

Mental health:

Help is just a click away



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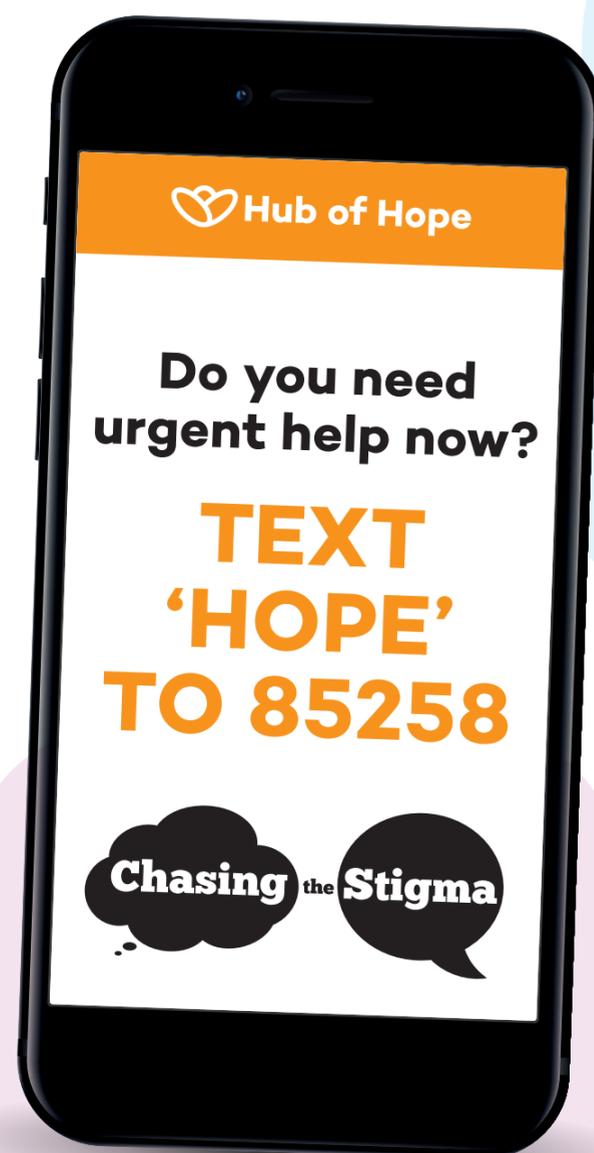
24 hour crisis support

If you are experiencing a mental health crisis and need urgent help, you can text Chasing the Stigma Crisis Messenger for **free, 24/7 support**.

For more information visit www.chasingthestigma.co.uk or download the **Hub of Hope app**



This service is powered by our trusted partners, **shout** and **CRISIS TEXT LINE** |



The **Hub of Hope** is a product of **Chasing the Stigma** registered charity number 1170757