



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 expert advice.

HELPLINES

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** (not 24 hour, check website).

www.samaritans.org

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

CHILDLINE **24/7 FREE** 0800 1111

Free and confidential information and advice for anyone under 19 years.

www.childline.org.uk

This leaflet has been created in partnership with Interlink RCT 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, 12pm – 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 **FREE** 0808 808 1677

Bereavement Care and support for anyone grieving Mon-Fri, 9am – 5pm, Tues, Wed & Thu until 8pm.

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** 0808 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. Weekdays 10am – 10pm, weekends & bank holidays

2pm – 10pm.

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

www.livefearfreewales.gov.wales or

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.uk-sobs.org.uk

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

Information, friendship & advice for older people.

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



Support for Emergency Services Crews

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-Fri 10am – 3pm. *01492 533954

South Wales, Mon-Thu 10am – 3pm. *01446 781792