

BEAT ☎ AM DDIM 0808 801 0677

Cyngor ar anhwylderau bwyta. Llun-Gwener, 9yb – 8yh,
Penwythnosau a gwyliau banc, 4yp – 8yh.

www.beateatingdisorders.org.uk

CALM ☎ AM DDIM 0800 58 58 58

Ymgyrch yn erbyn Byw yn Ddichonadwy: Cymorth I ddynion
ifanc 15 i 35 oed. Bob dydd, 5yp – hanner nos.

www.thecalmzone.net

Combat Stress 24/7 ☎ AM DDIM 0800 138 1619

Cymorth Iechyd Meddwl i gyn-filwyr a'u teuluoedd.
Ar gyfer Bersonél sy'n Gwasanaethu.

24/7 ☎ AM DDIM 0800 323 4444
www.combatstress.org.uk

Llinell Gymorth Genedlaethol Gofal Profedigaeth Cruse ☎ AM DDIM 0808 808 1677

Gofal Profedigaeth a chefnogaeth i unrhyw un sy'n galaru
Llun-Gwener, 9yb – 5yp, Mawrth, Mercher ac Iau tan 8yh,
penwythnosau a gwyliau banc 10yb – 2yp. I gael cymorth,
dewch o hyd i'ch cangen agosaf. www.cruse.org.uk/wales

Dan 24/7 24/7 ☎ AM DDIM 0808 808 2234

Cefnogaeth gyda phroblemau cyffuriau ac alcohol.
Danfon neges testun DAN i 81066 www.dan247.org.uk

Family Lives ☎ AM DDIM 0800 800 2222

Llun-Gwener 9yb – 9yh Sad/Sul 10yb – 3yp.

Bullying UK www.bullying.co.uk

Cyngor a chefnogaeth ar bob math o fwlio.

Parentline Plus www.parentlineplus.org.uk

Gwrando, cymorth a help anfeirniadol i deuluoedd.

HOPELine UK ☎ AM DDIM 0800 068 4141

Cyngor a chymorth atal hunanladdiad i unrhyw un dan 35 oed ac
i unrhyw un sy'n poeni am berson ifanc. Pob dydd 9yb – Hanner
nos. www.papyrus-uk.org

LGBT Foundation *0345 3 30 30 30

Gwasanaethau cymorth ar gyfer pobl lesbiad, hoyw, deurywiol
a thrawsrywiol. Dyddiau'r wythnos (ac eithrio gwyliau banc)
10yb – 10yh. www.lgbt.foundation

Meic ☎ AM DDIM 0808 80 23456

Gwybodaeth a chyngor i blant a phobl ifanc yng Nghymru o dan
25. Bob dydd 8yb – hanner nos. Neges testun i 84001
www.meiccymru.org

Mind *0300 123 3393

Gwybodaeth am unrhyw agwedd o iechyd meddwl. Llun i
Gwener 9yb – 6yh (heblaw am wyliau banc). www.mind.org.uk

National Debt Line ☎ AM DDIM 0808 808 4000

Darparu cyngor am ddim ar ddyledion. Llun-Gwener 9yb – 8yh
Sad 9.30yb – 1yp. www.nationaldebtline.co.uk

No Panic *0844 967 4848

Cefnogi pobl sy'n profi pyliau o banig ac Anhwylder Gorfodaeth
Obsesiynol. Yn ddyddiol 10yb – 10yh.
www.nopanic.org.uk

Rape Crisis ☎ AM DDIM 0808 802 9999

Cyfeirio at eich gwasanaethau lleol. Yn dyddiol, canol dydd –
2.30yp a 7yh – 9.30yh. www.rapecrisis.org.uk

Llinell Gymorth Byw Heb Ofn 24/7 ☎ AM DDIM 0808 80 10 800

Mae'n cynnig cyngor a chymorth ar drais yn erbyn menywod,
cam-drin domestig a thrais rhywiol, A hefyd yn cynnig cefnogaeth
I ddynion a phlant. www.livefearfreewales.gov.wales or
www.cymorthiferched.org.uk

SANEline *0300 304 7000

Cefnogaeth a gwybodaeth i bobl sy'n cael eu heffeithio gan
salwch meddwl, eu teuluoedd a'u gofawyr. Bob dydd 4.30yp –
10.30yh. www.sane.org.uk

