

# Awakening The Mind Lightening The Heart

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we re mind the mental health charity we re here to make sure no one has to face a mental health problem alone

for mental health support call us on 0300 123 3393 for everything else email us on [support@relations.mind.org.uk](mailto:support@relations.mind.org.uk) or call 0208 215 2243

if you are looking for information on mental health search our a z topics are listed alphabetically and cover both adults and children s mental health

mind s 4 helplines provide a voice at the end of the phone when there s nowhere else to turn each line meets a different mental health or wellbeing need from information and service

a selection of our most popular mental health information in welsh mind offers two confidential mental health information services the mind infoline and the legal line side by side is a

we are made up of three parts that work together national mind local minds and mind shops together we are a strong and caring community standing up for better mental health for

find out where to get mental health support at night and at weekends when mind s helplines are closed there are lots of people you can talk to at any time

you can contact your nearest local mind to see if they deliver supported self help or active monitoring as it s also known in your area they might also offer other services that could help

the big mental health report from mind is for anyone looking for trusted information on how mental health problems affect people in england and wales

find out how you can support someone you care about with a mental health problem our information also covers support for your own wellbeing

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