

BEAT ☎ AM DDIM 0808 801 0677
Cyngor ar anhwylderau bwyta. Ffoniwch ein llinellau cymorth, dechreuwch sgysrsiau gwe newydd: Llun - Gwener 12pm - 8pm, Penwythnosau a gwyliau banc: 4pm - 8pm.
E-bost - Waleshelp@beateatingdisorders.org.uk
www.beateatingdisorders.org.uk

CALM ☎ AM DDIM 0800 58 58 58
Campaign Against Living Miserably 5pm tan hanner nos 365 diwrnod y flwyddyn.
www.thecalmzone.net

Combat Stress 24/7 ☎ AM DDIM 0800 138 1619
Cymorth lechyd 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 Cruse Bereavement Support ☎ AM DDIM 0808 808 1677
Cefnogaeth i unrhyw un sy'n galaru. Dydd Llun - Dydd Gwener: 9.30am - 3pm. Am gymorth, dewch o hyd i'ch cangen agosaf.
www.cruse.org.uk

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 9am - 9pm Sadwrn/Sul 10am - 3pm.

Bullying UK www.bullying.co.uk
Cyngor a chefnogaeth ar bob math o fwlio.
Parentline Plus www.parentlineplus.org.uk
Gwrando, cefnogaeth a chymorth anfeiriadol i deuluoedd.

HOPEline UK 24/7 ☎ AM DDIM 0800 068 4141
Cyngor a chymorth atal hunanladdiad i unrhyw un o dan 35 oed ac i unrhyw un sy'n pryderu am berson ifanc. Ar gael 24 awr y dydd, bob dydd o'r flwyddyn (gan gynnwys gwyliau banc).
www.papyrus-uk.org

LGBT Foundation *0345 3 30 30 30
Gwasanaethau cymorth gan bobl LHDTc+, ar gyfer pobl LHDTc+ Llun - Gwener 9am - 9pm, Sadwrn/Sul 10am - 6pm (ac eithrio gwyliau banc a gwyliau crefyddol).
www.lgbt.foundation

Meic ☎ AM DDIM 0808 80 23456
Gwybodaeth, cyngor ac eiriolaeth i blant a phobl ifanc 25 oed ac iau yng Nghymru. 8am - canol nos: Tecstiwch i 84001 hefyd trwy we-sgwrs. Yn dod yn fuan: WhatsApp & neges destun, ewch i'r wefan am ddiweddariadau:
www.meic.cymru

Llinell Wybodaeth Mind Cymorth Iechyd Meddwl *0300 123 3393
9am - 6pm Llun - Gwener (ac eithrio gwyliau banc)
E-bost: info@mind.org.uk
Mind Cymru - Mind

National Debt Line ☎ AM DDIM 0808 808 4000
Neu Gwe-sgwrs yn rhoi cyngor am ddim ar ddyledion, Llun - Gwener 9am - 8pm Sadwrn 9.30am - 1pm. Neu offeryn cyngor digidol 24/7 ar gael.
www.nationaldebtline.co.uk

Llinell Gymorth No Panic *0300 772 9844
Cefnogi pobl sy'n byw gyda phyliau o banig, ffobiâu, anhwylderau gorfodaeth obsesiynol ac anhwylderau gorbryder cysylltiedig eraill.
Bob dydd 10am - 10pm.
www.nopanic.org.uk

Rape Crisis Llinell Gymorth Trais a Cham-drin Rhywiol 24/7 ☎ AM DDIM 0808 500 2222
Am gefnogaeth emosiynol, gwybodaeth a chyfeirio naill ai dros y ffôn neu drwy sgwrs ar-lein ar:
247sexualabusesupport.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 ddyinion a phlant.
www.livefearfreewales.gov.wales neu
www.cymorthiferched.org.uk

SANEline *0300 304 7000
Cefnogaeth emosiynol arbenigol, arweiniad a gwybodaeth y tu allan i oriau i bobl 16+ oed sy'n cael eu heffeithio gan salwch meddwl, eu teuluoedd a'u gofaluwr. Bob dydd 4pm - 10pm.
www.sane.org.uk

