



# Mental health crisis support in Stockport

Anxious? Stressed? Can't see a way forward?  
These can be signs that your mental health is under strain.

**Come and see us.**

**72-74 Prince's Street,  
Stockport Town Centre**

Open Door 24/7 helpline provides emotional support 24 hours a day, 7 days a week.

Calling the helpline on **0800 138 7276** can bring a sense of relief and safety in knowing that you are not alone.

## Support that is tailored to you

Stockport citizens aged 18+ are now able to access fast mental health and wellbeing support tailored to your own unique needs.

We can offer you support via telephone, WhatsApp, video calling and face to face at our new safe haven in the town centre.

Open Door provide a safe haven for immediate crisis management and emotional support, structured guided self-help and IAPT approved computerised CBT programmes, taking a person-centred approach to hearing your needs and creating an action plan.

By offering an environment where we work collaboratively to understand your strengths and build on your resilience, we explore what you need, what you want and how to get there. Open Door are able to ensure the right support is available at the right time!

You do not need to have a formal mental health diagnosis in order to access our support.

To find out more or to book an appointment please email :

**[opendoorstockport@makingspace.co.uk](mailto:opendoorstockport@makingspace.co.uk)**