



INSPIRE!

Children and young peoples' mental health and wellbeing service



Do you need help to
improve your mental wellbeing?

Talk → Connect → Move Forward

How the Inspire service works



Talk

Talk with a wellbeing team member about how you're feeling



Connect

Together, we will make a plan and connect you to practical, social and emotional support



Move forward

Receive ongoing assistance from the wellbeing team and access to self help support



Wellbeing
enterprises



Scan here to
access the service

Get in touch!

If you live in East Cheshire
and are aged 10-18 years old

Call: 01928 589 799

Visit us online:
wellbeingenterprises.org.uk