

EARLY HELP EVENT UPDATES

What's happening around Trafford this month?

KOOTH; SUPPORTING YOUNG PEOPLE AGED 11-25 YEARS

Kooth is now available for **11-25** year olds in Trafford. We offer free, safe & anonymous mental health support online. Our counsellors are available until **10pm each night, 365 days per year**. To access the service, go to www.kooth.com

For promo materials and/or staff training sessions, contact **Holly via hcook@kooth.com**



Big changes in our lives can be overwhelming at times.

Discover how the Kooth community can support your mental wellbeing today.

kooth

Sign up for free at **Kooth.com**

QWELL - KOOTH'S ADULT SERVICE

we will be launching Qwell, our adult counterpart service to Kooth, for anyone aged 26+ across all of Greater Manchester. Kooth.com will also become available to access for ages 10 up to young adults' 26th birthday across Greater Manchester.

This means the entire Greater Manchester area will have wrap-around digital mental health support available from the ages of 10 to 99+.

To discover more about the uplift of Kooth to 25 and our Qwell adult service, we will be hosting a selection of Kooth and Qwell Launch webinars for people based in Greater Manchester on a variety of dates. This webinar will explain what exactly the service offer involves, how to access Kooth/Qwell support, a space for questions and a live tour of the site. You can register a place for this webinar here:

<https://www.eventbrite.co.uk/e/305777096527>



kooth + Qwell

Free, safe and anonymous mental health support

For all ages in Greater Manchester.

For ages 10-25: kooth.com
For ages 26+: qwell.io

The Sleep Clinic

Sleep Advice for Parents. The Sleep Clinic have a range of fantastic sleep advice and support available on their website.

To access sleep advice and support please visit the link below.



Andy`s Man Club

Support available for Parents; Andy`s Man Club are a Men`s Mental Health Charity – Offering free-to-attend talking groups for men and challenging the stigmas around Male Mental Health. Every club meets on a Monday at 7pm (except bank holidays)

<https://andysmanclub.co.uk>

AMC currently have clubs up and down the UK. There is one in Manchester city centre and Altrincham. Leigh and Macclesfield are opening soon.



[HTTPS://ANDYSMANCLUB.CO.UK/](https://andysmanclub.co.uk/)