

Cheshire West Place Mental health support comms toolkit



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

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>

Helping people to be
the best they can be

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 help 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](#)

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>

Helping people to be
the best they can be

MyMind

For young people age 17 and under in Cheshire East, Cheshire West and Wirral



Cheshire and Wirral Partnership
NHS Foundation Trust

- MyMind is a website for young people, parents, and professionals working with young people in Cheshire West, Cheshire East and Wirral. Visit www.mymind.org.uk
- It provides information on mental health advice, how to access help and support, and details of support services in our area.

Facebook and X (Twitter) posts



MYMind! 17+ UK

NHS Cheshire and Wirral Partnership NHS Foundation Trust

MyMind is a website for young people, parents, and professionals working with young people in Cheshire and Wirral.



Visit: www.mymind.org.uk

[Download here](#)



MYMind! 17+ UK

NHS Cheshire and Wirral Partnership NHS Foundation Trust

Age 17 or under? Need urgent help with your mental health?

- 📞 Call our 24/7 mental health crisis line on 0800 145 6485
- 📱 Text BLUE to 85258 to start a text conversation with a trained volunteer

Visit: www.mymind.org.uk/crisis-support

[Download here](#)



MYMind! 17+ UK

NHS Cheshire and Wirral Partnership NHS Foundation Trust

5 tips for taking care of your MENTAL HEALTH

- 1 Connect with other people
- 2 Be physically active
- 3 Learn new skills
- 4 Give to others
- 5 Pay attention to the present moment

@cwpmymind
Visit: www.mymind.org.uk

[Download here](#)

MyMind social assets



Cheshire and Wirral
Partnership
NHS Foundation Trust

Instagram grid and story posts



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5 tips for taking care of your **MENTAL HEALTH**

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@cwpmymind
Visit: www.mymind.org.uk

[Download here](#)



OUR MYMIND WEBSITE

MyMind is a website for young people, parents, and professionals working with young people in Cheshire and Wirral.

Here you can find information on how to look after your mental health, how to access help and support, and details of support services in your local area.



Visit:
www.mymind.org.uk



[Download here](#)



Age 17 or under?
Need urgent help with your **MENTAL HEALTH?**

Call our 24/7 mental health crisis line on 0800 145 6485

Unable to call? Text 'BLUE' to 85258 to start a text conversation with a trained volunteer

You should call 999 or go to A&E if you have an immediate, life-threatening emergency.

You can find out more about crisis support on the MyMind website:
www.mymind.org.uk/crisis-support

[Download here](#)



5 tips for taking care of your **MENTAL HEALTH**

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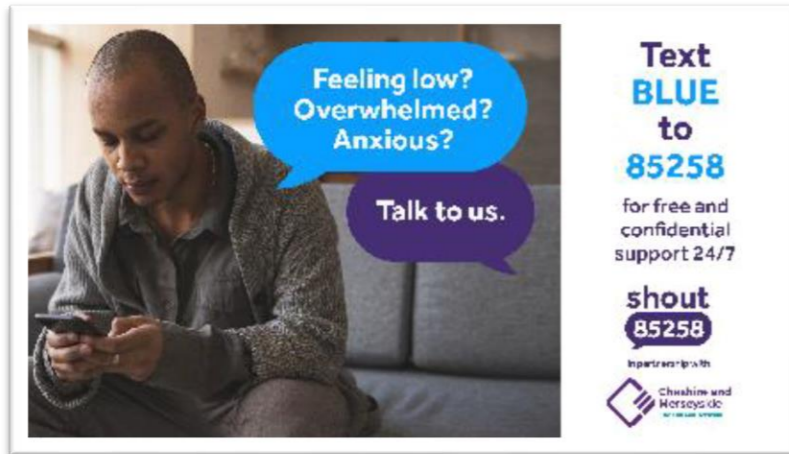
@cwpmymind
www.mymind.org.uk

[Download here](#)

