

# Mind Helplines

Infoline: [0300 123 3393](tel:03001233393)

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Post: Mind Infoline, PO Box 75225, London, E15 9FS

Our Infoline provides an information and signposting service. We're open 9am to 6pm, Monday to Friday (except for bank holidays).

Ask us about:

- mental health problems
  - where to get help near you
  - treatment options
  - advocacy services.
- tial text service. It is not a Mind service.

Legal line: [0300 466 6463](tel:03004666463)

Email: [legal@mind.org.uk](mailto:legal@mind.org.uk)

Post: Mind Legal line, PO Box 75225, London, E15 9FS

Our Legal line provides legal information and general advice on mental health related law. We're open 9am to 6pm, Monday to Friday (except for bank holidays).

Ask us about:

- being detained under the Mental Health Act (sectioning)
- mental capacity
- community care
- discrimination and equality.

Note: We do not provide information on welfare benefits, housing or clinical negligence.