

8 April 2020

Cheshire East Leader appoints mental health champions

The leader of Cheshire East Council has appointed two councillors as adult mental health champions, to provide advice and support to residents during the Covid-19 crisis.

Sam Corcoran, the leader of Cheshire East Council, said: “Amid the Covid-19 pandemic, adult mental health is a key area to monitor during this period of social isolation. Following government guidance is essential for our public health; however mental wellbeing also needs to be addressed.

“The council has recognised the need to appoint mental health champions, to help combat the distress and anxiety many people are feeling during this uncertain time. The council’s online platform, [Live Well Cheshire East](#) also provides a wide range of advice and information for people seeking support.”

The role of a mental health champion is to support residents to access mental wellbeing benefits, to remove the stigma and get people talking about mental health.

Mental health champions will be provided with details of where to signpost people for professional support with their mental health.

Councillor Sally Handley, said: “I am honoured to be appointed as one of the mental health champions for Cheshire East. No one should feel there is still a stigma surrounding this issue, I am personally very aware of how important it is to be able talk about our mental health without fear of prejudice.

“I am looking forward to working with councillors, committees and officers to ensure all residents of Cheshire East are supported.”

Councillor Jonathan Parry, said: “It is a pleasure to be appointed as a joint mental health champion for Cheshire East Council, alongside Councillor Sally Handley. Mental health does not get enough support nationwide and people feel vulnerable and isolated - imagine how they are feeling during this extremely tough time.

“I am looking forward to working alongside Sally and the council to ensure that people know where they can get support and ensure that this council can support mental health as much as it can.”

Cheshire and Wirral Partnerships NHS Foundation Trust have set up [Help in a crisis](#). If your mental or emotional state quickly gets worse or deteriorates, please call **0300 303 3972** and dedicated local staff will support you to access the help you need.

The phone line is the **first port of call** for mental health help open 24 hours a day, seven days a week and is open to people of all ages – including children and young people.

Please note, A&E and 999 are not the best places to get help for the majority of mental health problems.

Visit <https://www.gov.uk/coronavirus> to access government guidance on coronavirus (Covid-19) and what you need to do.