Support and further information

Mental Health Helpline for Cheshire East, Cheshire West and Wirral

Open 24 hours a day, seven-days a week, available to people of all ages including adults, children and young people who need mental health support.

- **Helpline number: 0800 145 6485**

Useful links

Live Well provides opportunities and ideas for activities that support the five ways to wellbeing including virtual groups, volunteering and places to exercise outdoors safely while also being a hub for information on more specialist services for those that need them.

To find out more visit: **livewell.cheshirewestandchester.gov.uk**

Share acts of kindness, say 'thank you' to someone who has helped you or share ideas on craft activities via the **Inspire Cheshire West** platform. Take a look at **www.cheshirewestandchester.gov.uk/inspire-cheshire-west** and see how other people are focusing on positive actions.

You can find more helplines across Cheshire and Merseyside, visit:

- **kindtoyourmind.org/support-near-me**
- **mind.org.uk/information-support**
- **nhs.uk/oneyou/every-mind-matters**

Dedicated COVID-19 helpline

There is a dedicated helpline to support those vulnerable groups in west Cheshire, who are at higher risk from serious complications as a result of coronavirus (COVID-19) infection.

- **Helpline number: 0300 123 7031**

Open Monday to Friday: 8am until 7pm and Saturday: 9am until 12.30pm.

Cheshire West & Chester Council

Our wellbeing matters

Visit: cheshirewestandchester.gov.uk

Cheshire West and Chester

Five ways to wellbeing

It's vitally important that everyone takes time to focus on the positive steps that can create good mental health and wellbeing.

The five ways to wellbeing are take notice, connect, be active, keep learning and give. Applying these can help you improve your mental health and wellbeing and maintain a positive approach to each day.

Take notice

- **Mindfulness:** Pay attention to the present moment, the world around you and your own thoughts and feelings. Become more aware of yourself and notice signs of stress and anxiety early, so you can take action - writing down any concerns, difficult tasks or worries can help to clear your mind.
- **Get outdoors and enjoy nature:** A gentle walk outside or sitting out in your garden, getting some fresh air and sunlight, can be a great way to relieve stress and clear your mind. You can also open the windows to let in as much natural light and fresh air as you can. Have flowers or potted plants around your home and arrange a comfortable space to relax and unwind in.

Connect

- **Keep in touch with loved ones:** Stay connected with friends and family by video call/ phone call, or write a letter, to check how everyone is feeling and share how you are feeling too. Put up pictures of the people you care about around your home.
- **Listen to a chatty radio or podcast:** If your home feels too quiet, it can be helpful to listen to others having conversations on topics you're interested in.

Be active

- **Movement breaks:** Take regular breaks from sitting around to get up and moving throughout the day. You may find gentle stretching, exercise, yoga, Tai-Chi, Pilates, meditation or walking can help to calm your mind and support practice developing awareness of your breathing.
- **Create a regular routine or moments to be active every day:** Dance around the kitchen to a few of your favourite songs to get your heart beating faster or add in exercises or stretches whilst making a drink.

Keep learning

- **Keep your mind active:** Read, write, play games, do crossword puzzles, Sudokus, jigsaws, drawing or painting.
- **Get creative:** Creative activities can be a great way to unwind. You could learn a new hobby or craft that you have always wanted to try.
- **Reading and activities:** Access ebooks and audio books through our libraries service (just six minutes of reading a day has been shown to help reduce stress). Sign up to a short course or try out a new hobby to activate the brain. West Cheshire Libraries and Museums have lots of interactive activities for people of all ages to get involved in, visit: cheshirewestandchester.gov.uk/libraries and westcheshiremuseums.co.uk.

Give

- **Be kind to others and kind to yourself:** Give yourself time to look after you, because when you feel good you can share those positive feelings with others. Whether you prefer to listen to your favourite music or podcast, go for a brisk walk in the outdoors, or enjoy a hot bath – restore yourself so you feel able to give kindness to others.

- **Give encouragement:** Your words could be enough to brighten someone's day and inspire them to keep going and take pride in what they are doing (personally or at work).