

Mind UK

Mind UK offers advice and support to anyone experiencing a mental health problem. They have 2 telephone helplines and online information:

Infoline which is a telephone information and signposting service open 9am to 6pm, Monday to Friday (except for bank holidays). Ask us about:

- mental health problems
- where to get help near you
- treatment options
- advocacy services

Legal line for information and general advice on mental health related law. Open 9am to 6pm, Monday to Friday (except for bank holidays). You can ask about:

- being detained under the Mental Health Act (sectioning)
- mental capacity
- community care
- discrimination and equality

Tyneside and Northumberland Mind is the local service which has a telephone helpline, counselling and more.

Mental Health at Work is a Mind website full of information and resources to help improve mental health in the workplace

Last updated: May 8, 2024

Telephone 2: 0300 466 6463

Website: <https://www.mind.org.uk/>

Helpline: 0300 123 3393

Mind Infoline

Email: info@mind.org.uk

Website 2: <https://www.mentalhealthatwork.org.uk/>

Related Articles

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