

We're here for you

We're Mind in Bradford, your local Mind mental health charity. We believe no-one should have to face a mental health problem alone. We're here for you in Bradford, Airedale, Wharfedale and Craven. Today.

We're here to help you look after yourself during the coronavirus outbreak. It is understandable to feel worried or anxious at this unsettling time.

Call Guide-Line
01274 594594

Confidential telephone helpline for adults and children. Lines open 12pm-12am every day.



There are things you can try that could help your wellbeing:
www.mindinbradford.org.uk/self-help/coronavirus



Mind in Bradford is a registered charity No.1142357

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