



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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.dan247.org.uk)

#### **Family Lives** FREE **0800 800 2222**

Mon-Fri 9am – 9pm Sat /Sun 10am – 3pm

**Bullying UK** [www.bullying.co.uk](http://www.bullying.co.uk)

Advice & support on all forms of bullying.

**Parentline Plus** [www.parentlineplus.org.uk](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.rapecrisis.org.uk)

#### **Refuge** 24/7 FREE **0808 2000 247**

Domestic violence helpline provide life-saving services  
& advice.

[www.womensaid.org.uk](http://www.womensaid.org.uk) or [www.refuge.org.uk](http://www.refuge.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](http://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](http://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](http://www.thesilverline.org.uk)

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

Help for people affected by crime or traumatic events.

[www.victimsupport.org](http://www.victimsupport.org)

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

Supporting people affected by dementia.

[www.dementiahelpline.org.uk](http://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](mailto:bluelightinfo@mind.org.uk) [www.mind.org](http://www.mind.org)

**Woody's Lodge** [www.woodyslodge.org](http://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**

*\*There could be call charges for these numbers, please check. All signposting information is correct at time of being published. 06/19*