



Take

Struggling with...

Anger?

Anxiety?

Low Mood?

Self-Esteem?

Stress?

Attend a Take 5 drop-in!

- A safe and confidential space for you to talk about how you feel.
- Our Practitioners will help you explore what appropriate support we have available to you.
- Walk-in or booked appointments available.

For all children and young people aged 8 - 18 who live, attend school or who are registered to a GP in Oldham.

Drop-ins are held every Thursday 4pm - 8pm at our town centre office:

TOG Mind, 19 - 25 Union Street. Oldham, OL1 1HA.

Walk in or call/email us to book an appointment.

Tameside, Oldham & Glossop Mind

 : 0161 330 9223

 : take5@togmind.org

 : [youth_in_mind_](https://www.instagram.com/youth_in_mind_)

 : [fb.me/YiMind](https://www.facebook.com/fb.me/YiMind)

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