

How common are common mental health problems?

Common mental health problems include:

- Depression
- Anxiety
- Panic disorder
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress disorder

1 in 4 people in the UK will experience a mental health problem at some point in their life.

1 in 6 people in England experienced a common mental health disorder in the last week.

1.4 MILLION people were referred to talking therapies, like the The Wellbeing Hub, in 2015/16.

3% The number of people with a common mental health disorder has risen by more than **3%** since 1993.

FROM **58%** TO **65%** The number of people acknowledging that they know someone close to them who has had a mental illness increased from **58%** in 2009 to **65%** in 2014.

1 in 4 Your mental health can affect your physical health. **One in four** people with a common mental health disorder also suffers from high blood pressure, asthma, cancer or epilepsy.

NHS

Cheshire and
Wirral Partnership
NHS Foundation Trust

One in seven local people experience common mental health issues.

HOW ARE YOU TODAY?

The Wellbeing Hub | With you in mind



Managing your emotional health and wellbeing

We all experience a range of emotions on a daily basis. This can sometimes leave us feeling anything from sad to anxious.

Whether you're on edge or feeling low, The Wellbeing Hub may be able to help.

Please use the information in this leaflet to contact your local hub for free, easy access mental health support and talking therapies from friendly NHS professionals.

The Wellbeing Hub is available for anyone over the age of 16 in South Cheshire and Vale Royal who would like support with managing their emotional health and wellbeing.

Support and advice

The Wellbeing Hub helps to identify any mental health issues at the earliest possible opportunity so that you can access the most appropriate support.

The team includes experienced mental health nurses, psychological therapists and psychiatrists, who provide treatment and support following assessment and can refer people to other services if necessary.

A call to the team can result in:

- **Assessment** - helping you to understand how you are feeling.
- **Signposting** - so that you know about other services, information resources and support groups.
- **Talking Therapies** - psychological therapies to help you to manage your emotions and feelings.
- **Treatment** - We will meet with you at a number of sessions to review your progress over time.

Talk to the team:

The Wellbeing Hub has teams at the following locations in South Cheshire and Vale Royal.

Tel. 0300 303 0639

Delamere Resource Centre
45 Delamere Street
Crewe, CW1 2ER

Vale House Resource Centre
High Street
Winsford, CW7 2AS

The Wellbeing Hub
operates **8am—8pm Monday—Friday**.

Please note, this is not a crisis service. For help in a crisis please contact your local GP or access the mental health Out of Hours service at your local Emergency Department.

For more information search "Wellbeing Hub" at **cwp.nhs.uk**