The Neuk

ANCHOR HOUSE SUPPORT SERVICES PERTH

Mental Health Crisis Hub.
Located in Perth City Centre.

24/7

01738 718070
18 St Pauls Square, Perth, PH15QW
theneuk@anchorhouseperth.org

Our aim is to provide a safe and welcoming environment for those who are in crisis. This may be due to situational stress causing mental ill health. Such as relationship breakdowns, loss of job or bereavement.

If you need a safe space, if you need to get things off your chest, or you just need someone to listen, we can do that. We are here, we listen and we care.

If you are struggling you can reach out by calling us on 01738 718070 or send us a message on Facebook by scanning our QR code.

The Neuk works alongside the following partners who are co-located.

The Lighthouse supports people aged 12+ dealing with suicidal thoughts, self harm and emotional distress.
0800 121 4820 - www.lighthouseforperth.org

Andys Man Club are a peer support group for men dealing with mental health issues. - info@andysmanclub.co.uk

Womens Wellbeing Club are a peer support group for women dealing with mental health issues.
www.womenswellbeingclub.co.uk