



# 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](https://wellbeingenterprises.org.uk)