

We hope that you are managing during these challenging times.

You will no doubt be familiar with Bath Mind - your local, independent mental health charity providing crucial mental health services across the whole of B&NES.

At Bath Mind, we put people at the heart of everything we do, and we would like to make your parish aware of the changes to our services as a result of the coronavirus.

As well as working as a lead in the Compassionate Community Hub, this week Bath Mind opened their new service "Breathing Space" providing a vital evening support line for those in crisis.

Please find below information on our Breathing Space service, and please do refer your parishioners to our website (www.bathmind.org.uk) where they can find help and support for their mental health and wellbeing in these unprecedented times.

We hope that you will find this useful and would like to keep you updated with information related to our services, for the benefit of your parishioners.

You can find us on [Twitter](#), [Facebook](#) and [Instagram](#).



A poster for Bath Mind's 'Breathing Space' service. The background is dark blue with white line art of a plant on the left and a telephone on the right. A large green speech bubble in the center contains the text 'Breathing Space'. To the left of the speech bubble is the Bath Mind logo, which consists of a stylized flower and the text 'mind for better mental health Bath'. Below the speech bubble, the text 'OPENING MONDAY 13TH APRIL' is written in white. At the bottom, there are three purple rectangular boxes containing white text. The first box on the left says '365 evenings a year'. The middle box contains the phone number '01225 983130' with the text 'Calls charged at local rate' below it. The third box on the right is titled 'For those:' and lists two bullet points: '• 16 years or over' and '• Registered with a GP within B&NES'. At the very bottom, the website 'WWW.BATHMIND.ORG.UK' and email 'breathingspace@bathmind.org.uk' are listed in green.

BATH MIND EVENING SUPPORT SERVICE

Breathing Space

 **Bath**

OPENING MONDAY 13TH APRIL

365 evenings a year

01225 983130
Calls charged at local rate

For those:

- 16 years or over
- Registered with a GP within B&NES

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