

KEEP ME

I AM WORTH SAVING!



## Mental Health and Wellbeing Support

## Bollington, Disley & Poynton

### Where do I start?



• Your local G.P. practice  
Use Patches online or Tel 01625 872 299

• Cheshire NHS 24/7 mental health helpline  
Tel - 0800 145 6485

• Talking Therapies (NHS)  
Tel - 01625 469 955 (Mon-Fri 9am - 5pm)  
Website - <https://www.mytalkingtherapies.com>

• There is a directory of wellbeing services available at the library.

• PANDAS (Post Natal Depression Awareness and Support)  
Tel - 08081961 776 Website - <https://pandasfoundation.org.uk>

### For Men

• Mentell  
Free circles for men ages 18+ to talk in a safe and confidential space, free from advice and judgement.  
Website - <https://www.mentell.org.uk>

**REMEMBER!**  
Call 999 or go to A+E if there is an immediate, life threatening emergency requiring mental or physical health assistance.

**SAMARITANS**  
If you need someone to talk to now, call The Samaritans.  
FREE to call from landlines or mobile, 24 hours a day, 365 days a year.  
Tel- 116 123  
Email - [jo@samaritans.org](mailto:jo@samaritans.org).  
Website - [www.samaritans.org](http://www.samaritans.org)

### Younger People and Families

<https://www.wchc.nhs.uk/children-young-people/>  
**Cheshire East Family Information Service**  
Email: [fis.east@cheshireeast.gov.uk](mailto:fis.east@cheshireeast.gov.uk) Tel - 0300 123 5033  
**Just Drop-in:** [www.justdropin.co.uk](http://www.justdropin.co.uk) Tel - 01625 665 079 Email - [hello@justdropin.co.uk](mailto:hello@justdropin.co.uk)  
**Inspire:** [wellbeingenterprises.org.uk](http://wellbeingenterprises.org.uk) Tel - 01928 589 799  
**Childline:** Tel - 0800 1111  
**Hopeline UK (Papyrus)** Tel - 0800 068 4141 Email - [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
**NHS Mental Health Website** [www.nhs.uk/mental-health/children-and-young-adults/](http://www.nhs.uk/mental-health/children-and-young-adults/)  
**Cheshire Mental Health Crisis Line 24/7** 0800 145 6485  
**Shout** Text - 85258  
**Visyon** [visyon.org.uk](http://visyon.org.uk) Tel - 01260 290000  
**Kooth** [kooth.com](http://kooth.com)  
**Health for Teens** [healthforteens.co.uk](http://healthforteens.co.uk)  
**Sexual health & gender identity** | **Switchboard** Tel - 0300 330 0630  
**The Proud Trust** [theproudst.org](http://theproudst.org)  
**Drugs** | **FRANK** Tel - 0300 123 6600  
**Self harm support** | **Harmless** [harmless.org.uk](http://harmless.org.uk)  
**Eating disorders** | **Beat** Tel - 0808801 0677

# Older People

- **The Silver Line**

Free confidential helpline providing information support to older people. 24 hours a day, every day of the year.

Tel - 0800 470 8090

Website - [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

- **Age UK Cheshire East**

Services, information, activities and befriending for older people aged over 55.

Tel - 01625 612 958 (Mon - Fri 9am - 4pm)

Website = [www.ageuk.org.uk/cheshireeast](http://www.ageuk.org.uk/cheshireeast)

- **Changing Lives Together**

Provide a 'buddy' to visit, call or online chat once or twice a week.

Tel - 01606 827 120 and leave a message

Website - [www.changing-lives-together.org.uk](http://www.changing-lives-together.org.uk)

# Domestic Abuse

- **Cheshire East Domestic Abuse Hub**

24 hour point of contact for anyone experiencing domestic abuse or concerned for someone else.

Tel - 0300 123 5101

Text - 07777 941 464

Email - [cedah@cheshireeast.gov.uk](mailto:cedah@cheshireeast.gov.uk)

**Remember - abuse can be emotional, sexual or financial, as well as physical.**

# Debt, Housing, Legal advice etc.

- **Citizens Advice**

Information and advice service for North Cheshire

Tel - 01625 708 608 (9am - 5pm Mon-Fri)  
(Leave a message, they will ring you back)

Website - [www.citizensadvicecn.org.uk](http://www.citizensadvicecn.org.uk)

# Social activity and social contact are essential for wellbeing

- **Social Prescribers**

Middlewood Partnership have Social Prescribers who can link people to sources of support within the community. **Ask your GP** for a referral to this **free** service.

- **Guide to Local Interest & Hobby Groups**

Information about social groups in Poynton and surrounding areas. Search online for 'Poynton Town Council' 'interest and hobby groups'.

## DID YOU KNOW?



Cheshire East Council's '**Live Well**' website has information about over 3000 health, wellbeing and support services in Cheshire East.

[www.cheshireeast.gov.uk/livewell](http://www.cheshireeast.gov.uk/livewell)

THIS LEAFLET PROVIDES INFORMATION ABOUT AVAILABLE SERVICES. IT DOES NOT RECOMMEND OR ENDORSE THESE SERVICES.

