

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.



SOUTH WALES
POLICE
HEDDLU
DE CYMRU

f @ swpolice
south-wales.police.uk

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

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

☎Free 0800 138 1619

Mental Health support for veterans & their families. For Serving Personnel. ☎Free 0800 0323 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

2 Wish Upon a Star

*01443 853125

2 Wish Upon a Star provides bereavement support for families who have suddenly and traumatically lost a child or young adult aged 25 years and under. www.2wishuponastar.org/contact-us

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 (excl 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-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

☎Free 0808 80 10 800

Domestic violence helpline provide life-saving services & advice. www.gov.wales/live-fear-free/domestic-abuse-wales

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

Support for Emergency Service veterans & families. North Wales, Mon-Fri 10am – 3pm. *01492 533954 South Wales, Mon-Thu 10am – 3pm. *01446 781792 www.woodyslodge.org

*There could be call charges for these numbers, please check. All signposting information is correct at time of being published. April 2020

Dwyt ti ddim ar dy ben dy hun

Cefnogaeth Iechyd Meddwl

P'un ydych chi'n poeni amdanoch chi'ch hun neu eich anwyliaid, gall y llinellau cymorth a gwefannau hyn gynnig cyngor arbenigol.



SOUTH WALES
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swpolice
south-wales.police.uk

Llinellau Cymorth...

Samariaid 24/7 ☎Am ddim 116 123
Beth bynnag yr ydych chi'n mynd trwyddo, bydd y Samariaid yn ei wynebu gyda chi. Maent ar gael 24 awr y dydd, 365 diwrnod y flwyddyn. Am linell Gymraeg ffoniwch **0808 164 0123** (nid ar gael 24 awr, gwiriwch y wefan). www.samaritans.org

CALL 24/7 ☎Am ddim 0800 132 737
Linell Gyngor a Gwrando'r Gymuned: Llinell Gymorth Iechyd Meddwl ar gyfer Cymru. Neges testun help i **81066**. www.callhelpline.org.uk

Childline 24/7 ☎Am ddim 0800 1111
Gwybodaeth a chynghor cyfrinachol am ddim i unrhyw un dan 19 oed. www.childline.org.uk

Beat ☎Am ddim 0808 801 0677
Cyngor ar anhwylderau bwyta. Llun-Gwener, 12yp - 8yh, Penwythnosau a gwyliau banc, 4yp - 8yh. www.beateatingdisorders.org.uk

CALM ☎Am ddim 0800 58 58 58
Ymgynghir yn erbyn Byw yn Ddichonadwy: Cymorth i ddynion ifanc 15 i 35 oed. Bob dydd, 5yp - hanner nos. www.thecalmzone.net

Combat Stress ☎Am ddim 0800 138 1619
Cymorth Iechyd Meddwl i gyn-filwyr a'u teuluoedd. Ar gyfer Bersonél sy'n Gwasanaethul. ☎Am ddim 0800 0323 4444 www.combatstress.org.uk

Cruse ☎Am ddim 0808 808 1677
Gofal Profedigaeth a chefnogaeth i unrhyw un sy'n galaru Llun-Gwener, 9yb - 5yp, Mawrth, Mercher ac Iau tan 8yh. I gael cymorth, dewch o hyd i'ch cangen agosaf. www.cruse.org.uk/wales

2 Wish Upon a Star *01443 853125
Mae 2 Wish Upon a Star yn cynnig cymorth profedigaeth i deuluoedd sydd wedi cael profiad ysgytwol o golli plentyn neu berson ifanc 25 oed neu'n iau yn sydyn. www.2wishuponastar.org/contact-us

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 9yb - 9yh Sad/Sul 10yb - 3yp.

Bullying UK www.bullying.co.uk
Cyngor a chefnogaeth ar bob math o fwlio.

Parentline Plus www.parentlineplus.org.uk
Gwrando, cymorth a help anfeirniadol i deuluoedd.

HOPEline UK ☎Am ddim 0800 068 4141
Cyngor a chymorth atal hunanladdiad i unrhyw un dan 35 oed. Dyddiau'r wythnos 10yb - 10yh, penwythnosau a gwyliau banc 2yp - 10yh. www.papyrus-uk.org

LGBT Foundation *0345 3 30 30 30
Gwasanaethau cymorth ar gyfer pobl lesbiaid, hoyw, deurywiol a thrawsrywiol. Dyddiau'r wythnos (ac eithrio gwyliau banc) 10yb - 10yh. www.lgbt.foundation

Meic ☎Am ddim 0808 80 23456
Gwybodaeth a chynghor i blant a phobl ifanc yng Nghymru o dan 25. Bob dydd 8yb - hanner nos. Neges testun i **84001**. www.meiccymru.org

Mind *0300 123 3393
Gwybodaeth am unrhyw agwedd o iechyd meddwl. Llun i Gwener 9yb - 6yh (heblaw am wyliau banc). www.mind.org.uk

National Debt Line ☎Am ddim 0808 808 4000
Darparu cyngor am ddim ar ddyledion. Llun-Gwener 9yb - 8yh Sad 9.30yb - lyp. www.nationaldebtline.co.uk

No Panic *0844 967 4848
Cefnogi pobl sy'n profi pyliau o banig ac Anhwylder Gorfodaeth Obsesiynol. Yn ddyddiol 10yb - 10yh. www.nopanic.org.uk

Rape Crisis ☎Am ddim 0808 802 9999
Cyfeirio at eich gwasanaethau lleol. Yn dyddiol, canol dydd - 2.30yp a 7yh - 9.30yh. www.rapecrisis.org.uk

Byw Heb Ofn ☎Am ddim 0808 80 10 800
Mae llinell gymorth trais yn y cartref yn darparu gwasanaethau a chynghor achub bywyd. www.gov.wales/live-fear-free/domestic-abuse-wales

SANEline *0300 304 7000
Cefnogaeth a gwybodaeth i bobl sy'n cael eu heffeithio gan salwch meddwl, eu teuluoedd a'u gofalwyr. Bob dydd 4.30yp - 10.30yh. www.sane.org.uk

SOBS *0300 111 5065
Goroeswyr Profedigaeth trwy Hunanladdiad: Cymorth, gwybodaeth a chynghor. Llun-Gwener 9yb - 9yh. www.uk-sobs.org.uk

The Silver Line 24/7 ☎Am ddim 0800 4 70 80 90
Gwybodaeth, cyfeillgarwch a chynghor i bobl hyn. www.thesilverline.org.uk

Victim Support 24/7 ☎Am ddim 0808 168 9111
Cymorth i bobl y mae troseddau neu ddigwyddiadau trawmatig yn effeithio arnynt. www.victimsupport.org

Llinell Gymorth Dementia Cymru 24/7 ☎Am ddim 0808 808 2235
Cefnogi pobl yr effeithir arnynt gan ddementia. www.dementiahelpline.org.uk

Cefnogaeth i Griwiau Gwasanaethau Brys

Mind Blue Light Infoline *0300 303 5999

Cymorth Iechyd Meddwl ar gyfer Tîm 999.
E-bost: bluelightinfo@mind.org.uk

www.mind.org

Woody's Lodge

Cefnogaeth i gyn-filwyr a theuluoedd y Gwasanaeth Brys.

Gogledd Cymru, Llun-Gwener 10yb - 3yp. *01492 533954

De Cymru, Llun-lau 10yb - 3yp.

*01446 781792

www.woodyslodge.org