



A LOT ON YOUR MIND?



**If you need to talk, we're here to listen.
Call or chat to us online, every day.**

Guide-Line is a free mental health helpline
providing confidential, emotional support

 **08001 884 884**

 **mindinbradford.org.uk/chat**

 **8am until midnight, 365 days a year**



**Scan to talk online or text CHAT to 82228
to save these details for when you need it.**

Guide-Line is not a crisis helpline. If you are experiencing
mental health distress call First Response on **0800 952 1181**.

NEED **TO TALK?**

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FEELING DOWN?



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