

**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**  
It may sound obvious but people don't always think of it!
- **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 - <https://www.mytalkingtherapies.com>

### REMEMBER!

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

### Social activity and social contact are essential for wellbeing

- **Social Prescriber**



No man (or woman)  
is an island!

Some GP practices now have a **Social Prescriber** who can link you to sources of support and social groups within your community. Ask your GP if this free service is available.

- **Poynton Area Community Partnership – 'Guide to Local Interest & Hobby Groups'**

Information about social groups in North East Cheshire, including Bollington. Search online for 'Poynton Town Council' 'interest and hobby groups' Also available at Bollington Town Hall.

Note - It was produced prior to the pandemic, so details may have changed.

### DID YOU KNOW?

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

[www.cheshireeast.gov.uk/livewell](http://www.cheshireeast.gov.uk/livewell)

## SAMARITANS

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

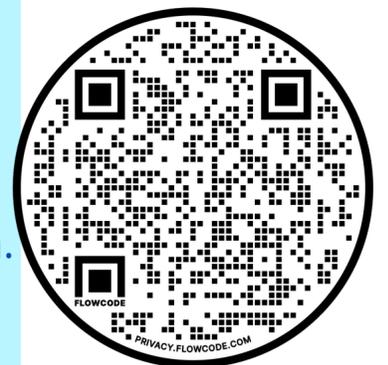
FREE to call from  
landlines or mobile,  
24 hours a day, 365  
days a year

Tel- 116 123

Email-  
[jo@samaritans.org](mailto:jo@samaritans.org)

Website -

[www.samaritans.org](http://www.samaritans.org)



**SCAN HERE  
TO SAVE  
WITH  
WEBLINKS**

## **Papyrus** PREVENTION OF YOUNG SUICIDE

Tel - 0800 068 4141 (35 & under)  
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 space, free from advice and judgement.

Choose a convenient date and time to book in for a 10-minute telephone introduction.

## **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 (aged over 55)

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

**Website -**

**www.ageuk.org.uk/cheshireeast**

- **Changing Lives Together**

Provide a 'buddy' to visit, call or online chat once or twice a week.

**Tel - 01606 827120** and 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 941 464**

**Website - Search for 'CEDAH'**

**Remember - abuse can be emotional, sexual or financial, as well as physical.**

## **Mayor of Bollington's Senior Citizen's Committee**

Support, companionship and help for Bollington Senior Citizens.

For information on social events and other activities, contact 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.com 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

**Tel - 07967 801 285**

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

## **Debt, Housing, Legal advice etc.**

- **Citizens Advice**

Information and advice service for North Cheshire via telephone

**Tel 01625 708608 (9am - 5pm Mon-Fri)**

(leave a message, they will ring you back)

**Website - www.citizensadvicecn.org.uk**

**THIS LEAFLET PROVIDES INFORMATION ABOUT AVAILABLE SERVICES, IT DOES NOT RECOMMEND OR ENDORSE THESE SERVICES.**

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