



## MindLine Trans + 0300 330 5468

Bristol Mind and Mind in Taunton & West Somerset have launched a **Transgender+ helpline** for the **South West of England**, including Wiltshire, Gloucestershire, Bristol Bath and North East Somerset, Dorset, Somerset, Devon and Cornwall.

The service is available on **Mondays + Fridays 8pm - midnight**. We are here to provide a non - judgemental, safe and confidential space for you to talk about your feelings. We have trained Trans volunteers to listen and support you.

MindLine Trans+ is an emotional, mental health support helpline and signposting service for people who identify as Trans, A Gender, Gender Fluid, Non-binary. Don't feel that you are isolated. It makes a real difference talking to someone about how you feel.

Calls to the MindLine Trans+ Helpline are charged at 3.5p a minute.

