

Mindline is a confidential local helpline for anyone of any age in Somerset. We are open 24/7 for anyone experiencing mental distress or wanting emotional support.



Somerset

Mindline

0800 138 1692

Freephone

Local

01823 276 892

Open

Mental
Health

We are proud to be part of Open Mental Health - an alliance of voluntary organisations and the NHS working to ensure the people of Somerset get the support they need when they need it.