



# You are not alone.

The Hub of Hope is the UK's biggest mental health support directory.

[hubofhope.co.uk](https://hubofhope.co.uk)

Provided by Chasing the Stigma

If you or someone you care about is struggling with mental health, we want to be there for you. Start with our free Hub of Hope app to find the right support near you, when you need it.

Hub of Hope is more than just another mental health app, it's a gateway to recovery and support.

It's a FREE directory of mental health support and services across the UK that you can access online or download from the App Store or Play Store.

## How do I know which support to choose?

There are plenty of options and if you try something and feel it's not for you, you can try something else. Everybody is different and finding support is just as unique.

There is always help and there is ALWAYS hope. You are not alone, and we are here to direct you towards support.

## You got this!



You can access urgent support 24/7 by talking to organisations such as Samaritans or Shout. And you can always search for local crisis support in your area too.

## How do I search for the right support for me?

You can search based on what you're experiencing, and also by what type of support you prefer, such as NHS or peer support. We want you to find what will work for you.

If you have any questions about the Hub of Hope, please visit:

 [hubofhope.co.uk/faq](https://hubofhope.co.uk/faq)



Please note that service listings on the platform are for information purposes only and not in any way endorsements or recommendations of the specific service.

CHASING   
THE STIGMA

Charity Number: 1170757



@ChasingStigma

Scan the QR code  
to access thousands  
of mental health  
support services on  
the Hub of Hope.



[hubofhope.co.uk](https://hubofhope.co.uk)