



Want to know more about mental health?

Do you need to talk?

Worried about someone?

Call

0300 561 0000

Text

MIND to 81066

Webchat

mindlinecumbria.org

Email

info@mindlinecumbria.org



We're here to help

0300 561 0000

12pm – 9pm Mon – Fri

5pm – 9pm Sat

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