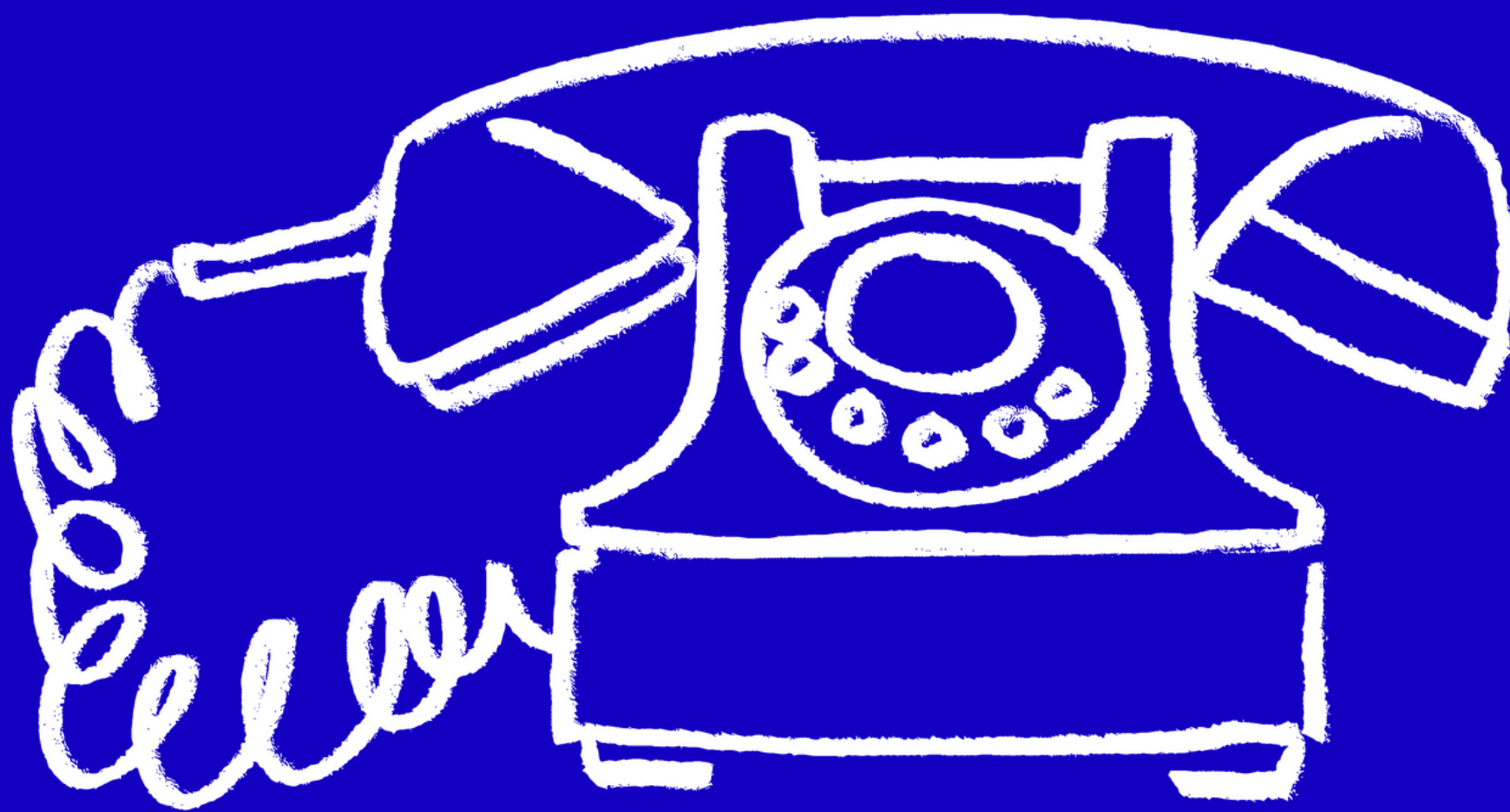


# Here to listen when you need to talk



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

**0117 203 4419**

**Wednesday to Sunday 7pm-11pm**

Standard call charges may apply, please check with your phone provider.  
Calls are confidential unless we believe someone is at serious risk of harm

**Find out more at [bristolmindline.org.uk](https://bristolmindline.org.uk)**