

Bristol MindLine

Are you feeling...

Anxious? Depressed?
Lonely? Angry?
Distressed?
Suicidal?
Hurt?



Open
7 nights a
week during
the **COVID-19** crisis

Or are you worried about someone else?

Call our emotional support helpline

0808 808 0330

During the coronavirus crisis we will be
open every night 7pm-11pm

Here to listen when you need to talk

www.bristolmind.org.uk/mindline



Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group



For better mental health

During the coronavirus crisis...

This is a challenging time for anyone affected by COVID-19, with many of us facing periods of enforced isolation, you may be dealing with increased anxiety, depression or loneliness.

Enforced isolation with family members may also be increasing relationship pressures and conflicts at home.

We are here for you..

For the duration of the COVID-19 crisis we are expanding our free emotional support listening service to 7 nights a week 7pm-11pm.

Call us for a friendly ear, a space for you to talk if you, or someone you care for, is dealing with difficult emotions or struggling with poor mental health.



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