

Silence Your Mind Dr Ramesh Manocha Hachette Uk 2013

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mental health or wellbeing need from information and service finding to

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

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

if you are looking for information on mental health search our a-z topics are listed alphabetically and cover both adults and children's mental health

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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

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find out how you can support someone you care about with a mental health problem our information also covers support for your own wellbeing

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