

**KEEP
ME!**

I am worth saving !!!

Stick me to your
fridge or pinboard!

Mental Health and Wellbeing Support

North East Cheshire



Where do I start?



- **Your local G.P. practice**
It may sound obvious but people don't always think of it!
- **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 469955 (Mon- Fri 9am - 5pm)
Website - www.thebiglifegroup.com/service/talking-therapies-eastern-cheshire/

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

- **Social Prescriber**



No man (or woman)
is an island!

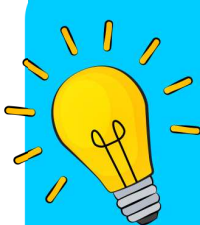
Some GP practices now have a **Social Prescriber** who can link you to sources of support and social groups within your community. Ask your GP if this free service is available.

- **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.

SAMARITANS
If you need someone
to talk to now, call
The Samaritans.

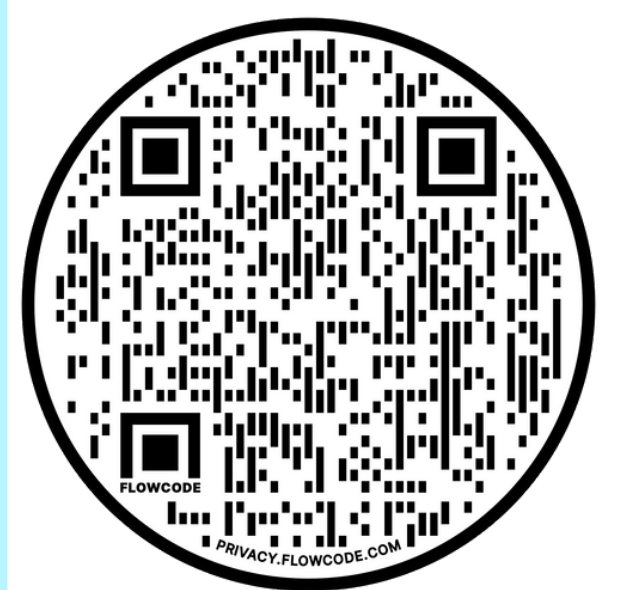
FREE to call from
landlines or mobile,
24 hours a day, 365
days a year
Tel- 116 123
Email-
jo@samaritans.org
Website -
www.samaritans.org



**DID YOU
KNOW?**

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



**SCAN HERE
TO SAVE
WITH
WEBLINKS**

Papyrus PREVENTION OF YOUNG SUICIDE

Tel - 0800 068 4141 (35 & under)
Text - 07860 039 967
Email - pat@papyrus-uk.org
Website - www.papyrus-uk.org

Open every day
9am to midnight

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

Affordable
counselling
in Poynton

For Men

- **Mentell**

Is it time to talk?

Free circles, online or in person, 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 - www.mentell.org.uk

Older People

- **The Silver Line**

Free confidential helpline providing information and 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 -

www.ageuk.org.uk/cheshireeast

- **Changing Lives Together**

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

Service is for over 50s.

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'

Email - cedah@cheshireeast.gov.uk

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

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.

Website - www.visyon.org.uk

Tel - 01260 290000

Text only - 07508 074748

- **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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