

FREE MENTAL HEALTH & WELLBEING SUPPORT IN WALES

Cruse Bereavement Support

0808 808 1677

www.cruse.org.uk

[crusebereavementsupport](https://www.facebook.com/crusebereavementsupport)

CruseSupport

ONLINE OR
VIA PHONE

ONE-TO-ONE
PERSONALISED
SUPPORT

I NEED HELP DEALING WITH GRIEF

ONLINE, FACE-TO-FACE
DROP-IN CENTRES OR
VIA PHONE

WIDE RANGE OF
MENTAL HEALTH
CONDITIONS

MIND

www.mind.org.uk

[mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)

MindCharity

0300 123 3393*

*not freephone

Adferiad

North: 01492 863 000*

South: 01792 816 600*

www.adferiad.org

Adferiad_

adferiad

*not freephone

MENTAL HEALTH

SUBSTANCE MISUSE

WHAT ABOUT MATERNAL
MENTAL HEALTH?



Maternal Mental
Health Alliance

mmh Alliance

www.maternalmentalhealthalliance.org

WHERE CAN I FIND INFORMATION
ON AVAILABLE SUPPORT?

I'D LIKE AN ONLINE RESOURCE TO HELP
WITH MENTAL HEALTH AND WELLBEING

SilverCloud

nhs.wales.silvercloudhealth.com/signup

For adults 16+

**MENTAL
HEALTH**

IS JUST AS IMPORTANT AS

**PHYSICAL
HEALTH**

I'M LOOKING FOR SUPPORT
FOR YOUNG PEOPLE

YOUNG MINDS

For parents and young people

www.youngminds.org.uk

Parents Helpline: 0808 802 5544

Monday-Friday 9:30am-4pm

GamCare

Gambling Support Starts Here

0808 8020 133

www.gamcare.org.uk

For gambling support

Beat

Eating disorders

0808 801 0433

[beatedsupport](https://www.instagram.com/beatedsupport)

beated

[beat.eating.disorders](https://www.facebook.com/beat.eating.disorders)

www.beateatingdisorders.org.uk

I NEED HELP AND ADVICE ABOUT
AN EATING DISORDER

Dewis Cymru

Have choice and take control

www.dewis.wales

DewisWales

Hub of Hope

Service provided by Chasing the Stigma

www.hubofhope.co.uk



GET IT ON
Google Play

Download on the
App Store

WHERE CAN I FIND INFORMATION
ON LOCAL SERVICES?

I NEED SUPPORT WITH DRUGS,
ALCOHOL OR GAMBLING

DAN

24/7 Text DAN to 81066

www.dan247.org.uk

For drug and alcohol support

**READING
WELL**

www.reading-well.org.uk

For all ages

RECOMMENDED BY
HEALTH EXPERTS

VISIT YOUR
LOCAL LIBRARY

Switchboard
LGBT+ helpline

0800 0119 100

www.switchboard.lgbt

10am - 10pm every day hello@switchboard.lgbt

[switchboardlgbt](https://www.instagram.com/switchboardlgbt)

[switchboardLGBT](https://www.facebook.com/switchboardLGBT)

EMAIL, ONLINE
OR VIA PHONE

I'D PREFER TO USE
BOOKS TO TRY SELF-HELP
AND WELLBEING AT HOME

I'M LOOKING FOR LGBTQ+ SUPPORT



SCAN THE QR CODE FOR
AN INTERACTIVE COPY

FREE URGENT MENTAL HEALTH SUPPORT IN WALES

shout
85258

Text SHOUT
to 85258

SAMARITANS

116 123

www.samaritans.org/wales

✉ jo@samaritans.org

C.A.L.L.

