



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 or email anchoringminds@solentmind.org.uk to speak to a member of the team. For resources, support and more, visit our website at solentmind.org.uk/anchoringminds