

## Mental Health Matters expand free mental health crisis service for adults in Barnsley

Monday 5 December, 2022

**5 December 2022, Barnsley** – Mental Health Matters have expanded the support available for individuals struggling with their mental health.

The Barnsley Support Hub provides free, out-of-hours mental health support to anyone aged 18 and over, in a safe, comfortable, and non-judgemental environment.

The service, located on Eldon Street, opened with limited hours back in August and has recently expanded to offer support from 6 pm until 11 pm, Thursday to Monday.

Staffed by a team of highly skilled Recovery Workers, the Hub offers one-to-one emotional support as well as a space for people to access advice, guidance, and information to help their mental health. There is no need for a referral and individuals can access support face-to-face, over the phone or via video call.

Jane Hughes, CEO of Mental Health Matters, said: "We are incredibly proud to expand our service in Barnsley.

Our Support Hub offers a safe space for anyone feeling distressed, anxious, or overwhelmed, at a time when other support services may be closed. We encourage anyone who is struggling to pop in and talk to us, there is no need for an appointment."

A recent visitor to the service added: "I would recommend the Hub to anybody who needs support or a listening ear. They listen to me when I had given up trying to talk to people."

The service was commissioned by NHS Barnsley CCG, which now forms part of the NHS South Yorkshire Integrated Care Board, supported by Barnsley's Mental Health Partnership.

Adrian England, Independent Chair of the Mental Health Partnership Board, said: "The new out-of-hours mental health crisis service is a much needed and welcome addition to mental health services in the town."

"Mental health service users told us that crisis care should be one of our main areas of focus, so we're delighted to see more services available to support people experiencing a mental health crisis."

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