



Mental Health Crisis Support Line

People living in the local areas who are experiencing a mental health crisis can now access support through newly developed, 24/7, mental health crisis lines.

North West Borough's Healthcare NHS Foundation Trust has launched these to provide support 24 hours a day, seven days a week to people of all ages, including children and young people, who need urgent mental health support. More details are below. We'd appreciate it if you could circulate this information through your networks and also post on social media (suggested wording and images for social media posts are on the attachment).

What to do if you need urgent help for your mental health:

If you are in a mental health crisis and you need urgent help, please call the numbers below and NHS staff will support you to get the help you need.

- Warrington/St Helens Mental Health number – 01925 275309
- Wigan Mental Health number – 01942 636395

The crisis lines are available **24 hours a day, seven days a week** and are open to people of all ages, including children and young people.

The crisis lines are now the **first port of call for people experiencing a mental health crisis**. The lines are operated by people in the local areas who will know how best to support you. If you call NHS 111 you may have to wait longer for help and will be redirected to this local service.

Please note, A&E and 999 are **not the best places** to get help for the majority of mental health problems. Call the crisis line, to be directed to the best local service to support you.

You should still call 999 or go to A&E if you have a **life-threatening emergency** and need immediate help for your mental or physical health.

For non-urgent help and **general wellbeing advice**, North West Boroughs Healthcare's website contains information and links to resources to support people with anxiety, low-mood, and worries relating to the current Covid-19 pandemic: www.nwbh.nhs.uk/coronavirus.

More information about the new mental health crisis helpline can be found at: www.nwbh.nhs.uk

Warrington's Happy? OK? Sad? site

The local mental health site www.happyoksad.org.uk also has information about a wide range of local and national mental health support services, as well as links to evidence-based resources to help you look after your mental wellbeing and feel good. The Happy? OK? Sad? Site was developed for people who live or work in Warrington.

Kind to Your Mind

Cheshire and Merseyside's new mental wellbeing campaign [Kind to Your Mind](http://www.kindtoyourmind.org.uk), has its own website, offering free wellbeing resources to help you boost both your mood and your resilience.