

## Inner Talk For Peace Of Mind Audio

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we re mind the mental health charity we re here to make sure no one has to face a mental health problem alone

learn about mental health problems treatments support services and ways to help yourself find tips for supporting someone else with their mental health

if you need information on mental health search our a z of resources we list topics alphabetically we and cover both adult and young mental health

want to ask a question about mind please check out our frequently asked questions it might be the quickest way for you to get the answers you are looking for if you would like to find out more about

find local mind services where you live we might offer local talking therapies crisis helplines drop

in centres employment schemes and befriending

mind's 4 helplines provide a voice at the end of the phone when there's nowhere else to turn each line meets a different mental health or wellbeing need from information and service finding to

discover how we make a difference and how you can help us in the fight whether it's raising money for charity or volunteering join us find out about mind

guides to support and services our resources explain many types of mental health services whether you're looking for help for yourself or for someone else we can point you in the right direction

about mind at mind we believe mental health matters we won't give up until everyone experiencing a mental health problem gets support and respect find out more about mind what we do and how

find out where to get mental health support at night and at weekends when mind's helplines are closed there are lots of people you can talk to at any time

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