



# Online Support

Feeling stressed or down?

Aged 16-25?

Registered with a GP in Salford?

Now you can talk to a trained  
mental health practitioner online  
<https://onlinesupport.42ndstreet.org.uk>

42ndstreet.org.uk

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Online Support

# How It Works

A safe and confidential online space to explore the difficulties you are facing in life. You'll talk to a trained mental health practitioner who will listen and support you.

- **Head over to our site, click the link to register and tell us a bit about yourself.**
- **We will get in touch within 72 hours\* and get everything in place for you to start support.**
- **You can log in and send a secure, private message to your worker whenever you like.**
- **They will reply at a set time each week which they will arrange with you.**

\* It might be a little longer if you register over the weekend or a Bank Holiday.

Get started at:

<https://onlinesupport.42ndstreet.org.uk>

Or scan the QR code below:



Call: **0161 228 7321**

Email: [onlineteam@42ndStreet.org.uk](mailto:onlineteam@42ndStreet.org.uk)

Web: [www.42ndStreet.org.uk](http://www.42ndStreet.org.uk)

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