



Mental health crisis support in Stockport

We are a 'safe haven' mental health crisis support service based in Stockport.

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
🐦 @OpenDoor_SK

Call us anytime on our 24/7 helpline

If you are struggling and feel you need to talk to someone, please pick up the phone. Call us, we are here to support you any time, night or day.

Our helpline staff all hold a Level 3 Counselling qualification and can provide you with emotional support, practical advice and guidance. They can also provide onward signposting to other local services. Professionals, family members and carers can also call this number for guidance.

Contacting the helpline can give a feeling of relief, wellbeing and peace of mind. We won't judge, and our service is confidential unless we feel there is a risk to the caller or others.

Talk to someone immediately on our 24/7 helpline: **0800 138 7276**

Virtual tailored support

We also offer virtual support that is tailored to you. Through practical and emotional support we will help you to build on your strengths and resilience, and to develop coping strategies.

To book an appointment with the Open Door team about tailored virtual support you can email us directly at **opendoorstockport@makingspace.co.uk** or you can call the helpline and a member of the team can book an appointment for you.

Appointments can be offered via WhatsApp and Facebook Messenger video calling.

Our service is also open to carers of people with mental health needs.



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staff all hold a
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qualification**



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