



# Questions about mental health?

We provide information on mental health problems, where to get help, emotional support and wellbeing tips



**Call Our Helpline on  
0121 262 3555**

Open every day 9am - 11pm

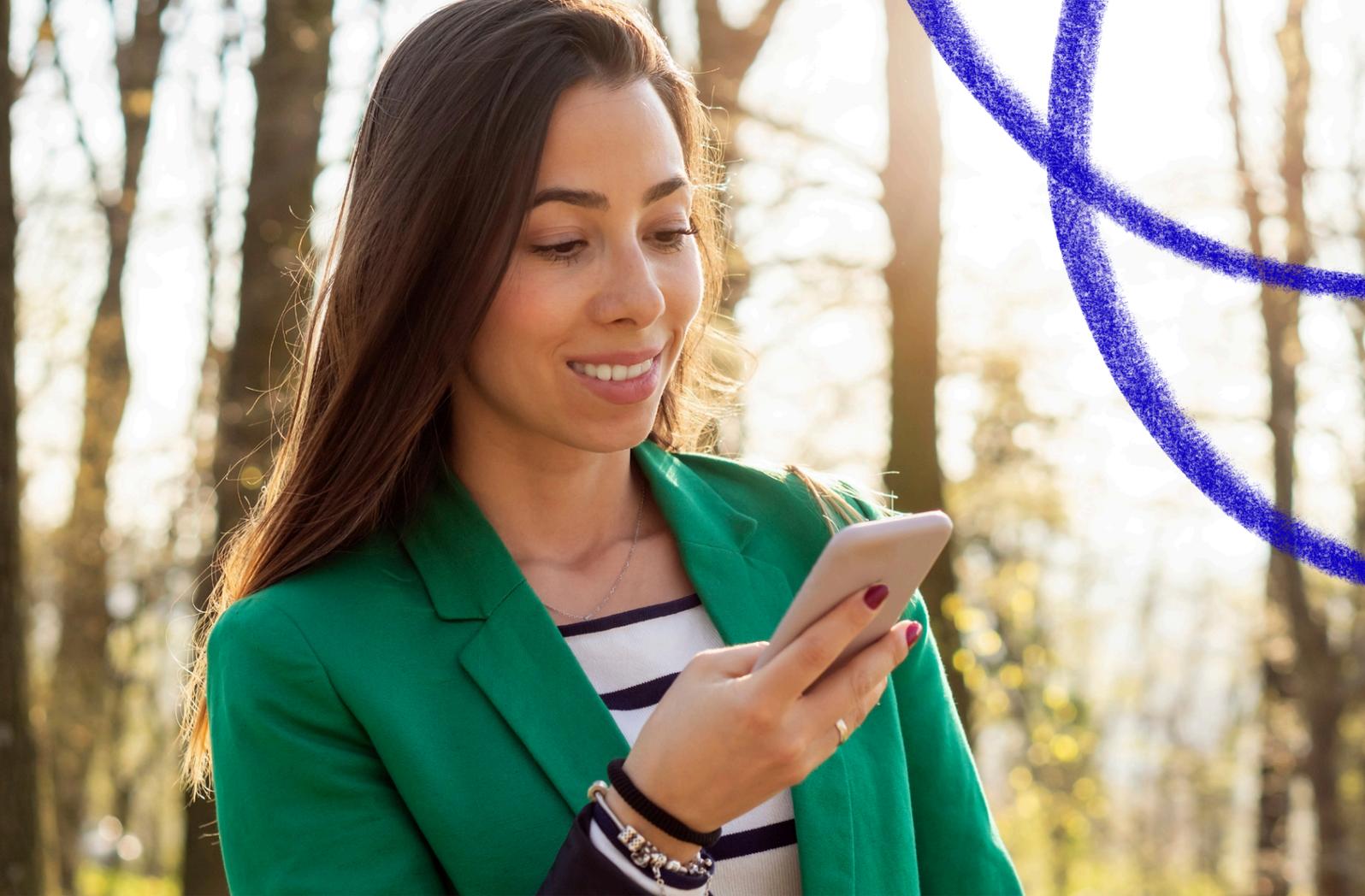


**Chat to us at  
[birminghammind.org](https://www.birminghammind.org)**



**Email us at  
[help@birminghammind.org](mailto:help@birminghammind.org)**





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