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We're Mind, the mental health charity | Mind

We're Mind, the mental health charity. We're here to make sure no one has to face a mental health problem alone.

A to Z of mental health | Information and support | Mind

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.

Information and support - Mind

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 community where you can feel at home talking about your mental health and connect with others who understand what you are going through.

Contact us | Mind

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.

Find local Minds where you live | Info and support | Mind

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.

Call for support and information | Helplines | 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 understanding mental health law.

Mental health support at night and weekends | 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 | Championing better mental health | Mind

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 difference across England and Wales.

Free mental health support - Mind

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. Alternatively: If you need urgent help, click the 'get help now' button in the top of your screen.

Mental health helplines - Mind

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 you need it. We're open 9am to 6pm, Monday to Friday (except bank holidays). Under 18? We have info on finding mental health support.