

The logo consists of a white circle containing the text "Rethink Mental Illness." in a blue, sans-serif font. The text is arranged in three lines: "Rethink" on the top line, "Mental" on the middle line, and "Illness." on the bottom line.

Rethink
Mental
Illness.

Asian language mental health helpline

Confidential freephone
0808 800 2073

Monday and Wednesday, 4pm to 7pm
Tuesday and Thursday, 12pm to 3pm

ਅਸ਼ਿਯਨੋ ਮਾਟੇ ਮੇਂਟਲ ਏਲਥ ਏਲਪ ਲਾਈਨ
ਏਸ਼ਿਯਨ ਮੇਂਟਲ ਹੈਲਥ ਹੈਲਪਲਾਈਨ
ਏਸ਼ੀਅਨ ਮੈਂਟਲ ਹੈਲਥ ਹੈਲਪਲਾਈਨ
ایشین مینٹل ہیلتھ ہیلپ لائن
ਅਸ਼ਿਯਨ ਮੈਂਟਲ ਹੈਲਥ ਹੈਲਪਲਾਈਨ

Confidential freephone **0808 800 2073**

Member of the Telephone Helplines Association **0845 120 3767**

Rethink Mental Illness **0300 5000 927**. Registered Charity Number 271028.