



## **Rethink Asian Helpline Mental Health Service**

This is a free and confidential telephone helpline offering caring, non-judgemental and empathetic support covering mental health and domestic abuse issues.

The helpline operates Mondays and Wednesdays 4pm to 7pm and Tuesdays and Thursdays 12pm to 3pm. You can speak to us in Asian languages (Gujarati, Punjabi, Hindi, and Urdu) or in English on **0808 800 2073**.