

Take 5

Talk. Breathe. Connect.

Free emotional wellbeing and mental health support for children, young people and families across Oldham.

Providing the young people of Oldham a safe space to work through challenges, learn new ways of coping, and feel understood.

Support we offer:

1 - 1 Coaching & Counselling



Online Support



Therapeutic Groups



Creative Sessions



Next Steps:

Call:

0161 330 9223

Email:

take5@togsmind.org

Scan the
QR code
or visit:

togsmind.org




Tameside,
Oldham, Glossop
and Stockport

Take 5



Who can access Take 5?

Take 5 is available to young people aged 8 - 18 who:

- Live in Oldham
- Attend an Oldham school or college
- Are registered with an Oldham GP

Support Available:

- | | |
|----------------------------------|---|
| • Brief interventions | • Creative & Play-Based Groups |
| • 1-to-1 Coaching & Counselling | • Therapeutic Groups |
| • Parent Consultations & Support | • Resilience, Emotional Regulation, Emotional Literacy & more |
| • Online Support | |

Flexible Support Options

Support can be delivered through:

- In-person appointments
- Online sessions
- Telephone support
- Alternative locations where needed

Ways to Access Support

Take 5 drop-in

Every Thursday, 3pm - 8pm

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

Last appointment slot: 7:00pm

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



: 0161 330 9223



: take5@togsmind.org

Scan me!



TOGCG