

# Bristol MindLine



**We offer** a free emotional support listening service to anyone who needs to talk, a friendly ear, without trying to advise or tell you what to do next.

**So, what can you talk about?** People call us to talk about lots of things, issues to do with mental health, feelings of loneliness, anxiety, sadness, anger, depression, worries about medication, abuse, concern about loved ones.

**What ever you want to talk about, we will listen.**

**Call our freephone helpline** open  
Wednesday to Sunday 8pm-midnight

**free 0808 808 0330**



**Here to listen and  
not to judge**