the same quality of service is delivered across all platforms.

We are currently operating on the following days and times:

- Monday– Thursday 11am–8pm
- Friday 10am–5pm

