

New 24/7 mental health phone line

Urgent help

If you need **urgent support** for your mental health, please call our mental health **helpline on 0800 145 6485** and our dedicated local staff will support you to access the help you need.

The phone line is open 24 hours a day, seven days a week and is open to people of all ages – including children and young people.

The phone line is now the **first port of call** for mental health help – it is operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be re-directed to this local service – so call **0800 145 6485**.

Please note, A&E and 999 are not the best places to get help for the majority of mental health problems – call **0800 145 6485** to be directed to the best local service to support you.

You should still call 999 or go to A&E if you have **an immediate, life-threatening emergency** requiring mental or physical health assistance.

For non-urgent help

If you feel that you do not require urgent help, but you would like more information and resources about anxiety, low mood, and the current situation, please refer to our [Advice about wellbeing at home page](#) or our dedicated website for children and young people MyMind.org.uk.

If you are over the age of 16 and a resident of Cheshire West or Central and South Cheshire, you can also self-refer into our IAPT (Improving Access to Talking Therapies) services via the following links:

- [West Cheshire IAPT](#)
- [The Wellbeing Hub](#)