

# Amazing places you can access support

Anchor People is a training company and cannot offer mental health support or advice, if you need in the moment support for yourself or someone else please access one of these brilliant organisations where someone wants to listen

If you are in crisis and need immediate help call the emergency services on 999. To get medical advice quickly call the NHS on 111, or use their online services



Hub of Hope



Mind

SAMARITANS

Samaritans - 116 123

shout  
85258  
here for you 24/7

Shout - Text 'SHOUT' 85258

PAPYRUS

HOPELine247 - 0800 068 41 41

Hospitality  
Action

Hospitality Action 0808 802 0282

YOUNG MINDS

Young  
Minds



THE BURNT CH  
PROJECT

Burnt Chef

Click the links to go to their websites