

What is a Take 5 Drop In?

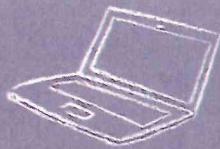


Take 5 supports Children & Young People with emotional health and well-being difficulties, for example, feeling sad, stressed, worried, not enjoying things like they used to or even struggling with life events. The Drop-in is for Children & Young People aged 8-18 yrs. Children aged under 13 must be accompanied by a parent/guardian.

Your Drop-in will last approximately 30 minutes. Please note that we are currently only accepting booked appointments—due to Covid-19, we cannot accept walk-ins at this time. Appointments can be booked by either telephone or email. We have appointments available from 3pm until 7pm every Thursday.

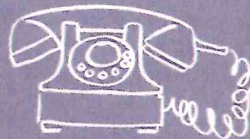
Your Drop-in Practitioner will listen to you, find out what you are struggling with, and will discuss options for accessing support with us or another service, if appropriate. A Take 5 Drop-in does not seek to assess or diagnose mental health conditions, including Autism and ADHD. If this is the support you require, please speak to the Child or Young Person's school or GP who will support you with any referrals required for this.

If you feel a Child or Young Person is in crisis and unable to keep themselves safe, or a parent/carer are unable to keep them safe, please attend your local A&E Department for immediate care. To access Take 5 you must live, attend school/college or be registered with a GP Practice, or Doctor, in Oldham.



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