

## Helpful Websites and Learning Resources

- [www.giveusashout.org](http://www.giveusashout.org)
  - Get Help Text 85258 (24/7 help and support available)
- Samaritans
  - 116 123 (24/7 help and support available 365 days of the year)
- Papyrus
  - Call: 0800 068 4141
  - Text: 07786209697
  - Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- Themix.org.uk
  - Call: 0808 808 4994
  - Text THEMIX to 85258
- CALM (5pm -Midnight 365 days a year)
  - 0800 58 58 58
- Kooth - [www.kooth.com](http://www.kooth.com)
  - Monday - Friday 12pm - 10pm
  - Saturday– Sunday 6pm - 10pm

**For out of hours crisis support across Cheshire and surrounding areas you can call the following numbers:**

- **CWP**

Please call 0300 303 3972 and a dedicated local NHS staff member will support you to access the help you need. The helpline is open 24 hours a day.

- West Cheshire: 01244 397537
  - East Cheshire: 01625 505666
- My Mind - [www.mymind.org](http://www.mymind.org)
- Mind-[www.mind.org.uk](http://www.mind.org.uk)
- Young Minds - [www.youngminds.org.uk](http://www.youngminds.org.uk)