

“Mental Health Support For You or Someone You Care For” Raising Awareness - For All Saints Church Congregation

The details below are based on information from the ‘Cheshire and Wirral Partnership NHS Foundation Trust’ Website. A link to their full website is included in this document.

How to support someone experiencing a Mental Health Crisis.

If your mental or emotional state quickly gets worse or deteriorates, this can be called a ‘mental health crisis’. In this situation, it is important to get help quickly.

If it is an emergency and you need urgent help:

- If you have an immediate, life-threatening emergency requiring mental or physical health assistants, call [999](#) or go to A&E
- If you or someone else is in danger, call [999](#) or go to A&E
- If you need help urgently for your mental health, but it's not an emergency, [get help from NHS 111 online](#) or call [111](#)

Your mental health is as important as your physical health. Please seek support as needed, you will not be wasting anyone's time.

Local NHS Urgent Mental Health Helpline.

NHS Urgent Mental Health Helplines are for people of all ages in England.

You can call for:-

- 24-hour advice and support for you, your child, your parent or someone you care for
- Help speaking to a mental health professional
- An assessment to find the right care for you

The urgent mental health helpline for our area of Chester is:-

Cheshire and Wirral Partnership NHS Foundation Trust – 0800 145 6485

- A dedicated professional will support you to access the help you need
- The phone line is open 24-hours a day, seven days a week
- It is open to people of all ages, including children and young people

Calls to NHS Urgent Mental Health Helplines are **free**.

Other ways to get support:-

You can also read more about the support available in your local area on the [Cheshire and Wirral Partnership NHS Foundation Trust](#) website.

Non-Urgent Local Mental Health Support

There is no “one-size-fits-all” approach to mental health support and a number of self-referral options are available locally. Please see below and click the links below to find out more.

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 © 2019

Talking Therapies services are for adults and older people, with mild, moderate-to severe symptoms of anxiety or depression. Find out more on our [dedicated Talking Therapies website](https://www.talkingtherapies.cwp.nhs.uk).

Shout (24/7 all age text messaging service)



Text BLUE to 85258
for free and confidential support 24/7

shout 85258
in partnership with



Are you feeling anxious or stressed and need support? Text 'BLUE' to [85258](https://www.shout247.org.uk) to start a conversation, via text, with a trained volunteer, who will provide free and confidential support. The Shout service is open 24 hours a day, seven days a week. For more information, you can [watch or listen to a video to find out how the service works](https://www.shout247.org.uk).

Café 71 Crisis Café

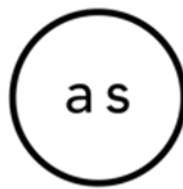


Café 71 Spider Project
Creativity • Community • Recovery

Call us on: 01244 393139
enquiries.chester@spiderproject.org.uk

71-77, St. Anne Street, CHESTER, CH1 3HT

Open from 10:00am until 10.00pm, Cafe 71 provides a safe space for people struggling with emotional distress who consider themselves to be in a self-defined crisis. It offers a welcoming environment for people to connect with others who are experiencing similar problems. [Find out more](https://www.spiderproject.org.uk).



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National Mental Health Support

Samaritans

[Samaritans are a national charity](#) that aim to support you, no matter what you're going through. Open 24 hours a day, 365 days a year. Call [116 123](#) for free.



CALM

[CALM is a charity](#) that exists to raise awareness of the issues around suicide and to reduce suicide in the UK. Their helpline is open from 5pm until midnight every day and you can call it by dialling [0800 58 58 58](#).

National Suicide Prevention Helpline UK

National Suicide Prevention Helpline UK offers supportive listening and information to anyone having thoughts of suicide, including family, friends and carers of those having thoughts. Call [0800 689 5652](#) to access the helpline.

