

# Hub of Hope

**Jake Mills CEO, Chasing the Stigma**

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CHASING   
THE STIGMA

Charity Number: 1170757



@ChasingStigma

chasingthestigma.co.uk

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# Chasing the Stigma

Chasing the Stigma is a mental health charity with big ambitions;

- to reduce suicide;
- to eradicate stigma and;
- to enable everyone in the country to be able to access clear pathways to mental health care.

With lived experience at our very core, we aim to humanise and normalise mental health.

We speak as people, rather than experts.

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# (Part of) The Problem

According to the latest figures, almost  $\frac{3}{4}$  of those who died by suicide were not known to mental health services or had not been seen in more than a year previous to their death.

# (Part of) The Solution

We require a fundamental shift in education around mental wellbeing, as well as creating **clear-cut, consistent and accessible pathways to care.**

# Hub of Hope

- The UK's **go-to** mental health signposting tool.
- Use your location or enter a city, town or postcode to locate local support.
- Over 11,000 services are listed within the platform
- Cross-Sector support; NHS, Private, VCSE
- Giving people choice.
- One place for everyone; the Hub of Hope is a gateway to recovery

# Consistency Is Vital

In order to achieve clear and obvious pathways to care, we need consistent messaging with a joined-up approach to signposting.

- Collaboration is key - don't work in silos.
- Don't reinvent the wheel! Together, we can work on creating one clear pathway for all.
- Crucially, we need to ensure that any directory of services is publicly available. It shouldn't require a phone call to be able to view information of help that is available.



**Central and North West London**  
NHS Foundation Trust



**Hub of Hope**

Provided by  
**CHASING THE STIGMA**

**Official Signposting Partner**





**START  
HERE**  
Hub of Hope

CHASING  
THE STIGMA

**MAKE A  
CHANGE**  
Hub of Hope

**CHOOSE  
HOPE**  
Hub of Hope  
There's always somebody to talk to.  
The Hub of Hope is the only gateway to mental health support with a University of Essex resource available in a chat. [Discover now](#)

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If you need help & support with your mental health download the app

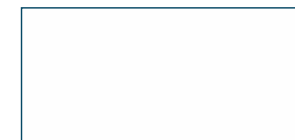
#ThereIsAlwaysHope



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

Provided by  
CHASING THE STIGMA

in partnership with









## Advice about NHS strikes

[Find out what to do during the NHS industrial action from NHS England](#)

[Home](#) > [NHS services](#)

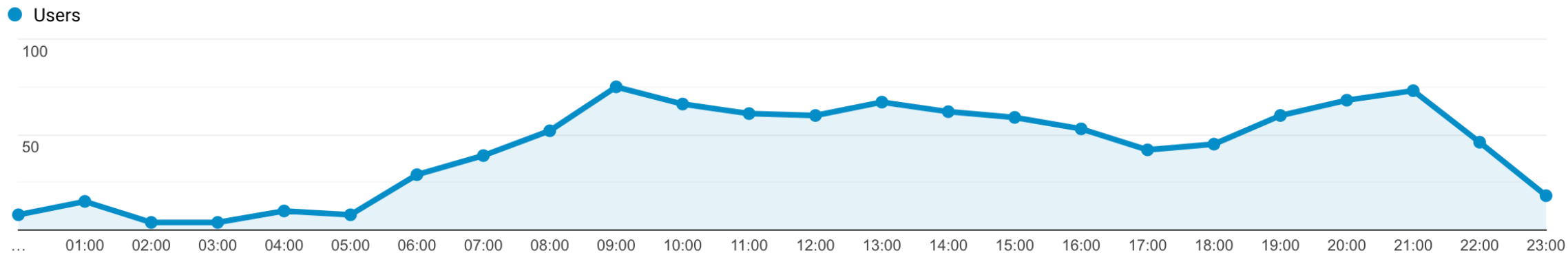
# Mental health services

Find out how to access NHS mental health services and where to get urgent help.

## Find local mental health charities

You can visit Hub of Hope to search for mental health charities where you live. It's run by a national charity called Chasing the Stigma.





