

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

85258

here for you 24/7

Shout - Text 'SHOUT' 85258

YOUNGmINDS

Young Minds

**Hospitality
Action**

Hospitality Action 0808 802 0282

You can find more
information safely on their
websites

www.anchorpeople.co.uk