0800 132 737

Text help to 81066

www.callhelpline.org.uk

Community Advice &
Listening Line

DIAL **999** IN
LIFE-THREATENING
EMERGENCIES

**I'M NOT
COPING**

AND I NEED

**URGENT
HELP**

Staying Safe  4 Mental Health
from suicidal thoughts Connecting with People

www.stayingsafe.net

Create your own "Safety Plan"
for when you feel overwhelmed

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58

www.thecalmzone.net

5pm-midnight
every day

DIAL **111** AND
CHOOSE **OPTION 2**

ChildLine

0800 1111 

For children aged under 19

www.childline.org.uk



PAPYRUS
PREVENTION OF YOUNG SUICIDE

0800 068 41 41

For people aged
35 and under Text 07860 039967
9am-midnight every day

www.papyrus-uk.org

✉ pat@papyrus-uk.org

YOUNGmINDS

For children & young people

Text YM to 85258






← SCAN THE QR CODE FOR
AN INTERACTIVE COPY

CYMORTH IECHYD A LLES MEDDWL AM DDIM YNG NGHYMRU

Cruse Cymorth Galar

0808 808 1677
www.cruse.org.uk

 crusebereavementsupport
  CruseSupport

AR-LEIN NEU
DROS Y FFÔN

CYMORTH PERSONOL
UN-I-UN

GWYNEB I WYNEB,
DROS Y FFÔN, NEU
AR-LEIN

YSTOD EANG O
GYFLYRAU IECHYD
MEDDWL

MIND

0300 123 3393*

www.mind.org.uk/cy/mind-cymru

  MindCymru

 mindforbettermentalhealth

*nid yw ffônio am ddim

 **Adferiad**

Gogledd: 01492 863 000*

De: 01792 816 600*

www.adferiad.org/cym

 Adferiad_

 adferiad

*nid yw ffônio am ddim

LLES MEDDWL

CAM-DRIN SYLWEDDAU

MAE ANGEN HELP ARNAF I DDELIO Â GALAR

BETH AM IECHYD
MEDDWL MAMOL?

BLE GALLAF DDOD O HYD I WYBODAETH
AM Y CYMORTH SYDD AR GAEL?

meic

0808 802 3456 neu
tecstiwch 84001

8yb-canol nos bob dydd
www.meiccymru.org

  meic.cymru

 meiccymru

I rai dan 25 oed



Maternal Mental
Health Alliance   mmh Alliance

www.maternalmentalhealthalliance.org

HOFFWN GAEL ADNODD AR-LEIN I
HELPU GYDA IECHYD MEDDWL A LLES

RWY'N EDRYCH AM
GEFNOGAETH I BOBL IFANC

MAE
IECHYD
MEDDWL

YR UN MOR BWYSIG AG

IECHYD
CORFFOROL

 **SilverCloud**

nhs.wales.silvercloudhealth.com/signup

Ar gyfer oedolion 16+

YOUNG MINDS

Ar gyfer rhieni a phobl ifanc

www.youngminds.org.uk

Llinell Gymorth Rhieni: 0808 802 5544

Dydd Llun-Dydd Gwener 9:30yb-4yh

 **GamCare**

Gambling Support Starts Here

0808 8020 133

www.gamcare.org.uk

Ar gyfer cymorth gamblo

DWI ANGEN CEFNOGAETH AR GYFER
CYFFURIAU, ALCOHOL NEU GAMBLO

0808 808 2234
DAN 24/7 Tecstiwch DAN i 81066
www.dan247.org.uk
Ar gyfer cymorth cyffuriau ac alcohol

MAE ANGEN HELP A CHYNGOR AM
ANHWYLDER BWYTA ARNAF

BLE GALLAF DDOD O HYD I WYBODAETH
AM WASANAETHAU LLEOL?

BYDDAI'N WELL GEN I
DDEFNYDDIO LLYFRAU I ROI
CYNNIG AR HUNANGYMORTH
A LLES GARTREF

**DARLLEN
YN WELL**

www.reading-well.org.uk/wales

Ar gyfer pob oedran

ARGYMHELLIR GAN
ARBENIGWYR IECHYD

YMWELD Â'CH
LLYFRGELL LEOL

 **Switchboard**
LGBT+ helpline

0800 0119 100

www.switchboard.lgbt

10yb - 10yh
bob dydd

 hello@switchboard.lgbt

 switchboardlgbt

  switchboardLGBT

E-BOST,
AR-LEIN NEU
DROS Y FFÔN

RWY'N CHWILIO AM GYMORTH LHDQTQ+



CYMORTH **ARGYFWNG** IECHYD MEDDWL AM DDIM **YNG** NGHYMRU

shout
85258

Tecstiwch
SHOUT
i **85258**

SAMARITANS 116 123
SAMARIAID (Saesneg)

0808 164 0123 (Cymraeg): 7yh-11yh
www.samaritans.org/wales
✉ jo@samaritans.org



0800 132 737

Tecstiwch **help** i **81066**
www.callhelpline.org.uk

Llinell Gyngor a
Gwrando'r
Gymuned

FFÔN IWCH **999** MEWN
ARGYFWNG
SY'N BYGWTH BYWYD

DYDW I
DDIM YN
YMDOPI

AC MAE ANGEN

CYMORTH
BRYIS

ARNAF

CAMPAIGN
AGAINST
LIVING
MISERABLY

0800 58 58 58

www.thecalmzone.net

5yh-canol nos
bob dydd

Staying Safe
from suicidal thoughts



4 Mental Health
Connecting with People

www.stayingsafe.net

Crëwch eich "Cynllun Diogelwch"
eich hun ar gyfer pan fydd pethau'n
ormod i chi

FFÔN IWCH **111** A
DEWISWCH **OPSIWN 2**

ChildLine

0800 1111

Ar gyfer plant o dan 19 oed
www.childline.org.uk



PAPYRUS
PREVENTION OF YOUNG SUICIDE

0800 068 41 41

Ar gyfer pobl Tecstiwch **07860 039967**

9yb-canol nos bob dydd

35 oed ac iau www.papyrus-uk.org

✉ pat@papyrus-uk.org

YOUNGmINDS

Ar gyfer plant a phobl ifanc
Tecstiwch YM i **85258**

