

Take5 Services during COVID-19



Since September 2020 Take5 have been offering a combination of telephone, online and face-to-face services for young people and their families.

Any young people aged 8-18 with low-level mental health and wellbeing difficulties such as anger, anxiety, low-mood, low self-esteem or stress are welcome to access our services for support.

To access telephone, web-based or face-to-face support at Take5

Call: 0161 330 9223

Email: take5@togmind.org

To access telephone, web-based or face-to-face Families In Mind support

Call: 0161 330 9223

Email: office@togmind.org

Support we currently offer:

- **Telephone, web-based or face-to-face initial assessment** (which we call a “drop in”) — A space in which a young person can explore their current thoughts, feelings and experiences with a practitioner to decide which of our support options would be best suited to them.
- **Telephone, web-based or face-to-face Early Intervention** — Guided self-help sessions identifying key triggers/learning new coping strategies. 20 minute sessions once a week for 5 weeks.
- **Telephone, web-based or face-to-face Counselling**— Counselling offers young people the opportunity to talk about and explore their feelings and experiences in a non-judgemental space with a qualified counsellor. 50 minute sessions, once a week for 8 weeks.
- **Web-based Anger/Anxiety Group Course**—A web-based (Zoom) therapeutic group course where young people identifying key triggers and learning new coping strategies with peer support.
- **Web-based weekly Arts for Wellbeing Group**— A non-committal weekly art group for young people to express themselves creatively. Young people learn new ways to help themselves and their overall wellbeing through arts and crafts, whilst also meeting other young people through a shared interest of art.

Open for all services:

- Monday– Thursday 11am-8pm
- Friday 10am-5pm

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



Youth In Mind



@youth_in_mind_

Families In Mind Support



Support Families In Mind services currently offer:

- **Telephone, web-based or face-to-face family assessment**—A session with a family practitioner to discuss issues and experiences within the family and to see how Families In Mind services can support.
- **Telephone, web-based and face-to-face Family Solutions**—A series of 8 sessions, each 1 hour long working alongside a practitioner focussing on issues such as family conflicts, roles within the family, family communication, family strengths. This service supports families to find strategies to implement at home.
- **EPEC**—Empowering Parents Empowering Communities (details below)

EPEC. This is a two-part service for parents.

- One part of the EPEC service requires parent volunteers who are confident enough to run their own parenting programme after an 8 week course of training.
- The other part of the EPEC service is the parenting course itself. Any parents identified as those in need of additional parenting support are welcome to join an EPEC parenting course as a participant. The course is 8-10 weeks and focusses on the following topics:

- Being a parent
- Feelings
- Play
- Valuing my child
- Understanding children's behaviour
- Discipline strategies
- Listening
- Reviewing and supporting

Parents interested in either aspect of EPEC, email cypfvolunteering@togmind.org

