

8-18 yrs

# SOFT IT

Youth  
in mind

Feeling... **down**

**anxious**

**stressed**

**confused**

**worried**



- A safe and confidential space for you to talk
- We are here to listen

**When:** Thursdays between 4-8pm.  
Give us a call on the number below  
to arrange an appointment.

**Where:** Media Place, Union Street,  
Oldham, OL1 1BJ

**FREE DROP IN  
OR BOOKABLE  
SLOTS**

If you are under 13  
you will need to be  
with a parent  
or carer.

If you are interested please  
contact us on

**0161 330 9223**

or email [referrals@fogmind.org](mailto:referrals@fogmind.org).

**Tameside, Oldham and Glossop Mind**

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**mind**  
for better mental health

Tameside, Oldham  
and Glossop