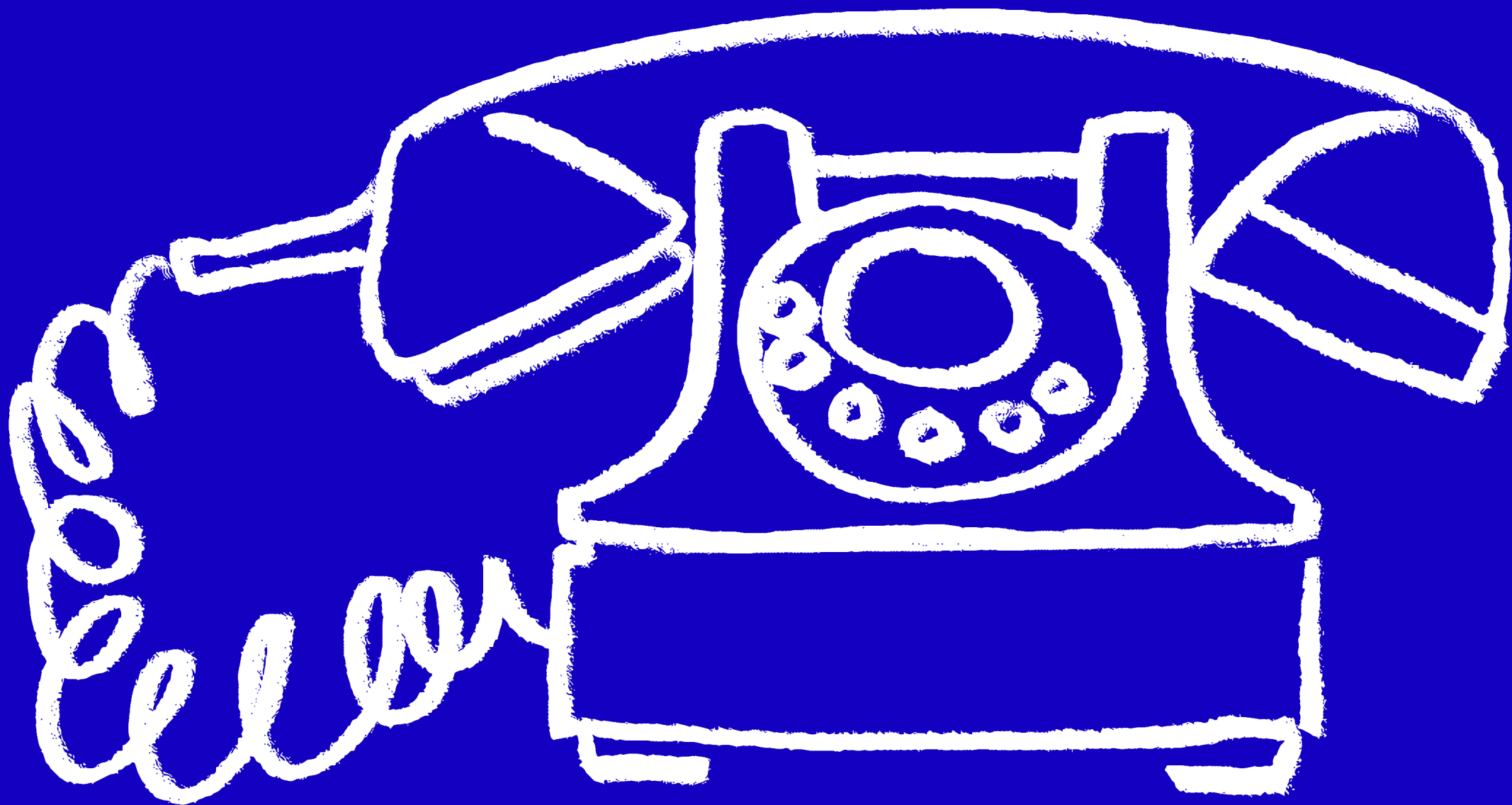




Bristol, North Somerset
and South Gloucestershire
Integrated Care Board

Here to listen when you need to talk



Mindline is Bristol Mind's confidential free helpline that provides a safe place to speak to someone if you, or someone you know is in distress.

0117 203 4419

Wednesday to Sunday 7pm-11pm

Find out more at bristolmindline.org.uk