

<<mind fucked a cult classic>> We re Mind the mental health charity Mind
Information and support Mind Contact us Mind Call for.

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We reMind 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 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 For mental health support call us on 0300 123 3393

For everything else email us on supporterrelations@mind.uk or call 0208 215 2243
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 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 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 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 We're Mind the mental
health charity Mind provides advice and support to empower anyone
experiencing a mental health problem

Find out more about what we do and how we do it at mind.uk.

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