

Need Support?

We are Hull and East Yorkshire Mind - your local mental health charity. We won't give up until everyone experiencing a mental health problem gets both support and respect.

If you, or someone you know is struggling with poor mental health, please get in touch. We are here to provide information, advice and support - 24 hours a day, 7 days a week.

We are available today, tomorrow and in the future.

Freephone: 0800 1380990

Tel: 01482 240133 / **Text:** 07520 633447

Email: info@heymin.org.uk / **Website:** heymin.org.uk

Please note that our information line is not a crisis support service. If you are in a crisis, please call the Mental Health Response Service on 01482 301701 (24 hours).



Hull and East
Yorkshire