SOBS *0300 111 5065
Goreswyr Profedigaeth trwy Hunanladdiad: Cymorth, gwybodaeth a chyngor. Llun - Mercher 9am - 7pm.
www.uksobs.org

Age UK's Silver Line Helpline 24/7 ☎ AM DDIM 0800 4 70 80 90
Cynnig cyfeillgarwch, sgwrs a chefnogaeth i bobl (55 a hŷn) yn enwedig y rhai a all fod yn profi teimladau o unigrwydd ac unigedd.
The Silver Line Helpline | Age UK

Victim Support 24/7 ☎ AM DDIM 0808 168 9111
Cefnogaeth a gwybodaeth gyfrinachol i bobl sydd wedi'u heffeithio gan drosedd.
www.victimsupport.org.uk

Dementia Helpline ☎ AM DDIM 0800 888 6678
Cefnogi pobl sy'n cael eu heffeithio gan ddemtia. Llun - Gwener 9am - 9pm, Sadwrn/Sul 9am - 5pm, gwyliau banc 9am - 5pm (ac eithrio 25 Rhagfyr).
www.dementiauk.org

Llinell Gymorth Iechyd Meddwl BMHS/BAME ☎ AM DDIM 0800 144 8824
Cymru gyfan, 16+ ar gyfer materion yn ymwneud â thrawma, galar, caethiwed, gorbryder, neu newidiadau mawr mewn bywyd - Ysbyrdoli cymuned iach yn feddyliol. E-bost: info@bamementalhealth.org
www.bamementalhealth.org

Sefydliadau y gall Staff y Gwasanaethau Brys gysylltu â nhw i gael help

Woody's Lodge www.woodyslodge.org
Cefnogaeth i gyn-filwyr a theuluoedd y Gwasanaeth Brys.
Gogledd Cymru, Llun - Iau 9am - 3pm. *01492 533954
De Cymru, Llun - Iau 9am - 3pm. *01446 781792
Gorllewin Cymru, Llun - Iau 9am - 3pm. *01559 361328

TASC The Ambulance Staff Charity www.theasc.org.uk 24/7 ☎ AM DDIM 0300 373 0898
Gofalu am y rhai sy'n gofalu amdanom. Llinell Ffôn Argyfwng Staff Ambywlans y DU ar gyfer gofal hunanladdiad ac iechyd meddwl ar unwaith a pharhaus. Yn hollol annibynnol a chyfrinachol. Ddim mewn argyfwng, ond angen cefnogaeth: 02477 987 922 9am - 5pm, Llun - Gwener.



GIG
CYMRU
NHS
WALES

Ymddiriedolaeth Brifysgol GIG
Gwasanaethau Ambywlans Cymru
Welsh Ambulance Services
University 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 hyn gynnig cefnogaeth gyfrinachol *am ddim.

111pwys02 24/7 ☎ AM DDIM 111
Gwasanaeth ledled Cymru, un pwynt mynediad at bob un o'r 7 Bwrdd Iechyd, gyda gwybodaeth a mynediad at lwybrau Iechyd Meddwl lleol.
www.llyw.cymru/gig-111-pwys02-dau
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 yn mynd drwyddo, bydd Samariad yn ei wynebu gyda chi. Am y llinell Gymraeg ffoniwch 0808 164 0123 (7pm - 11pm)
www.samaritans.org

CHILDLINE 24/7 ☎ AM DDIM 0800 1111
Ar-lein, Ar y ffôn, Unrhyw Bryd, Gwybodaeth a chyngor cyfrinachol i unrhyw un o dan 19 oed.
www.childline.org.uk

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 Brifysgol GIG
Gwasanaethau Ambiwylans Cymru
Welsh Ambulance Services
University 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.

