

Adult and Community Services during COVID 19

Accessing our support has changed a little since we are not able to see people face-to-face at the moment. However, the staff in our Early Intervention, Community Development and Therapeutic Services are working hard to make sure that we are still able to offer adapted versions of all our services and activities by telephone or online, to people who might need help and support now more than ever.

Our Topaz Café has obviously had to close for the time being, but we are looking forward to relaunching it and welcoming visitors as soon as we are able.

As well as our 'usual' services, we are working together with the new Covid19 helplines and community response hubs, to offer specific support to anyone struggling to cope with isolation, social distancing and other mental wellbeing difficulties - whether as a direct result of the pandemic, or because it is making existing difficulties worse.

All services can be reached by emailing office@togmind.org or ringing our main phone number: **0161 330 9223**.

The type of support we are currently offering:

- Telephone Emotional Wellbeing Check - A quick 5 minute phone check-in, as a one-off or as a regular call during lockdown.
- Telephone or Web-based Initial Assessment 'drop in' - To talk through any wellbeing problems, and look at options for further support, including self-help tools and tips, and referrals into our own or other services.
- Telephone or Web-based Counselling - 50 minute sessions, once a week for 8 weeks.
- In Oldham, telephone or Web-based Early Intervention Support - Guided self-help sessions to help with coping strategies for common issues such as depression, stress, anxiety, loss, confidence, anger, and social isolation. 20 minute sessions once a week for 5 weeks.

In Tameside, our **Buddy Project** is offering telephone and virtual social calls, support to access virtual activities and wellbeing check-ins. Also in Tameside, we are developing some online groups and wellbeing activities. We will put further information on our website as soon as these are up and running.

Practitioners will ensure that the same level of support and confidentiality is upheld, and that the same quality of service is delivered across all platforms.

We are currently operating on the following days and times:

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|-----------------------|--------|
| • Monday | 10-5pm |
| • Tuesday & Wednesday | 10-8pm |
| • Thursday & Friday | 10-5pm |



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