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যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) বা কমিউনিকেশন, চেসায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, અોડિયો ટેપ, બ્રેઈલ અથવા વિચાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्युपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.



## 5-19 Health and Well-being Online Service

Visit [www.mywell-being.org.uk](http://www.mywell-being.org.uk)  
Email [mywellbeing.online@cwps.nhs.uk](mailto:mywellbeing.online@cwps.nhs.uk)  
Follow @CWPmywellbeing

### Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire and Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Incidents Team**, Trust Headquarters, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ



For more information see [www.cwps.nhs.uk](http://www.cwps.nhs.uk)

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The information in the leaflet was valid at the date of production **Feb 2016** and is due for review in **Feb 2018**



## MyWell-being Online Support Team

The 5-19 Health and Well-being Service provides a range of health services for children and young people including:

- health screening
- support at school, college or in your community
- drop in services
- online support.



Contact Online Team

MyWell-being Online is the online support team available for anyone aged between 11-19 years who lives, or attends a school or college, in Cheshire West and Chester.

The team is made up of staff who have a background in supporting children and young people with their emotional and mental well-being.

### How can I contact MyWell-being Online?

Visit [www.mywell-being.org.uk/contact-the-online-team/](http://www.mywell-being.org.uk/contact-the-online-team/) and complete a short and confidential form.

### What can I speak to MyWell-being Online about?

We can support you with a range of issues; which may include:

- Relationships
- Exam stress
- Moving to secondary school or to college
- Low mood and depression
- Anxiety and general stress
- College life
- Self-harm.

**No issue is too big or too small...**



### When can I talk to someone online?

Please visit [www.mywell-being.org.uk](http://www.mywell-being.org.uk) to see when the team is available online.

### What will happen when I complete the contact form?

The team will email you to ask a few more questions. This will help us to know how we can best support you before beginning your online support.



Our online sessions last about 15 minutes. If at the end of your session, either you or the team feels we need more time to chat and explore things further, we will arrange a time when we can talk online in more detail.

The information you share with the MyWell-being Online Team in our online chats and sessions are confidential

When a worker or organisation says that you can speak to them confidentially, this means that they won't tell anyone else what you say.

The only time they will share information is if you have agreed or if they are very worried about your safety or the safety of others.

### MyWell-being Online is not a crisis service

The team is part of the 5-19 Health and Well-being Service.

The team can only respond to you on the day we have agreed and are not able to respond to you in a crisis or outside of the service hours listed on our website.

If you need immediate support please contact your GP or go to your nearest A&E department.