



New Mental Health Crisis Line



New 24/7 mental health crisis line for people of all ages in Halton, Knowsley, St Helens and Warrington:
01925 275 309



Happy? OK? Sad?

www.happyoksad.org.uk has information about local & national mental health services that can offer information, advice, support or treatment

If someone you know needs help, www.happyoksad.org.uk has a directory of local and national mental health support services.



www.happyoksad.org.uk has tips for simple things you can do to feel good, as well as links to self-help resources and details of support services.

To find out about mental health support services in Warrington, or to learn how to boost your mental wellbeing visit www.happyoksad.org.uk

For information about mental wellbeing and mental health support in Warrington visit www.happyoksad.org.uk

For information about mental health support services in Warrington and what to do if you can't cope visit www.happyoksad.org.uk

Details of free mental health and suicide prevention e-learning can now be found on www.happyoksad.org.uk

www.happyoksad.org.uk now has a page with information and resources on mental wellbeing and COVID-19. This includes a section for children and young people.

Having to stay at home more than usual can be challenging and stressful. Visit www.happyoksad.org.uk for information about how you can look after your mental wellbeing during the COVID-19 outbreak.

Kind to Your Mind

We all have times when we feel stressed, low or anxious, or having trouble sleeping. For practical tips and expert advice to improve your mental health, visit www.kindtoyourmind.org
#BeKindtoYourMind #EveryMindMatters



Remember to take a break and have some time just to relax and unwind. Visit www.kindtoyourmind.org where you will find podcasts with leading experts offering advice on how to look after your mental and physical wellbeing #BeKindtoYourMind