Cheshire East Place Mental health support comms toolkit



Partnership

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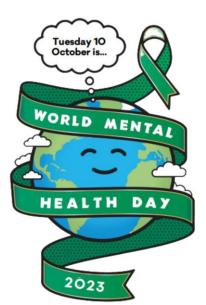
Cheshire and Wirral



Helping people to be **the best they can be**

• Find the right support for you information (details of all services)

- <u>24 Hour urgent mental health</u> <u>Crisis Line</u>
- Shout text messaging service
- <u>Crisis Cafes</u>
- <u>Talking Therapie</u>
 <u>Macclesfield</u>
 - <u>Talking Therapie</u> <u>– Central and</u> <u>South Cheshire</u>



Find the right support for you information



Animation for social media

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	for you	Cheshire and Wirral Partnership NHS Foundation Trut
Talking	Talking Therapies services are for adults and older people, with	
therapies	mild, moderate-to severe symptoms of anxiety or depression. You	
self-referral	can find your local service at www.nhs.uk/help	
Shout mental	Are you feeling anxious or stressed and need support? Text	
health support	'BLUE' to 85258 to start a conversation, via text, with a trained	
text 'BLUE' TO	volunteer, who will provide free and confidential support. Open	
85258	24/7	
Crisis Cafes Lafe spaces for people struggling with emotional distress who consider themselves to be in a helf-defined crisis	The Weston Hub 01625 440700 Open 10am-10pm	The East Cheshire Housing Consortium (ECHC provide the service and it is located at: The Weston Centre, Earlsway, Macclesfield, Cheshire, SK11 8RL
	Crewecial 07516 029050 Open 1pm-10pm	The service is operated by Independence Support Living (ISL) and is located at: 3 Partridge Close, Flat 2, Dunwoody Way, Crewe, CW1 3TQ
24/7 Urgent	If your mental health gets worse and you feel you are unable to	
mental health	cope, this is a mental health crisis. It is important to access support	
crisis line	quickly. The CWP urgent mental health crisis line supports people to	
0800 145 6485	access the help they need and is here to help 24/7	

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'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 East. Find the right support for you: <u>https://bit.ly/3Rntshb</u>



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24 Hour urgent mental health crisis **Cheshire and Wirral** Line – adults and older people





Download here

Download here



Download here



Download here

For translated materials for the crisis line click here

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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 support you need: https://bit.ly/3cd87mo



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

eshire and Wirr Partnersh Our free 24/7 mental health helpline is open to children and young people Call: 0800 145 6485

Download here

For translated materials for the crisis line click here

NHS

Helping people to be the best they can be

Our free 24/7 mental

Download here

health helpline is open to

children and young people

Call: 0800 145 6485

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.lv/3cd87mo



Shout text messaging service

Cheshire and Wirral Partnership

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Download here



Download here



Download here



Download here

Suggested social media post:

Shout 85258 is a free, confidential text support service for anyone who is struggling to cope. If you live in Cheshire East text BLUE to 85258 for a chat with a trained volunteer, at any time #YouAreNotAlone

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Crisis cafés

The Weston Hub – Macclesfield



Leaflet

Suggested social media post

For people who are struggling crisis cafes are available in both Macclesfield and Crewe. Leaflets can be found here: <u>https://bit.ly/3CCh8FM</u> <u>https://bit.ly/3CAmwZR</u>



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Crewcial - Crewe





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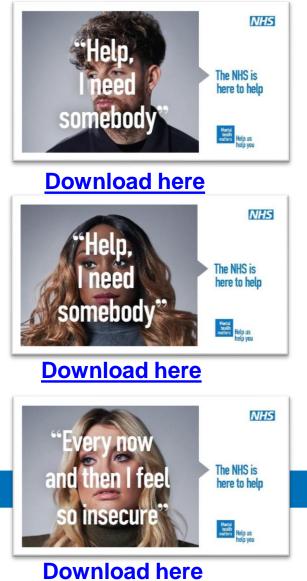
NHS Talking Therapies – Macclesfield

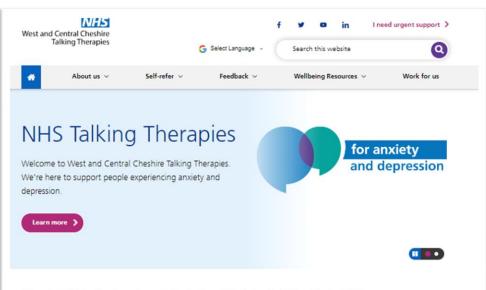
In Cheshire East – there are two Talking Therapies providers. CWP provide Talking Therapies in South Cheshire – and Big Life provide services in Macclesfield. For most Cheshire East residents – we would advise using national comms materials.

Suggested social media post:

There is help available to support your emotional wellbeing. If you feel talking to a trained professional would help, more info is available here: <u>https://bit.ly/3AfF0dK</u>







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

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 suppor









- New website now live purposebuilt for NHS Talking Therapies in Central and South Cheshire
- Available at: <u>www.talkingtherapies.cwp.nhs.uk</u>
- 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





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NHS

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for anxiety and depression