

For Urgent Mental Health Support

If you have an immediate, life threatening emergency, you should still call 999 or attend A&E

- 24 hours a day
- 7 days a week
- All ages

 **0300 303 3972**

This helpline is the first port of call for urgent mental health help - it is operated by people in your local area who will know best how to support you.

For non-urgent help and wellbeing advice, please visit the CWP website: www.cwp.nhs.uk. For children and young people there is also a dedicated site: MyMind.org.uk

Launched by Cheshire and Wirral Partnership for residents of Cheshire West, Cheshire East and Wirral who need urgent mental health support