



Helpline 020 3137 9590

info@rbmind.org

Monday to Friday

11:00am to 8:30pm

Saturday and Sunday

2:00pm to 5:00pm

- Helpline is a free confidential listening service for those experiencing feelings such as low mood, stress, anxiety, and loneliness
- For anyone over the age of 18 years old living in Richmond seeking emotional support
- Talk to a volunteer who will listen with compassion and without judgement
- Although we are not a counselling service, we can advise you on where to get further support
- We can give information on where to access wellbeing services and who can help you deal with your current situation
- We can also give advice on self-help tools online and different therapies available

