

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 then press 2, or use their online services



[Hub of Hope](#)



[Samaritans](#) - 116 123



[Shout](#) - Text 'SHOUT' 85258



[HOPELine247](#) - 0800 068 41 41



[Hospitality Action](#) 0808 802 0282



[Young
Minds](#)

Click the links to go to their websites