



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 **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**