

Bristol MindLine

Are you feeling...



Anxious?
Depressed?
Lonely?
Angry?
Distressed?
Suicidal?
Hurt?

Or are you worried about someone else?

We are here to listen
and not judge

Call our helpline on freephone

0808 808 0330

Wednesday to Sunday
8pm to midnight

Free and Confidential

www.bristolmind.org.uk