KEEP ME!

I am worth saving !!!

Stick me to your fridge or pinboard!

Mental Health and Wellbeing Support

Where do I start?



Poynton

• Your local G.P. practice

It may sound obvious but people don't always think of it! Use AskMyGP online or Tel 01625 872 299

Cheshire NHS 24/7 mental health helpline

Open 24 hours a day, everyday For all ages – including children & young people. Tel - 0800 145 6485

Talking Therapies (NHS)

Online, face to face, by telephone, video calls and group sessions. You can refer yourself if you prefer. Tel - 01625 469950 (Mon- Fri 9am - 5pm) Website - https://www.mytalkingtherapies.com

If you need someone

REMEMBER!

Call 999 or go to A&E if there is an immediate, life-threatening emergency requiring mental or physical health assistance.



Social activity and social contact are essential for wellbeing No man (or woman) is an island!

Social Prescriber



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

Poynton Area Community Partnership – 'Guide to Local Interest & Hobby Groups'

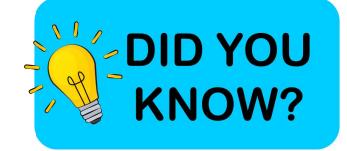
Information about social groups in Poynton & surrounding areas. Search online for 'Poynton Town Council' ' interest and hobby groups' Note - It was produced prior to the pandemic, so details may have changed.

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

Emailjo@samaritans.org Website www.samaritans.org



Cheshire East Council's 'Live Well' website has information about over 3,000 health, well-being and support services in Cheshire East.

www.cheshireeast.gov.uk/livewell

For Men

Mentell Is it time to talk?

YOU AND YOURS COUNSELLING Tel - 01625 874 225 www.you-and-yours.org.uk

Affordable counselling in Poynton (currently online)

Free circles (currently online) for men aged 18+ to talk in a safe and confidential space, free from advice and judgement.

Choose a convenient date and time to book in for a 10-minute telephone introduction.

Website - https://www.mentell.org.uk

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 80 90 Website - www.thesilverline.org.uk

Age UK Cheshire East

Services, information, activities, and befriending for older People (aged over 55) Tel - 01625 612958 (Mon-Fri 9am - 4pm) Website -

Younger People and Families

Cheshire East Family Information Service

Free confidential and impartial information and advice for families with children and young people aged 0-25. Email - fis.east@cheshireeast.gov.uk Tel - 0300 123 5033

Just Drop-in

Free services for children & young people. Website - www.justdropin.co.uk Tel - 01625 665079 Text - 07718 425405 Email - hello@justdropin.co.uk

Visyon

Visyon is a charity that supports the emotional health of children, young people and their families. Tel - 01260 290000 Text only - 07508 074748

www.ageuk.org.uk/cheshireeast

Changing Lives Together

Provide a 'buddy' to visit, call or online chat once or twice a week. **Tel - 01606 827120** and leave a message. Website -

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 Website - Search for 'CEDAH'

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

PANDAS (Post Natal **Depression Awareness** and Support)

FREE Helpline 11am-10pm every day. Call if you're struggling with low mood, anxiety or are concerned about someone else. Tel - 0808 1961 776 https://pandasfoundation.org.uk/

Debt, Housing, Legal advice etc.

Citizens Advice

Information and advice service for North Cheshire via telephone Tel 01625 708608 (9am - 5pm Mon-Fri) (leave a message, they will ring you back) Website - www.citizensadvicecn.org.uk

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



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