



Ymddiriedolaeth GIG
Gwasanaethau Ambiwlians 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 **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.
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

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

Domestic violence helpline provide life-saving services &
advice.

www.womensaid.org.uk or 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

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**