

**You can
be strong**

and ask for
help.

We know things aren't always what they seem. Talk to us about what's going on beneath the surface.

Chat to us online or over the phone

If you need to get something off your chest, call Guide-Line on 08001 884 884 for a confidential chat over the phone.

Get urgent support with Safe Spaces

Safe Spaces can provide urgent in-person support today. To get a same-day face-to-face or phone appointment, call First Response on 08009 521 181 and ask for Safe Spaces.

Book one-to-one support through your GP

Call your GP surgery and ask for a telephone appointment with Enhanced Access. Through this service we can give you three evening sessions with a Mind in Bradford practitioner.

Join a weekly Wellbeing group

If you want to meet like-minded people, join one of our wellbeing groups to connect with others who will understand how you're feeling.

Get support today

Scan the QR code or visit:

www.mindinbradford.org.uk/beneath-the-surface

