



## **Barnsley** **Support Hub**

**Are you feeling distressed, anxious,  
or that things are too much for you?**

**Open Thursday-Monday, 6pm-11pm**

The Barnsley Support Hub offers free mental health support to anyone aged over 18, in a safe, comfortable and supportive environment.

There's no need to be referred and no need for an appointment.



Our experienced staff team is available to provide emotional, social and practical support if you are in crisis or feel you are heading toward a crisis situation.

We offer support in person, over the phone or via video call.

You can come just for a chat, or to access one-to-one support from trained professionals. We also offer help in creating staying well and crisis plans, and support visitors to access other organisations that may be useful to them.

If you need mental health support outside of our opening hours, please call our 24/7 helpline on: 0800 085 1720.

**Contact us or drop in:** (Thursday-Monday, 6pm-11pm)

07855 971634

barnsleysupporthub.mhm@nhs.net

10A Eldon Street,  
Barnsley, S71 1LQ



[www.mhm.org.uk/barnsley-support-hub](http://www.mhm.org.uk/barnsley-support-hub)