

MindLine

Cumbria



Call us today



we're here for you

0300 561 0000

12:00pm - 11:00pm
Every night of the year

Standard Network Charges Apply

If you feel that things are getting to you, get in touch. Sometimes talking things through or hearing a supportive voice can give you the extra strength to find a way forward.

The support we can offer includes:

- A listening ear
- What to do in a crisis, or when you just don't know where to turn
- Help to understand different mental health diagnoses
- Signposting to support and services that are available to you locally
- Support for anyone who may be concerned or supporting someone else who has mental ill-health.

Sometimes a little more knowledge and understanding can go a long way in helping you look after yourself or a person you care about.



Webchat
mindlinecumbria.org



Email
info@mindlinecumbria.org



Text
'Mind' to 81066



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this service