SOBS *0300 111 5065

Goroewyr Profedigaeth trwy Hunanladdiad: Cymorth,
gwybodaeth a chyngor. Llun-Gwener 9yb – 9yh.
www.uksobs.org

The Silver Line 24/7 ☎ AM DDIM 0800 4 70 80 90

Gwybodaeth, cyfeillgarwch a chyngor i bobl hyn.
www.thesilverline.org.uk

Victim Support 24/7 ☎ AM DDIM 0808 168 9111

Cymorth i bobl y mae troseddau neu ddigwyddiadau trawmatig
yn effeithio arnynt. www.victimsupport.org

Llinell Gymorth Dementia Cymru

24/7 ☎ AM DDIM 0808 808 2235
Cefnogi pobl yr effeithir arnynt gan ddementia.
www.dementiahelpline.org.uk

Sefydliadau y gall Staff y Gwasanaethau Brys gysylltu â nhw i gael help**Mind Blue Light Infoline** *0300 303 5999

Cymorth Iechyd Meddwl ar gyfer Tîm 999.
E-bost: bluelightinfo@mind.org.uk www.mind.org

Woody's Lodge www.woodyslodge.org

Cefnogaeth i gyn-filwyr a theuluoedd y Gwasanaeth Brys.
Gogledd Cymru, Llun-lau 9yb – 3yp. *01492 533954
De Cymru, Llun-lau 9yb – 3yp. *01446 781792
Gorllewin Cymru, Llun – Iau 9yb – 3yp. *01559 361328



GIG
CYMRU
NHS
WALES

Ymddiriedolaeth GIG
Gwasanaethau Ambiwylans Cymru
Welsh Ambulance Services
NHS Trust



*Dwyt ti ddim ar
dy ben dy hun*

Cefnogaeth Iechyd Meddwl

P'un a ydych chi'n poeni amdanoch chi'ch hun neu
annwyliaid, gall y llinellau cymorth ar y gwefannau
hyncynnig cefnogaeth gyfrinachol *am ddim.

LLINELLAU CYMORTH**CALL** 24/7 ☎ AM DDIM 0800 132 737

Llinell Gyngor a Gwrando'r Gymuned: Llinell Gymorth Iechyd
Meddwl ar gyfer Cymru. Neges testun HELP i 81066
www.callhelpline.org.uk

SAMARIAID 24/7 ☎ AM DDIM 116 123

Beth bynnag yr ydych chi'n mynd trwyddo, bydd y Samariaid
yn ei wynebu gyda chi. Maent ar gael 24 awr y dydd, 365
diwrnod y flwyddyn. Am linell Gymraeg ffoniwch
0808 164 0123 (7yh – 11yh) www.samaritans.org

CHILDLINE ☎ AM DDIM 0800 1111

Gwybodaeth a chyngor cyfrinachol am ddim i unrhyw un
dan 19 oed. 9yb i 10.30 ar yfyr gyfer sgysiau 1-2-1 a 9yb i
3.30yb ar gyfer galwadau ffôn. Gall plant a phobl ifanc hefyd
anfon e-bost atom, ein nod yw ymateb o fewn 24 awr.
Gwirwch www.childline.org.uk am unrhyw newidiadau.

Crëwyd y daflen hon mewn partneriaeth â RCT
Interlink, Gweithred Gwirfoddol Merthyr Tydfil a'u
Cynrychiolwyr Defnyddwyr Gwasanaeth gan Fwrdd
Iechyd Prifysgol Cwm Taf Morgannwg Bwrdd
Partneriaeth Law yn Llaw at Iechyd Meddwl.





Ymddiriedolaeth GIG
Gwasanaethau Ambiwylans Cymru
Welsh Ambulance Services
NHS Trust



You are
not alone

Mental Health Support

Whether you're concerned about yourself or a loved one, these helplines and websites can offer free and confidential support.

HELPLINES

CALL 24/7 **FREE** 0800 132 737

Community Advice & Listening Line: Wales based mental health information and support.
Text HELP to **81066** www.callhelpline.org.uk

SAMARITANS 24/7 **FREE** 116 123

Whatever you're going through, a Samaritan will face it with you. They are available 24 hours a day, 365 days a year. For the Welsh Language line please call **0808 164 0123** (7pm – 11pm) www.samaritans.org

CHILDLINE **FREE** 0800 1111

Free and confidential information and advice for anyone under 19 years. 9am to 10.30pm for 1-2-1 chats & 9am to 3.30am for phone calls. Children & young people can also e-mail us, we aim to respond within 24 hours. www.childline.org.uk

This leaflet has been created in partnership with Interlink RCT, Voluntary Action Merthyr Tydfil and their Service User Representatives from the Cwm Taf Morgannwg UHB Together for Mental Health Partnership Board.



