



**Mindline
Somerset**
01823 276 892



Need Someone to talk to?

Feeling Isolated?

Distressed or upset?

Give us a ring...

Confidential

Helpline

**We Listen, Support and
Provide Information**

01823 276892

www.Mindline.org

Coronavirus

Open Mon to Fri 9am -11pm

Saturday & Sunday 8pm—11pm

We provide a safe place to talk if you or someone you know is in distress. It makes a real difference talking to someone about how you feel. Talk to us in total confidence.

