

**Samaritans**—is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope.  
[www.samaritans.org](http://www.samaritans.org) or Call:116 123 (free)  
 Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**SAMARITANS**

**Drinkaware**— Provides information, resources and tips on how to cut down intake.  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)  
 Call: 0300 123 1110

**drinkaware**

**Alcohol & Substance Misuse**—Provides specialist services for people affected by alcohol, drugs, mental health, learning disability, sexual health.  
[www.turning-point.co.uk](http://www.turning-point.co.uk)



**My Mind** - Children & young people's mental health & wellbeing.  
[www.mymind.org.uk](http://www.mymind.org.uk)  
 Crisis Support: 0800 145 6485



**Childline**— Online on the phone, anytime. Were here for all young people, whatever you're going through.  
[www.childline.org.uk](http://www.childline.org.uk)  
 Call:0800 1111

**childline**

**Campaign Against Living Miserably** - Specifically aimed at men —advises on a wide range of mental health issues.  
[www.thecalmzone.net](http://www.thecalmzone.net)  
 Call:0800 58 58 58



## MENTAL HEALTH RESOURCES IN VALE ROYAL (LOCAL & NATIONAL)

**CWP Mental Health Crisis Line** - Cheshire & Wirral Partnership NHS foundation trust's dedicated 24/7 all age urgent mental health helpline.  
 Call: 0800 145 6485 (free). An online support hub is also available at: [www.cwp.nhs/contact/need-urgent-help](http://www.cwp.nhs/contact/need-urgent-help) or text BLUE to 85258 to start a conversation via text with a trained volunteer.



**Motherwell Cheshire** - A service provided for women by women promoting positive health & wellbeing. Offering a range of educational services holistic therapies & mental health support. [www.montherwellcheshirecio.com](http://www.montherwellcheshirecio.com)  
 Call: 01606 557666 or text 07496 160 930



**Hub Of Hope** - is the the UK's leading mental health support database. It is provided by a national mental health charity, chasing the stigma & brings local, national, peer, community, charity, private & NHS mental health support & services together in one place. Online resources [www.hubofhope.co.uk](http://www.hubofhope.co.uk)



**Papyrus**— Prevention of young suicide. Provides confident support & advice to young people struggling with thoughts of suicide and anyone worried about a young person.  
[www.papyrus-uk.org](http://www.papyrus-uk.org)  
 Call: 0800 068 4141 or text 07860 039 967



**The Wellbeing Hub**—the Hub provides access to a range of support & counselling including CBT, for depression, anxiety and other conditions. Services offered are decided at initial assessment. Access to IAPT is via the same route.

Call: 0300 303 0639



**Family Lives** - Provides targeted early intervention and crisis support to families.  
[www.familylives.org.uk](http://www.familylives.org.uk) or Call: 0808 800 2222



**You In Mind** -find the mental health support services you need for yourself or those you care for.  
[www.youinmind.org](http://www.youinmind.org)



**On-line CBT**  
 Cognitive therapy course  
[www.moodgym.com.au](http://www.moodgym.com.au)



**Young Minds** – for children young people & their parents supporting your mental health  
[www.youngminds.org.uk](http://www.youngminds.org.uk)  
 Call:0808 802 5544



**Age UK Cheshire**  
 Information and advice on health, benefits, services, activities etc.  
[www.ageuk.org.uk/cheshire](http://www.ageuk.org.uk/cheshire)  
 Call: 01606 881660



## MENTAL HEALTH RESOURCES IN VALE ROYAL (LOCAL & NATIONAL)



**New Leaf** - New Leaf (a torus foundation) is a free voluntary program which supports people who are out of work living in Cheshire & Warrington who need extra help and support to get them closer to employment.  
[www.torusfoundation.org.uk](http://www.torusfoundation.org.uk)  
 Call: 0300 123 5809



**Mid Cheshire Mind** - Can offer support to anyone from the Mid Cheshire area who may suffer from a mental health problem. We offer support through a drop in centre with weekly support & activities that encourage & promote wellbeing & improvements in mental health.  
[www.midcheshiremind.org.uk](http://www.midcheshiremind.org.uk)  
 Call: 01606 863305



**Veterans In Mind** - Provide psychological therapy and recovery interventions to ex-service men and women who have served in the armed forces and are registered with a GP in Cheshire & Merseyside (excluding Liverpool).  
[www.gmmh.nhs.uk/military-veterans-services](http://www.gmmh.nhs.uk/military-veterans-services)  
 Call: 0151 908 0019



**Shout** - Is a free and confidential 24/7 text messaging services for anyone who is struggling to cope.  
[www.giveushout.org](http://www.giveushout.org)  
 Text 85258



**Grozone** - Is a flourishing community garden, horticulture and wildlife project in the middle of Northwich, Cheshire. They run open sessions for visitors & volunteers and cater for people of all ages and abilities & have wheelchair friendly raised beds. Grozone is a hidden oasis that helps you improve your health & wellbeing.  
[www.grozone.org.uk](http://www.grozone.org.uk)  
 Call: 01606 723160



**Making Space** - National Charity and leading provider of adult health & social care services for Older people, Dementia, Learning Disabilities & mental Health.  
[www.makingspace.co.uk](http://www.makingspace.co.uk)  
 Call: 01606 606694



**Cruse** - Bereavement Support helping people through one of the most painful times in life with bereavement & support.  
[www.cruse.org.uk](http://www.cruse.org.uk)  
 Call: 0808 808 1677



**Live Well Cheshire West** - Here you can find information about local services and support for residents in Cheshire West. [www.livewell.cheshirewestandchester.gov.uk](http://www.livewell.cheshirewestandchester.gov.uk)



**Child Bereavement UK** - Helping families rebuild their lives when a child grieves or a child dies. Supporting children and young people (up to the age of 25) when someone important has died or not expected to live, and parents & wider family when a baby or child dies or is dying.  
[www.childbereavementuk.org](http://www.childbereavementuk.org)  
 Call: 0800 028 8840



**Sands** - Saving babies' lives supporting bereaved families. Sands is for anyone affected by pregnancy and baby loss, to offer understanding and comfort.  
[www.sands.org.uk](http://www.sands.org.uk)  
 Call: 0808 164 3332



**Open The Door** - If you or someone you know is in a relationship that doesn't feel quite right speak to someone about it.  
[www.openthedoorcheshire.org.uk](http://www.openthedoorcheshire.org.uk)  
 24 hour helpline Call: 0808 2000 247  
 During office hours Call: 0300 123 7047 Option 2



**rasasc** - Rape and Sexual Abuse centre for adults, children and young people in Cheshire and Merseyside.  
[www.rapecentre.org.uk](http://www.rapecentre.org.uk)  
 Call: 0330 363 0063

