



Help, Support & Things To Get You Through





The information
included in this booklet
is suitable for our
Young Carers Services
in Cheshire West,
Cheshire East,
Shropshire and Bolton.



Crossroads
Together...



Helplines & Support

**NHS Cheshire &
Wirral Partnership**



**Cheshire and
Wirral Partnership**
NHS Foundation Trust

Urgent Mental Health Support Line
0800 145 6485

This is a 24 hour phone line that is operated 7 days a week. It is open to people of all ages, including children and young people.



Out Of Hours Advice Line
01244 397 644

Monday - Friday 5pm - 10pm
Weekends 12pm - 8pm

This service is designed to help both parents and children / young people specifically.

Use this service if you are worried about your child's mental health or if you are a young person worried about your own mental health.



Just Drop In Macclesfield

01625 665079

www.justdropin.co.uk

Just Drop In is an information and support service based in Macclesfield for all young people.



The Mix

0808 808 4994

www.themix.org.uk

The Mix is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through our digital and phone services.

YOUNGMINDS

fighting for young people's mental health

YoungMinds

0808 802 5544

www.youngminds.org.uk

YoungMinds is the UK's leading charity fighting for children and young people's mental health. The service also shares lots of resources and advice on their website.



ChildLine

0800 1111

www.childline.org.uk

ChildLine is a free, confidential helpline for any young person under the age of 19. You can use this helpline at any time of day, as well as the online 1-2-1 chat function on their website.



PAPYRUS
PREVENTION OF YOUNG SUICIDE

PAPYRUS - UK Suicide Prevention

0800 068 4141

www.papyrus-uk.org

Everyday 9am - 12am

PAPYRUS is the national charity dedicated to the prevention of young suicide.



shout



Shout Textline

Text 'Shout' to 85258

Shout is a free, confidential, anonymous service for anyone in the UK. It's a great way to chat to someone about how you are feeling without any pressure.



Shropshire Mental Health Support

01743 368 647

www.shropshiremhs.com

Shropshire MHS is an established mental health charity that uses both volunteers and paid staff to support those in need.



Mind

0300 123 3393

www.mind.org.uk

Mind is a charity that provides information and advice to empower those who may be struggling with their mental health. Their infoline is a great place to start as they can signpost you to any local groups that can help.



We can also help you!

The Young Carers Team are also available 9-5 on weekdays for 1:1 online or face to face support.

We can come in to school to see you or meet you in the community, whichever makes you feel the most comfortable.

To get in contact with a member of our team please see below to find your local number!

Cheshire West & Cheshire

0151 315 0313

Cheshire East

01260 583019

Shropshire

01743 445 785

Bolton

01204 934 061

Helpful Videos



[We All Have Mental Health](#)
[- Anna Freud NCCF](#)

[You Are Not Your Thoughts](#)
[- AboutKidsHealth](#)

[A-Z of Coping Strategies](#)
[- Our Mental Health Space](#)

[Talking Mental Health](#)
[- Anna Freud NCCF](#)

[Everyday Mindfulness](#)
[-AboutKidsHealth](#)

These videos are here to help give you tips on coping mechanisms that may help with your mental health.

If you have any other video recommendations that you would like to share then please let us know!



Quotes and Inspiration!

Keep going



*It's ok to feel
your feelings*

Do it for you!

**One day at
a time**

*You've totally
got this!*



Don't quit!

