



# Anchoring Minds

Supporting Royal Navy and Royal Marines serving personnel and their families

Run by Solent Mind, in partnership with the Royal Navy and Royal Marines Charity, we help families navigate the unique challenges of military life.

We offer:

- A friendly chat with someone who understands what you are going through.
- Free resources to help you manage your mental health and wellbeing.
- Signposting to local services and groups, depending on what's available in your area.

Call **0300 303 1725** to speak to one of our Mental Health Navigators or visit our website at **[solentmind.org.uk/anchoringminds](https://solentmind.org.uk/anchoringminds)**