

**KEEP
ME!**

I am worth saving !!!

**Stick me to your
fridge or pinboard!**

**Mental Health and
Wellbeing Support**

Bollington



Where do I start?

- **Your local G.P practice**

Use Patches online or call 01625 462593

- **Cheshire NHS 24/7 mental health helpline**

Open 24 hours a day, everyday

For all ages - including children & young people

Tel - 0800 145 6485

- **Talking Therapies (NHS)**

Online, face to face, by telephone, video calls and group sessions. You can refer yourself if you prefer.

Tel - 01625 469950 (Mon-Fri 9am - 5pm)

Website - www.mytalkingtherapies.com

Social activity and social contact are essential for wellbeing

- **Social Prescriber**

Speak to your GP practice about their mental health practitioners, social prescribers and care coordinators.

- **Guide to Local Interest and Hobby Groups**

Find Bollington Town Council's Local Hobby Guide on its Health and Wellbeing webpage. The Poynton Area Community Partnership's Local Interest and Hobby Group guide can be found on the Poynton Town Council website*

*note it was produced prior to the pandemic so details may have changed



REMEMBER!

Call 999 or go to A&E
if there is an immediate
life-threatening
emergency requiring
mental or physical
health assistance.

SAMARITANS

If you need someone
to talk to now, call
The Samaritans.

FREE to call from
landlines or mobile,
24 hours a day, 365 days
a year

Tel - 116 123

Email - jo@samaritans.org

Website -

www.samaritans.org



Scan here
to download

**DID YOU
KNOW?**

Cheshire East Council's 'Live Well' website has information on over 3,000 health, well-being and support services in Cheshire East.

www.cheshireeast.gov.uk/livewell

 **Bollington**
TOWN COUNCIL

Papyrus

PREVENTION OF
YOUNG SUICIDE
(35 & under)

Tel - 0800 068 4141

Text - 07860 039 967

Email - pat@papyrus-uk.org

Website - www.papyrus-uk.org

Open every day
9am to midnight

For Men

- **Mentell**

Is it time to talk?

Free circles for men aged 18+ to talk in a safe and confidential place, free from advice and judgement.

Website - www.mentell.org.uk

Older People

- **The Silver Line**

Free confidential helpline providing information support to older people 24 hours a day, every day of the year.

Tel - 0800 470 80 90

Website - www.thesilverline.org.uk

- **Age UK Cheshire East**

Services, information, activities and befriending for older people (over 55).

Tel - 01625 612958 (Mon-Fri 9am-4pm)

Website - www.ageuk.org.uk/cheshireeast

- **Changing Lives Together**

Provides a buddy to visit, call or online chat once or twice a week

Tel - 01606 827120 (leave a message)

Website - www.changing-lives-together.org.uk

Domestic Abuse

- **Cheshire East Domestic Abuse Hub**

24 hour point of contact for anyone experiencing domestic abuse or concerned for someone else

Tel - 0300 123 5101

Text - 07777 941464

Email - cedah@cheshireeast.gov.uk

Mayor of Bollington's Senior Citizen's Committee

Support, companionship and help for Bollington Senior Citizens.

For information on social events and other activities call 01625 573851

Bollington Community Support

- **Bollington Dementia Friendly Group**

Support, help and friendship for people living with dementia.

Meet weekly at 2pm Wednesdays at Bollington Library.

Email - helen_sheldon@hotmail.co.uk or gill.lancaster37@btinternet.com

- **The Bridgend Centre**

A home-from-home, where people can meet new friends or talk to Community Workers in a non-judgmental environment.

Bridgend Buddies can support people to get out and about.

Website - www.bridgendcentre.org.uk

Email - info@bridgendcentre.org.uk

Tel - 01625 576311

- **The ALEX project**

Activities, leisure and exercise for anyone affected directly or indirectly by Parkinson's Disease.

Meet on Wednesdays at Bollington Health and Leisure

Email - tony@akw22.uk or maccpds@gmail.com

Tel - 07967 801285

Debt, Housing, Legal Advice etc

- **Citizens Advice**

Information and advice service for North Cheshire via telephone

Tel - 01625 708608 (Mon-Fri 9am-5pm leave a message)

Website - www.citizensadvicecn.org.uk