111press2 24/7 AM DDIM 111

Wales-wide service, a single point of access into all 7 Health Boards, with local mental health knowledge & access to Mental Health pathways. www.gov.wales/nhs-111-press-2

CALL 24/7 FREE 0800 132 737

Community Advice & Listening Line: Wales based mental health information & 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. For Welsh Language please call 0808 164 0123 (7pm - 11pm) www.samaritans.org

CHILDLINE 24/7 FREE 0800 1111

Online, On the phone, Anytime, Confidential Information & Advice for anyone under 19 years. 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 0433

Advice on eating disorders. Call our helplines, start new web chats: Mon - Fri 12pm - 8pm, weekends & bank holidays: 4pm - 8pm. Email - Waleshelp@beateatingdisorders.org.uk www.beateatingdisorders.org.uk

The Calm Zone Helpline FREE 0800 58 58 58

Campaign Against Living Miserably 5pm till midnight 365 days a year. 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 Support National Helpline FREE 0808 808 1677

Support for anyone grieving. Mon - Fri: 9.30am - 3pm. For support, find your nearest branch. www.cruse.org.uk

Dan 24/7 FREE 0808 808 2234

Support with drug & alcohol problems. Text DAN to 81066 www.dan247.org.uk

Family Lives FREE 0800 800 2222

Mon - Fri 9am - 9pm Sat/Sun 10am - 3pm. www.bullying.co.uk

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 24/7 FREE 0800 068 4141

Suicide prevention advice & support for anyone under 35 & for anyone concerned about a young person. Available 24 hours a day, every day of the year (including bank holidays). www.papyrus-uk.org

LGBT Foundation *0345 3 30 30 30

Support services by LGBTQ+people, for LGBTQ+people Mon - Fri 9am - 9pm, Sat/Sun 10am - 6pm (excluding bank holidays & religious festivals). www.lgbt.foundation

Meic FREE 0808 80 23456

Information, advice & advocacy for children & young people in Wales aged 25 & younger. 8am - midnight: Text to 84001 also via WebChat. Coming soon: WhatsApp & SMS, check the website for updates: www.meic.cymru

Mind Infoline Mental Health Support *0300 123 3393

9am - 6pm Mon - Fri (except bank holidays) Email: info@mind.org.uk Mind Cymru - Mind

National Debt Line FREE 0808 808 4000

Or Webchat providing free debt advice, Mon - Fri 9am - 8pm Sat 9.30am - 1pm. Or 24/7 digital advice tool available. www.nationaldebtline.co.uk

No Panic Helpline *0300 772 9844

Supporting people who live with panic attacks, phobias, obsessive compulsive disorders & other related anxiety disorders. Daily 10am - 10pm. www.nopanic.org.uk

Rape Crisis Rape & Sexual Abuse Support Line 24/7 FREE 0808 500 2222

For emotional support, information & signposting either by phone or by online chat on: 247sexualabusesupport.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 & children. www.livefearfreewales.gov.wales or www.welshwomensaid.org.uk

SANeline *0300 304 7000

Out-of-hours, specialist emotional support, guidance & information for people affected by mental illness aged 16+, their families & carers. Daily 4pm - 10pm. www.sane.org.uk

SOBS *0300 111 5065

Survivors of Bereavement by Suicide: Support, information & advice. Mon - Wed 9am - 7pm. www.uksoobs.org

Age UK's Silver Line Helpline 24/7 FREE 0800 4 70 80 90

Offers friendship, conversation & support for people (55+) especially those who may be experiencing feelings of loneliness & isolation. **The Silver Line Helpline | Age UK**

Victim Support 24/7 FREE 0808 168 9111

Confidential support and information for people affected by crime. www.victimsupport.org.uk

Dementia Helpline FREE 0800 888 6678

Supporting people affected by dementia. Mon - Fri 9am - 9pm, Sat/Sun 9am - 5pm, bank holidays 9am - 5pm (except 25th Dec). www.dementiauk.org

BMHS/BAME Mental Health Support Helpline FREE 0800 144 8824

Wales-wide, 16+ for issues related to trauma, grief, addiction, anxiety, or major life changes - Inspiring a mentally healthy community. Email: info@bamementalhealth.org www.bamementalhealth.org

Organisations which Emergency Services Staff can contact for help

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

TASC The Ambulance Staff Charity www.theasc.org.uk 24/7 FREE 0300 373 0898

Caring for those who care for us. Ambulance Staff Crisis Phoneline UK for Immediate & ongoing suicide and mental health care. Completely independent & confidential. Not in a crisis, but need support: **02477 987 922** 9am - 5pm, Mon - Fri.