

In an emergency



Or go to your nearest Accident and Emergency (A&E) Department if you or someone with you:

- is seriously hurt,
- has harmed themselves or taken an overdose or
- is at risk of causing harm to themselves or others.

Crisis mental health support



NHS

Call 111 and select option 2
(service available across England, Wales, and Scotland, open 24 hours)



Lifeline | Lifeline helpline

Call 0808 808 8000
(service available across Northern Ireland, open 24 hours)

www.chasingthestigma.co.uk
info@chasingthestigma.co.uk

Charity reg no. 1170757 (England & Wales)
Burlington House, Crosby Road North, Liverpool, L22 0PJ

You are not alone...

Lots of people use the Hub of Hope to find the support they need.

You can use the Hub of Hope whenever and wherever you need help

Explore the options, and reach out when you're ready.



www.hubofhope.co.uk

If you or someone you know is in immediate danger, call 999 or contact crisis support services right away.

This leaflet was given to you by your community healthcare team

THIS IS A SIGN

To look after your mental health

www.hubofhope.co.uk

Getting help with your mental health

This is a guide to help you find more support for your mental health and tells you what to do in a mental health crisis

HUB  OF HOPE
BY CHASING THE STIGMA

NHS
Cheshire and Wirral Partnership
NHS Foundation Trust

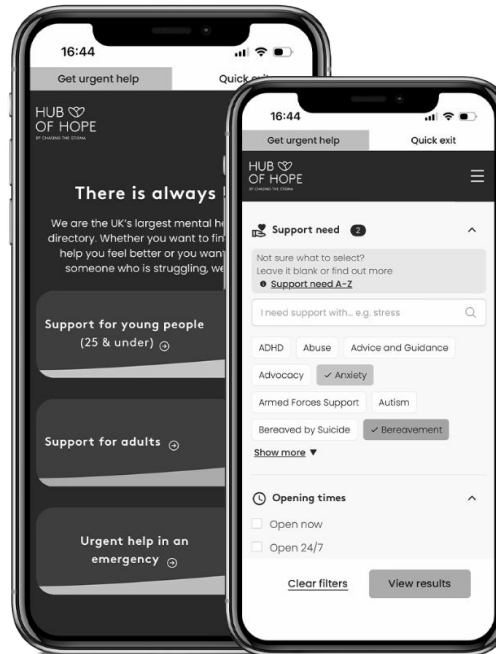
Why the Hub of Hope is helpful

- ✓ You can find support near you or online.
- ✓ You don't need to know exactly what you're looking for
- ✓ You choose what works for you
- ✓ The Hub of Hope is free, private and always available.
- ✓ You can use this for yourself or give it to someone you care about
- ✓ It doesn't store any information about you. It's private, safe and easy to use, whenever you need it.

What is the Hub of Hope?

The Hub of Hope is a free website and app where you can find mental health support. You can use it on your phone, tablet, or computer

Search 'Hub of Hope' on your devices browser, App Store or Google Play Store



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What next?

1. Search for the Hub of Hope on your browser or your app store.

www.hubofhope.co.uk



2. Click 'Get Support' or click 'support for adults' or 'support for young people'.
3. Enter your location with your postcode
4. Select the topics that you want help with
5. On the results page you can read more about a service and their contact details
6. Need urgent help? Click 'Get urgent help' to see helplines. Use 'Quick Exit' to leave the site fast..

