



 **Mind**  
Tameside,  
Oldham  
and Glossop

Young People and Families Mental & Emotional Wellbeing Service

**Anxiety?**

**Self-Esteem?**

**Anger?**

**Low Mood?**

**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 3pm - 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](mailto:take5@togmind.org)

 : [youth\\_in\\_mind\\_](https://www.instagram.com/youth_in_mind_)

 : [fb.me/YiMind](https://fb.me/YiMind)

