

# Cheshire West Place Mental health support comms toolkit

**NHS**

Cheshire and Wirral  
Partnership  
NHS Foundation Trust



- [Find the right support for you information \(details of all services\)](#)
- [24 Hour urgent mental health Crisis Line](#)
- [Shout text messaging service](#)
- [Crisis Cafes](#)
- [Talking Therapies](#)



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**the best they can be**

# Find the right support for you information



Animation for social media



'Traffic light' graphic

## Suggested social media post:

*We all have mental health and anyone can need support. There is a range of help available in Cheshire West. Find the right support for you: <https://bit.ly/3Rntshb>*

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# 24 Hour urgent mental health crisis Line – adults and older people

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For translated materials for the crisis line  
[click here](#)

## Suggested social media post:

*Anyone can require urgent mental health support. The 24/7 all-age urgent mental health crisis line is here to help. Please call 0800 145 6485 to access the help you need: <https://bit.ly/3cd87mo>*

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# 24 Hour urgent mental health crisis Line – children and young people

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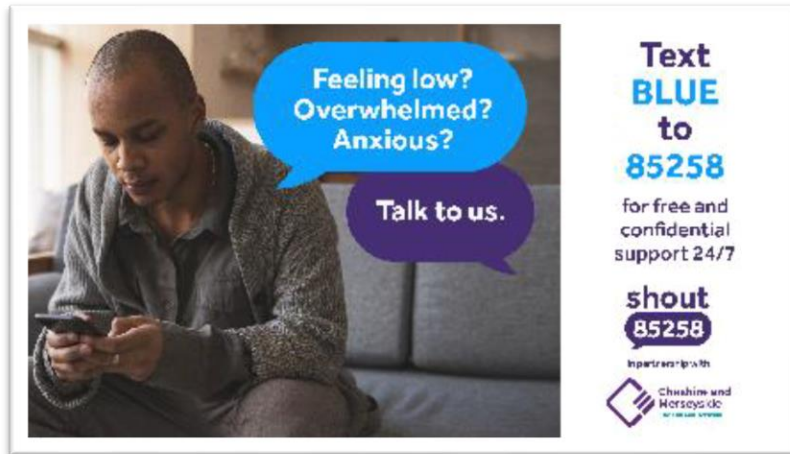
## Suggested social media post:

*The free local crisis line for urgent mental health support is available for all ages, including children and young people. If your child needs urgent help, please call: 0800 145 6485: <https://bit.ly/3cd87mo>*

