

# 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



Mind

**SAMARITANS**

Samaritans - 116 123



Shout - Text 'SHOUT' 85258



HOPELine247 - 0800 068 41 41

**Hospitality  
Action**

Hospitality Action 0808 802 0282

**YOUNG**MINDS

Young  
Minds

Click the links to go to  
their websites