# Lori Brighton The Mind Games

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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

find your local mind our network of independent local minds are run by local people for local people they provide support like counselling advocacy housing and more contact yours to see how they

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

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

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

local mind branches we run local mental health services across england and wales find your local mind branch

find out where to get mental health support at night and at weekends when mind 39 s helplines are closed there are lots of people you can talk to at any time

you can contact your nearest local mind to see if they deliver supported self help or active monitoring as it s also known in your area they might also offer other services that could help you

get the latest news from mind find out who our spokespeople are and learn about the campaigns we 39 re running in england and wales

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