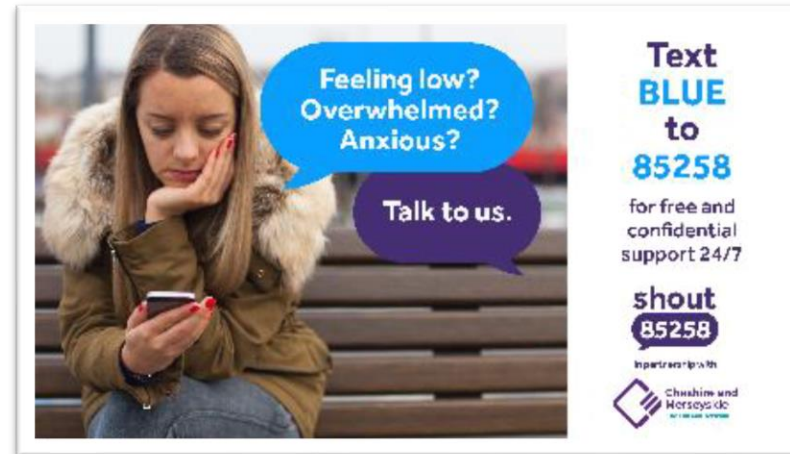


# Shout text messaging service

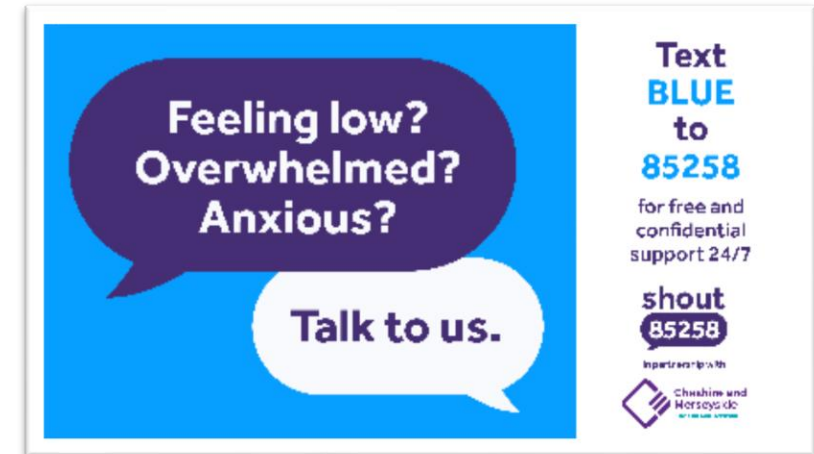
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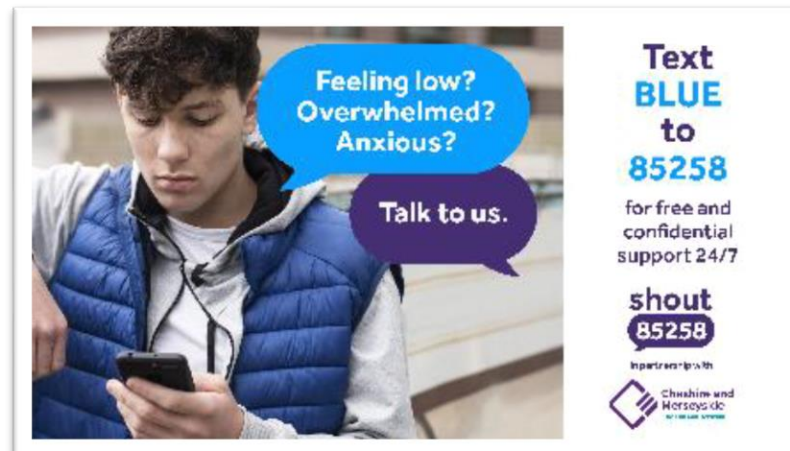
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## Suggested social media post:

*Shout 85258 is a free, confidential text support service for anyone who is feeling overwhelmed or struggling to cope. If you live in Cheshire West text BLUE to 85258 for a conversation with a trained volunteer, at any time of day or night #YouAreNotAlone*

# Crisis café – Café 71



[YouTube video here](#)

## Suggested social media post

*For those who are struggling and feel they are in a self-defined crisis, Café 71 is available 10am – 10pm. A video outlining the service can be seen here: <https://bit.ly/3BIOPIh>*

**Café 71** Spider Project  
Creativity • Community • Recovery

**In crisis?  
Need to talk?**

Café 71 can help  
10am - midnight,  
365 days a year

**Café 71**  
Offering support & building resilience in a crisis  
Call us 10am - 12midnight:  
**01244 393139**

[Leaflet available here](#)

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West and Central Cheshire Talking Therapies

Select Language

Search this website

About us Self-refer Feedback Wellbeing Resources Work for us

# NHS Talking Therapies

Welcome to West and Central Cheshire Talking Therapies. We're here to support people experiencing anxiety and depression.

Learn more

for anxiety and depression

Welcome to NHS Talking Therapies services provided by Cheshire and Wirral Partnership NHS Foundation Trust (CWPT).

Please note - we are not a mental health crisis service. If you feel you require urgent support - please call 0800 145 6485 or click the button below to find additional support available in your area.

I need urgent crisis support

About us Wellbeing resources Self-refer

- New website now live – purpose-built for NHS Talking Therapies in Cheshire West.
- Available at:  
[www.talkingtherapies.cwp.nhs.uk](http://www.talkingtherapies.cwp.nhs.uk)
- Contains self-referral information as well as wellbeing support and advice for local people experiencing anxiety and depression

for anxiety and depression

# Flyers for print and social media



West and Central Cheshire  
Talking Therapies

**NHS**  
West and Central Cheshire  
Talking Therapies

## Talk to us today

Evidence based psychological therapies to support common mental health concerns

- Low mood
- Anxiety or worry
- Long term conditions
- Employment support
- Relationships
- Stress

SCAN ME

No need to visit your GP. Refer yourself

Phone: 0151 488 8348  
[www.talkingtherapies.cwp.nhs.uk](http://www.talkingtherapies.cwp.nhs.uk)

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