

“

I'm feeling

”

**anxious** a lot

# Talk to **Guide-Line**

Confidential emotional support

8am until midnight every day

phone or live chat

To speak to us call **08001 884 884**

To chat visit **[mindinbradford.org.uk/chat](https://mindinbradford.org.uk/chat)**



Charity No. 1142357

 **mind**  
in Bradford