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We're Mind the mental health charity. We're here to make sure no one has to face a mental health problem alone. A selection of our most popular mental health information in Welsh. Mind offers two confidential mental health information services: the MindInfoLine 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. For mental health support, call us on 0300 123 3393.

For everything else, email us on [support@relations.mind.uk](mailto:support@relations.mind.uk) or call 0208 215 2243. 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 understanding mental health law. 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. It could be a friend, partner or family member. Or you could call a helpline or listening service such as Mind's Infoline or Samaritans. Sometimes acknowledging your feelings by saying them out loud can help.

You don't have to share any personal details about the person you're supporting. Desperate as if you have no other choice. Like you can't think of anything else and suicide is always on your mind. Powerless like you can't do anything to stop it. Self-hatred, feeling worthless and low self-esteem. Like everyone would be better off without you. Cut off from your body or physically numb. Suicidal thoughts and suicide prevention. Anyone can have suicidal thoughts.

How long these thoughts last is different for everyone. It can be really hard. Whether you're feeling low yourself or worried about someone else, we're here to support you.

And to help you get through this. If you become unwell, you may feel that it's a sign of weakness or that you are losing your mind. These fears are often reinforced by the negative and often unrealistic way that people experiencing mental health problems are shown on TV, in films and by the media.

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