

Magic Of The Mind Louise Berlay

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for mental health support call us on 0300 123 3393 for everything else email us on supporterrelations@mind.org.uk or call 0208 215 2243

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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

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

helplines 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

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

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supported self help can help reduce waiting times for mental health support it s a guided self help model based on the principles of cognitive behavioural therapy cbt designed for adults who have

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