



Help & Support

If you have any questions about Holding Space, our services, or how we may be able to support you, please don't hesitate to get in touch.

For all enquiries, including questions relating to privacy, data protection or personal information, please contact us using one of the methods below:

 **Email:** edholdingspace@gmail.com

 **Website:** Use the Contact Us form on our website.

We aim to respond to enquiries as soon as possible.

Crisis Support

Holding Space is a lived experience peer support service. We are not a crisis service, emergency service, or provider of medical or mental health treatment.

If you are in immediate danger or require urgent support, please contact:

- **999** in an emergency
- **NHS 111** (Option 2 for mental health support where available)
- Your GP
- Your local mental health crisis team
- Attend your nearest A&E department

Holding Space should never be your only source of support during a crisis.