

# The Mind Its Projections And Multiple Facets

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minds where you live info and support mindcontact us mindwhat we do to support you and  
make a difference mindmental health support at night and weekends mindabout mind  
championing better mental health mindfree mental health support mind [www.bing.com](http://www.bing.com)  
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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

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 finding to

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

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

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

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

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

about mind we re mind we won t give up until everyone experiencing a mental health problem gets support and respect find out more about who we are what we do and how we re making a

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 you

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