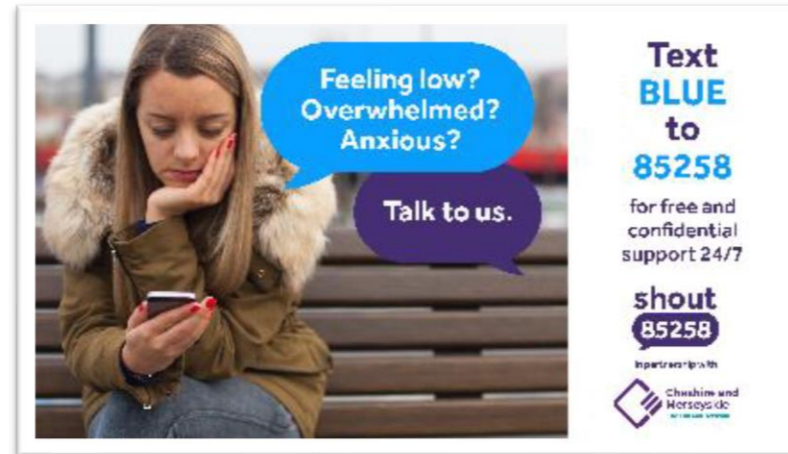


Shout text messaging service

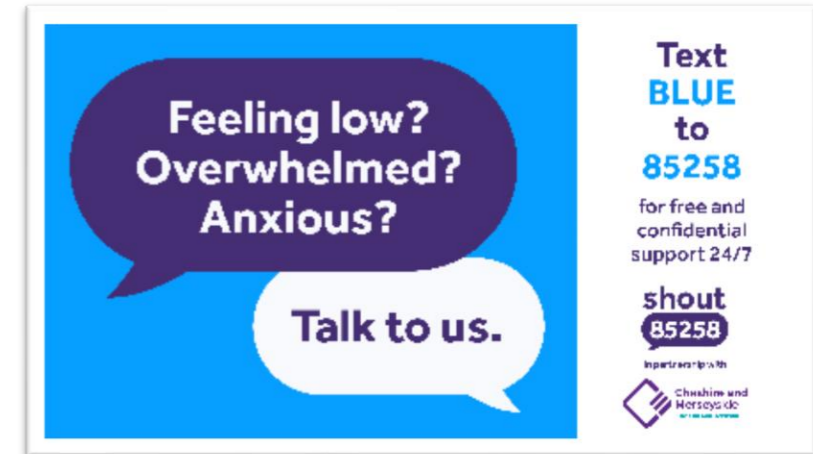
Cheshire and Wirral
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NHS Foundation Trust



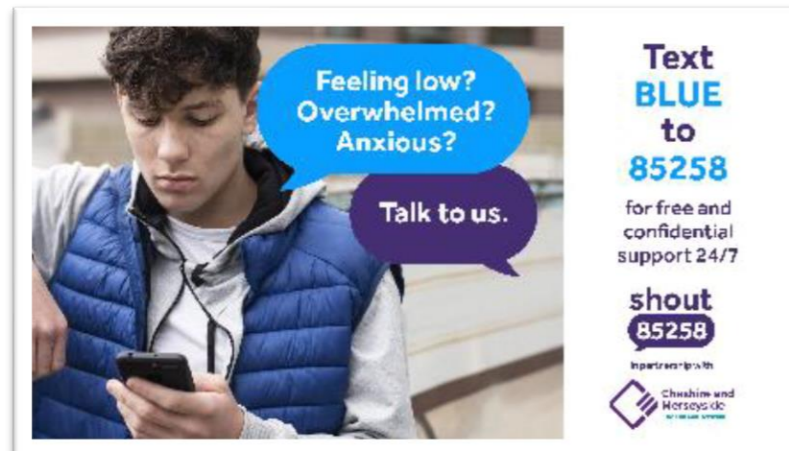
[Download here](#)



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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/3BIOPlh>

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](#)

Helping people to be
the best they can be



- New website now live – purpose-built for NHS Talking Therapies in Cheshire West.
- 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

- 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

for anxiety and depression
Service provided by Cheshire and Wirral Partnership NHS Foundation Trust (CWPT)

[Download here](#)

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