

# Bristol MindLine



Are you feeling...

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



Or are you worried about someone else?

Call our emotional support helpline

**0808 808 0330**

Wednesday to Sunday  
8pm to midnight

Here to listen when you need to talk

[www.bristolmind.org.uk/mindline](http://www.bristolmind.org.uk/mindline)



Bristol, North Somerset  
and South Gloucestershire  
Clinical Commissioning Group



For better mental health

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

Whatever you want to talk about, we will listen.



Here to listen and  
not to judge



For better mental health