

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

HARMLESS (self harm support) 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

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

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

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

Mail: 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/

CHESHIRE MENTAL HEALTH CRISIS LINE 24/7 0800 145 6485

SHOUT—UK's first free, confidential 24/7 text support service
Text: 85258

VISON (local mental health support) 01260 290000 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
15, Brook Street, Macclesfield SK11 7AA.

HEALTH FOR TEENS (lots of useful information) healthforteens.co.uk

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

THE PROUD TRUST (sexuality & gender identity) theproudtrust.org