



# Sheffield Support Hub

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

**Open Monday-Friday, 6pm-midnight  
and Saturday-Sunday, 2pm-midnight**

Sheffield Support Hub offers free mental health support to anyone aged over 16, in a safe 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 and group sessions with our staff team.

We also offer help in creating staying well and crisis plans, and support visitors to access other organisations that may be useful to them.

## Contact us or drop in:

07890 987 384

sheffieldsupporthub.mhm@nhs.net

44 Bank Street,  
Sheffield, S1 2DS



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