

Are you having a
difficult
time?



 **Woman***kind*
Helpline & Webchat

Run by women for women



We believe no woman should have to face mental health difficulties alone. Our Helpline is here to support you.

 TELEPHONE

Call **0117 916 6461**
or **0345 458 2914**

Mon 10am-12pm / 1pm -3pm / 8pm-10pm

Tue 10am-12pm / 8pm-10pm

Wed & Thu 10am-12pm / 1pm-3pm

Fri 10am-12pm

 WEBCHAT

Scan the QR
Code or visit:



www.womankindbristol.org.uk

Mon 10am-12pm / 1pm-3pm / 8pm-10pm

Tue 8pm-10pm

Wed 1pm-3pm

Thu & Fri 10am-12pm