

Cheshire East 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 Therapie Macclesfield](#)

[Talking Therapie – Central and South Cheshire](#)



Helping people to be
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 East. Find the right support for you: <https://bit.ly/3Rntshb>

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

Cheshire and Wirral Partnership
NHS Foundation Trust



[Download here](#)



[Download here](#)



[Download here](#)



[Download here](#)

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

Helping people to be
the best they can be

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

Cheshire and Wirral Partnership
NHS Foundation Trust



[Download here](#)



[Download here](#)



[Download here](#)

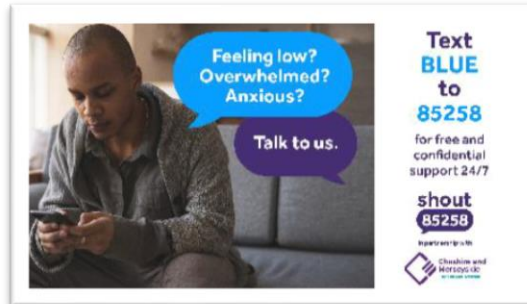
For translated materials for the crisis line [click here](#)

Helping people to be
the best they can be

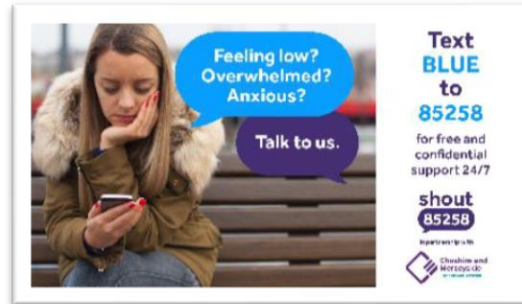
Suggested social media post:

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>

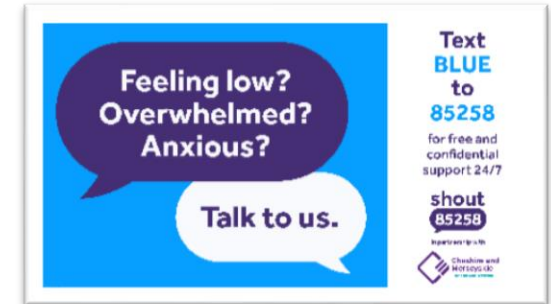
Shout text messaging service



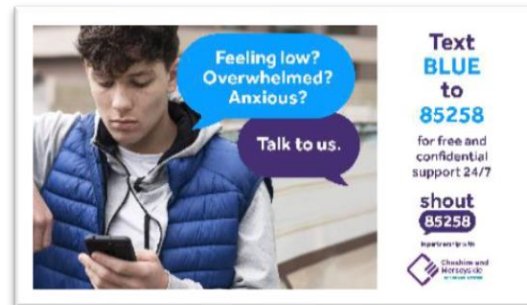
[Download here](#)



[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

Crisis cafés



Cheshire and Wirral
Partnership
NHS Foundation Trust

The Weston Hub – Macclesfield

Crewcial - Crewe



Leaflet

Suggested social media post

For people who are struggling crisis cafes are available in both Macclesfield and Crewe. Leaflets can be found here:

<https://bit.ly/3CCh8FM>
<https://bit.ly/3CAmwZR>



Leaflet

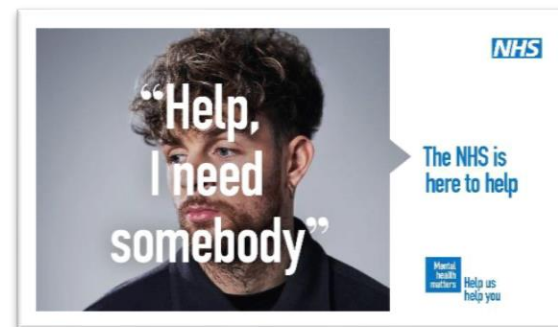
Helping people to be
the best they can be

NHS Talking Therapies – Macclesfield

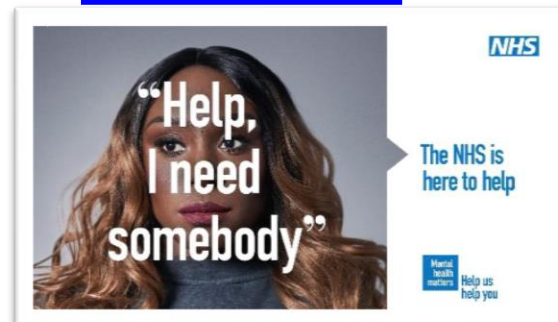
In Cheshire East – there are two Talking Therapies providers. CWP provide Talking Therapies in South Cheshire – and Big Life provide services in Macclesfield. For most Cheshire East residents – we would advise using national comms materials.

Suggested social media post:

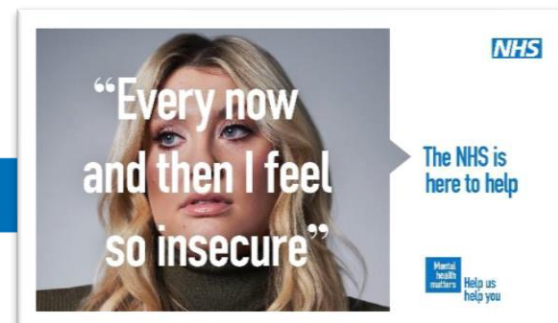
There is help available to support your emotional wellbeing. If you feel talking to a trained professional would help, more info is available here: <https://bit.ly/3AfF0dK>



[Download here](#)



[Download here](#)



[Download here](#)



for anxiety and depression



- New website now live – purpose-built for NHS Talking Therapies in Central and South Cheshire
- Available at: 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

SCAN ME

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

No need to visit your GP. Refer yourself

Phone: 0151 488 8348
www.talkingtherapies.cwp.nhs.uk

for anxiety and depression

[Download here](#)

NHS
West and Central Cheshire
Talking Therapies

Talk to us today

Evidence based psychological therapies to support common mental health concerns

SCAN ME

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

No need to visit your GP. Refer yourself

Phone: 0151 488 8348
www.talkingtherapies.cwp.nhs.uk

for anxiety and depression

[Download here](#)

NHS
West and Central Cheshire
Talking Therapies

Talk to us today

Evidence based psychological therapies to support common mental health concerns

SCAN ME

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

No need to visit your GP. Refer yourself

Phone: 0300 303 0639
www.talkingtherapies.cwp.nhs.uk

for anxiety and depression

[Download here](#)

NHS
West and Central Cheshire
Talking Therapies

Talk to us today

Evidence based psychological therapies to support common mental health concerns

SCAN ME

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

No need to visit your GP. Refer yourself

Phone: 0300 303 0639
www.talkingtherapies.cwp.nhs.uk

for anxiety and depression

[Download here](#)



for anxiety and depression