Right now

5

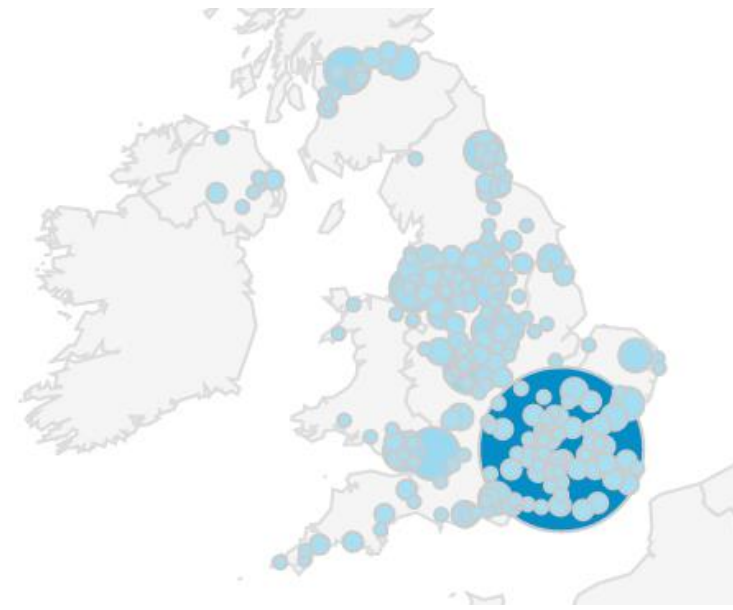
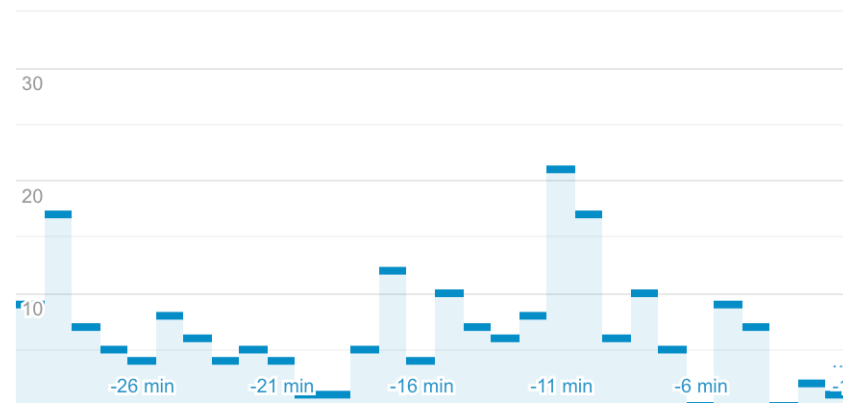
active users on site

■ MOBILE ■ DESKTOP



### Page Views

Per minute



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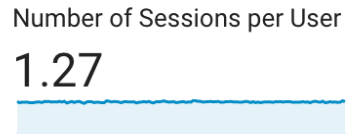
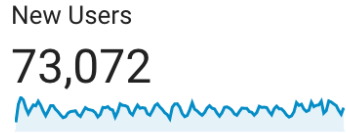
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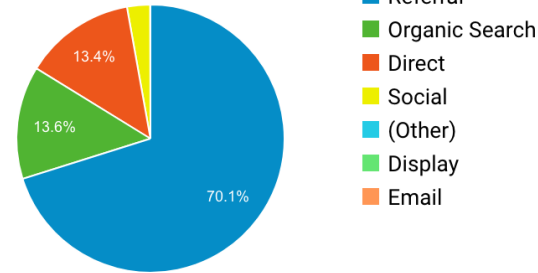
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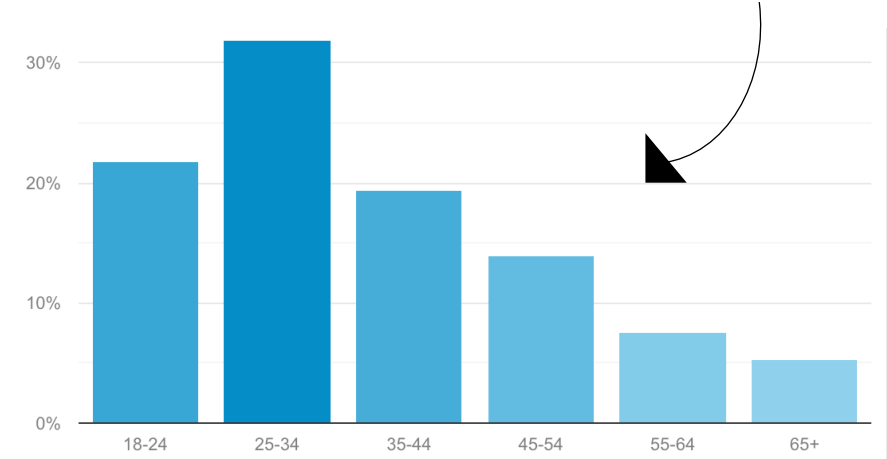


### How people are accessing the Hub of Hope

Top Channels



### Age and Gender Breakdown

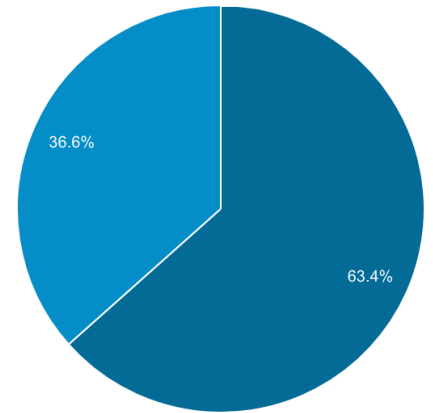


1. London	<b>16,484</b> (21.35%)
2. (not set)	<b>7,488</b> (9.70%)
3. Birmingham	<b>2,404</b> (3.11%)
4. Manchester	<b>2,115</b> (2.74%)
5. Glasgow	<b>1,736</b> (2.25%)
6. Bristol	<b>1,537</b> (1.99%)

Geographical breakdown

- Most popular referral points
1. [nhs.uk](https://www.nhs.uk)
  2. [rethink.org](https://www.rethink.org)
  3. [relias.co.uk](https://www.relias.co.uk)
  4. [mind.org.uk](https://www.mind.org.uk)
  5. [chasingthestigma.co.uk](https://www.chasingthestigma.co.uk)
  6. [gov.uk](https://www.gov.uk)

female male





# Consistency Is Vital

# Collaboration Is Crucial

# People At The Core

# Work With Us!

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