



## Young People's Emotional Wellbeing & Mental Health Service

### NEW TOG Mind and 42nd Street Community Offer GOING LIVE December 1st!

From the 1st December 2021 TOG Mind and 42nd Street to bring you our new community mental & emotional wellbeing offer for 8 - 18 year olds living in Tameside and Glossop. Take a look at what's available below!

#### Walk-in Consultation

Whether you are a young person or parent, our Ashton walk-in service is chance for you to access advice, guidance and support. Sessions are 45 minutes and the hub is open from 4pm-8pm.

#### Mindfulness & Resilience Groups

Work with peers to learn new ways of coping by accessing our wellbeing groups. Both are accessible by contacting the team to book your place or when accessing our walk-in.

#### 1:1 Coaching

Supported by one of our wellbeing coaches, young people will have the opportunity to overcome their challenges by developing new skills to reach their desired goal. Young people will have access to a coach following their walk-in consultation.

#### 1:1 Counselling

Supported by one of our counsellors, young people will have the opportunity to talk through their challenges and explore their emotions. Young people will have access to a counsellor following their walk-in consultation.

Look out for more local wellbeing Hubs opening, online support, parent groups and much more as requested by you in 2022!

To access any of these services and find upcoming venues in your community, come see us at:

216-218 Katherine Street, Ashton-under-Lyne  
Email: [thehive@togmind.org](mailto:thehive@togmind.org)  
Call: 0161 330 9223

 **mind**  
Tameside,  
Oldham  
and Glossop  
**togmind.org**

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