

Take 5 Drop in



Attending a Take5 drop in is the first step in accessing the support we offer.

A drop in is a short appointment (45 mins) where we explore how you're currently feeling and the situations you're going through. You will be asked questions like...

How are you feeling right now?

How long have you been feeling like this?

What do you normally do to cope?

After this, we'll be able to help you pick which of our support options might be best suited to you and what you need right now.

Drop ins are open to all young people aged 8-18 in Oldham

(living at an Oldham postcode, registered with an Oldham GP or attending an Oldham school)

When: Every Thursday 3PM-7:15PM

Where: 19-25 Union St, Oldham OL1 1HA

Contact us on **0161 330 9223** or email us on **take5@togmind.org**

Keep up to date with everything we're doing via our social media



"Youth In Mind"



@youth_in_mind_