

# Need to talk to another woman, but not on the phone?



Womankind's webchat helpline offers emotional and mental health support for women and girls aged 16+ on any issue including anxiety, depression, relationships, violence, or abuse.

## **Webchat Helpline Opening Hours**

**Mon 1pm-3pm / 8pm-10pm**

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

**Thu & Fri 10am-12noon**

Available in multiple languages, visit [www.womankindbristol.org.uk](http://www.womankindbristol.org.uk) or scan the QR code, and click Live Chat.



**Are you having a difficult time?  
Womankind can offer  
you a safe and  
confidential  
space to talk.**



It's not always easy to ask for help but we would encourage you to not suffer in silence. Talking to someone about your problems and how you feel can really help.

**Telephone Helpline Opening Hours**

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

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

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

**Fri 10am-12noon**

Call 0345 4582914 or 0117 9166461  
or email us for information and support:  
[helpline@womankindbristol.org.uk](mailto:helpline@womankindbristol.org.uk)