BEAT **FREE** 0808 801 0677

Advice on eating disorders. Mon-Fri 9am – 8pm Weekends & bank holidays, 4pm – 8pm.

www.beateatingdisorders.org.uk

CALM **FREE** 0800 58 58 58

Campaign Against Living Miserably: Support for young men aged 15 to 35. Daily, 5pm – midnight.

www.thecalmzone.net

Combat Stress 24/7 **FREE** 0800 138 1619

Mental Health support for veterans & their families & for Serving Personnel.

24/7 **FREE** 0800 323 4444

www.combatstress.org.uk

Cruse Bereavement Care National Helpline **FREE** 0808 808 1677

Care and support for anyone grieving. Mon-Fri, 9am – 5pm, Tues, Wed & Thu until 8pm, weekends & bank holidays 10am – 2pm. For support, find your nearest branch.

www.cruse.org.uk/wales

Dan 24/7 24/7 **FREE** 0808 808 2234

Support with drug and alcohol problems.

Text DAN to **81066**

www.dan247.org.uk

Family Lives **FREE** 0800 800 2222

Mon-Fri 9am – 9pm Sat /Sun 10am – 3pm.

Bullying UK www.bullying.co.uk

Advice & support on all forms of bullying.

Parentline Plus www.parentlineplus.org.uk

Listening, support & non-judgemental help for families.

HOPELine UK **FREE** 0800 068 4141

Suicide prevention advice & support for anyone under 35 & for anyone concerned about a young person. Every day 9am – Midnight.

www.papyrus-uk.org

LGBT Foundation *0345 3 30 30 30

Support services for lesbian, gay, bi & trans people. Weekdays (excluding bank holidays) 10am – 10pm.

www.lgbt.foundation

Meic **FREE** 0808 80 23456

Information & advice for children & young people in Wales under 25. Daily 8am – midnight.

Text to **84001**

www.meiccymru.org

Mind *0300 123 3393

Information on any aspect of mental health. Mon to Fri 9am – 6pm (except bank holidays).

www.mind.org.uk

National Debt Line **FREE** 0808 808 4000

Providing free debt advice. Mon-Fri 9am – 8pm Sat 9.30am – 1pm.

www.nationaldebtline.co.uk

No Panic *0844 967 4848

Supporting people who experience panic attacks & Obsessive Compulsive Disorder. Daily 10am – 10pm.

www.nopanic.org.uk

Rape Crisis **FREE** 0808 802 9999

Signpost to your local services. Daily, midday – 2.30pm & 7pm – 9.30pm.

www.rapecrisis.org.uk

Live Fear Free Helpline 24/7 **FREE** 0808 80 10 800

Providing help & advice about violence against women, domestic abuse & sexual violence, also offers support to men and children.

www.livefearfreewales.gov.wales.org

www.welshwomensaid.org.uk

SANEline *0300 304 7000

Support & information for people affected by mental illness, their families & carers. Daily 4.30pm – 10.30pm.

www.sane.org.uk

SOBS *0300 111 5065

Survivors of Bereavement by Suicide:

Support, information & advice. Mon-Fri 9am – 9pm.

www.uksob.org

The Silver Line 24/7 **FREE** 0800 4 70 80 90

Information, friendship & advice for older people (50+).

www.thesilverline.org.uk

Victim Support 24/7 **FREE** 0808 168 9111

Help for people affected by crime or traumatic events.

www.victimsupport.org

Wales Dementia Helpline 24/7 **FREE** 0808 808 2235

Supporting people affected by dementia.

www.dementiahelpline.org.uk

Organisations which Emergency Services Staff can contact for help

Mind Blue Light Infoline *0300 303 5999

Mental Health support for Team 999.

Email: bluelightinfo@mind.org.uk

www.mind.org

Woody's Lodge www.woodyslodge.org

Support for Emergency Service veterans & families.

North Wales, Mon-Thu 9am – 3pm.

*01492 533954

South Wales, Mon-Thu 9am – 3pm.

*01446 781792

West Wales, Mon-Thu 9am – 3pm.

*01559 361328