

# Heart And Mind Mastering The Art Of Decision Making

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mental health problem alone

for mental health support call us on 0300 123 3393 for everything else email us on  
supporterrelations mind org uk or call 0208 215 2243

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 supportive online

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

discover how we make a difference and how you can help us in the fight whether it s raising money for charity or volunteering join us find out about mind

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 finding to

local minds support local people by providing talking therapies crisis helplines drop in centres employment schemes and befriending find local mind services where you live

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

mind support line call mind s support line on 0300 102 1234 this is a safe space for you to talk about your mental health our advisors are trained to listen to you and help you find specialist support if

find out about the types of support available for different mental health problems read about advocacy crisis services talking therapies and more

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