

The Mind Its Projections And Multiple Facets

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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