



**Cheshire and Wirral
Partnership**
NHS Foundation Trust



NHS111

Call 111 and select the mental health option to access urgent mental health support 24 hours a day, 7 days a week. Available for all ages.



Talking Therapies

Talking Therapies services are for anyone aged 16+, with mild, moderate-to severe symptoms of anxiety or depression. Visit www.nhs.uk/help



Hub of Hope

Hub of Hope

Hub of Hope is the UK's largest and most comprehensive directory of community mental health services, so you can find help when you need it, wherever you are. www.cwp.nhs.uk/getting-help/help-community



Wirral Crisis Cafe - open 10am-10pm, 365 days a year

Compañeros provides a safe space for people struggling with emotional distress who consider themselves to be in a self-defined crisis. The service is located at: 2a Price Street, Hamilton Square, CH41 6JN.

Helping to improve the lives of
everyone in our communities



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**You are not
alone this
Christmas**

**Find the right
support for you**



**Scan the QR code to find
your local service**

SCAN ME



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If your mental health gets worse and you feel you are unable to cope, this is a mental health crisis. It is important to access support quickly. Call 111, select the mental health option and professional call handlers can support you to access the help you need and are here to help 24/7. Available for all ages including children and young people.



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Wirral Crisis Cafe - open 10am-10pm, 365 days a year

Compañeros provides a safe space for people struggling with emotional distress who consider themselves to be in a self-defined crisis. It offers a warm and welcoming environment for people to connect with others who are experiencing similar problems. The service is located at: 2a Price Street, Hamilton Square, CH41 6JN.

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