



Mental health support at Christmas

We know that Christmas can be a stressful time for people. If your mental or emotional state quickly deteriorates, this can be called a 'mental health crisis'. In this situation, it may be important to get help quickly.

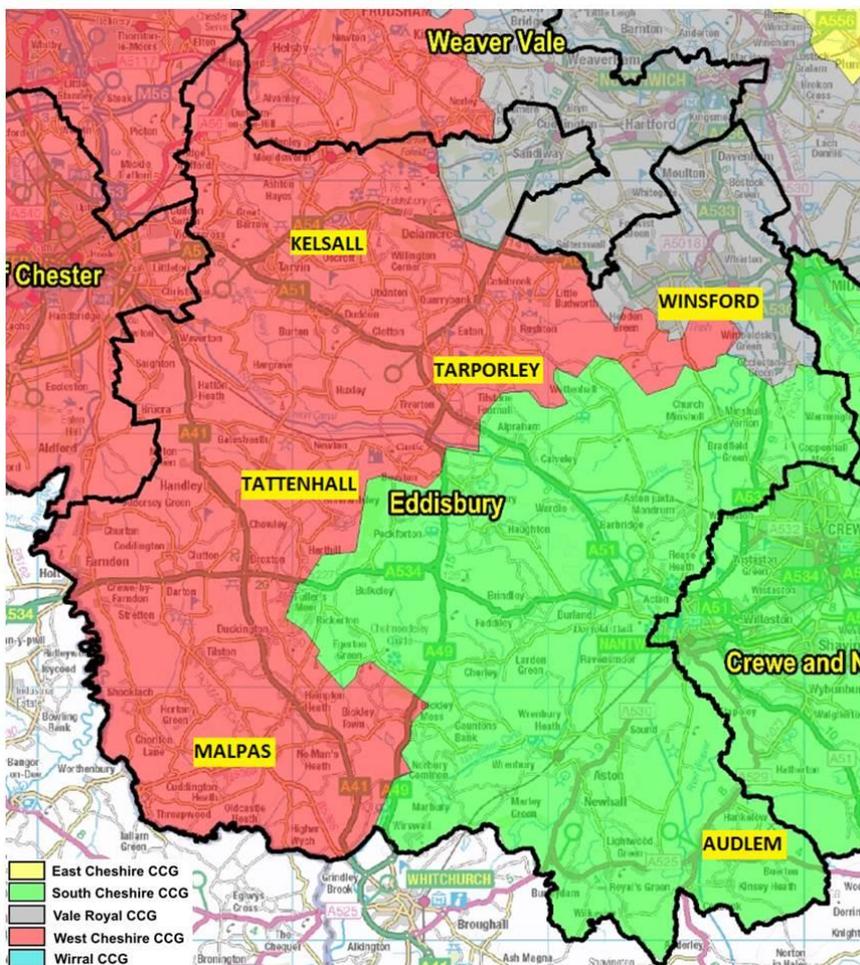
If you feel that your needs constitute an emergency, and you are unable to access help elsewhere, please go to your nearest Accident and Emergency (A&E) department. A mental health practitioner will be able to assess you and give you appropriate help.

If you are concerned about an immediate risk to your physical health, or you are at significant risk due to an overdose or injury, it may be necessary to call 999 for an ambulance.

Alternatively, there are other places you can go to for advice:

- The Samaritans – 0845 790 9090
- Domestic Violence Helpline – 0808 200 0247
- SANE - 0300 304 7000
- CALM (Campaign Against Living Miserably: Males only) – 0800 585 858
- PAPYRUS (Prevention of Young Suicide) – 0800 0684141

As the festive period is a busy time for health services, please find below the appropriate contact details and advice, depending on where you live.



For people who are registered with a GP Practice in the **red** shaded areas, please follow the advice in the red box below.

For people who are registered with a GP in the **green** or **grey** shaded areas, please follow the advice in the green box below.

For people who are registered with a GP Practice in the red shaded area

Our primary care team will not be in on Christmas Day, Boxing Day or New Year's Day. On these days, both current service users and those who are not currently accessing our services, should go to their nearest Accident and Emergency (A&E) department. Alternatively, you can also contact the NHS 111 service. Further info [here](#).

For all days except bank holidays, the advice is as follows:

For current CWP service users:

Your community mental health team can help during the day **9am – 5pm, Monday to Friday**. Ask for your care co-ordinator or the person on duty, as indicated in your care plan. Out of Hours mental health support can be found by calling: **01244 397537**.

If you are unable to get help at the above, you can also contact your GP Out of Hours on: **NHS 111** between 6.30pm – 8am Mon – Fri and 24/7 Saturday, Sunday and bank holidays.

For non CWP service users:

Those who currently do not access our services should contact their GP.

If their query is outside of normal working hours, they should contact the GP Out of Hours on: **NHS 111** between 6.30pm – 8am Mon – Fri and 24/7 Saturday, Sunday and bank holidays.

For people who are registered with a GP Practice in the green or grey shaded areas

On Christmas day, Boxing Day and New Year's Day, you should contact the East Cheshire GP Out-of-Hours service on: **01270 273666**. If you are unable to access help here, go to your nearest Accident and Emergency department (A&E) or call the NHS 111 service.

For all days except bank holidays, the advice is as follows:

For current CWP service users:

Your community mental health team can help during the day **9am – 5pm, Monday to Friday**. Ask for your care co-ordinator or the person on duty, as indicated in your care plan. Out of Hours mental health support can be found by calling: **01625 505666** (Lime Walk House). If you cannot access help at the above number, then contact your GP Out-of-Hours service on **01270 273666**.

For non CWP service users:

Contact your GP. If it is outside of normal working hours contact the East Cheshire out of hours service on: **01270 273666** 6.30pm – 8am Mon – Fri and 24/7 Saturday, Sunday and bank holidays. You can also call the NHS 111 service.

Alternatively, for residents of Vale Royal or South Cheshire, you can try the following numbers for our self-referral line:

- Vale Royal: **01606 555211**
- South Cheshire: **01606 555263**.

Further information on IAPT services in Vale Royal and South Cheshire can be found [here](#).