

FRANK (vapes & drugs support) 0300 123 6600 Text: 82111 24/7

HARMLESS (self harm support) [harmless.org.uk](http://harmless.org.uk)

BEAT EATING DISORDERS 0808 801 0677

Open 365 days a year 9am—midnight during the week, 4pm—midnight on weekends & bank holidays



Use this QR Code  
for information on  
support available  
from GP services in  
Disley & Poynton



BDP Care Partnership



IT'S **OK**  
NOT TO  
BE **OK**

Keep this safe, just in case.

**Talk in confidence to:**

**INSPIRE** – Cheshire East children and young people’s mental health & wellbeing service 01928 589 799 [wellbeingenterprises.org.uk](http://wellbeingenterprises.org.uk)

**CHILDLINE**(advice on lots of issues) Tel: 0800 1111

**SAMARITANS** (advice on lots of issues) Tel: 116 123 –24 hrs  
Mail: [jo@samaritans.org](mailto:jo@samaritans.org)

**HOPELINE UK**(Papyrus). (support with suicidal thoughts)  
0800 068 4141. Text: 07860 039967

Mail: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) 9am–midnight, 365 days a year

**NHS MENTAL HEALTH WEBSITE FOR CHILDREN, TEENAGERS AND YOUNG ADULTS**

[www.nhs.uk/mental-health/children-and-young-adults/](http://www.nhs.uk/mental-health/children-and-young-adults/)

**CHESHIRE MENTAL HEALTH CRISIS LINE 24/7** 0800 145 6485

**SHOUT**–UK’s first free, confidential 24/7 text support service  
Text: 85258

**VISYON** (local mental health support) 01260 290000 [visyon.org.uk](http://visyon.org.uk)

**NO PANIC** Youth helpline for under 18’s 0330 606 1174  
Open 10am–10pm 365 days a year

**JUST DROP-IN** (advice on lots of issues) 01625 665079  
Text: 07718 425405 Mail: [hello@justdropin.co.uk](mailto:hello@justdropin.co.uk)  
15, Brook Street, Macclesfield SK11 7AA.

**KOOTH** (online mental wellbeing support) [kooth.com](http://kooth.com)

**HEALTH FOR TEENS** (lots of useful information) [healthforteens.co.uk](http://healthforteens.co.uk)

**SWITCHBOARD** (sexuality & gender identity) 0300 330 0630  
10am–10pm everyday

**THE PROUD TRUST** (sexuality & gender identity) [theproudtrust.org](http://theproudtrust.org)