



2wish  
CYMRU

# Mental Health Support

## Useful Numbers





## NHS 111, Option 2

This is a national helpline which is available 24 hours a day, 7 days a week, and is open for all ages. You can ring if you have concerns for yourself or for someone that you know.

## Samaritans

If you need to talk to someone the Samaritans provide a confidential listening service and they are available any time, day or night.



116 123



[jo@samaritans.org](mailto:jo@samaritans.org) - although it may take several days for a response.

## The C.A.L.L. Helpline

This is a dedicated mental health helpline for Wales which provides a confidential listening and emotional support service, and can help you access support in your area.



0800 123 737



Text 'help' to 81066

## MIND Cymru

This is an information line that provides information on all types of mental health problems, where to get help with medication, alternative treatments and advocacy.



0300 123 3393



[info@mind.org.uk](mailto:info@mind.org.uk)



Text 86463

# Papyrus

Young suicide prevention society.

Hopeline – 0800 068 4141, Monday to Friday 10am – 10pm,  
2pm – 10pm on weekends and Bank Holidays.

# MEIC

Confidential helpline offering support for children and young people up to 25.

Open 8am to midnight 7 days a week.

 080880 23456

 Text 8401

Instant messaging available from website.

# BAME Mental Health


Offers support through trauma, grief, addiction, anxiety or major life changes.


 0800 144 8824

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

# BAME Helpline Wales


Open to over 18s living in Wales, particularly if you identify as black, Asian or minority ethnic, or if you would like to speak to someone in a language other than English or Welsh.

 0300 222 5720

 Text 7537 432416

# Childline

Free 24 hour confidential service for under 19s. Trained counsellors are available day or night.

 0800 1111

 [www.childline.org.uk](http://www.childline.org.uk)

## Saneline

National mental health helpline that provides information and support to people with mental health problems and those who support them.

 0845 767 8000 (6pm - 1pm)

 [www.sane.org.uk](http://www.sane.org.uk)

## Shout

Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.

 Text 'shout' to 85258

## Help is at Hand Cymru

A guide aimed at the wide range of people who are affected by suicide or unexplained death.

 <https://sshp.wales/en/help-is-at-hand/>

## Contact Us

 [support@2wish.org.uk](mailto:support@2wish.org.uk)

 01443 853125

 [www.2wish.org.uk](http://www.2wish.org.uk)

Registered Charity in England and Wales  
Charity No. 1168140



## Saneline

Llinell gymorth genedlaethol sy'n darparu gwybodaeth a chymorth i bobl â phroblemau iechyd meddwl, a'r rheini sy'n rhoi cymorth iddynt.

 0845 767 8000 (6pm - 1pm)

 [www.sane.org.uk](http://www.sane.org.uk)

## Shout

Mae Shout yn wasanaeth neges destun cyfrinachol, ar gael 24 awr y diwrnod, 7 diwrnod yr wythnos ac am ddim i unrhyw un yn y DU sy'n ei chael hi'n anodd ymdopi.

 Tecstiwch 'shout' i 85258

## Cymorth wrth law Cymru

Canllaw wedi'i anelu at yr ystod eang o bobl sy'n cael eu heffeithio gan hunanladdiad neu farwolaeth heb esboniad.

 <https://sshp.wales/en/help-is-at-hand/>

## Manylion Cyswllt

 [support@2wish.org.uk](mailto:support@2wish.org.uk)

 01443 853125

 [www.2wish.org.uk](http://www.2wish.org.uk)

Elusen Gofrestredig yng Nghymru a Lloegr.  
Rhif Elusen 1168140



# Papyrus


Cymdeithas atal hunanladdiad pobl ifanc.

Llinell gobaith - 0800 068 4141, o ddydd Llun i ddydd Gwener 10am - 10pm, 2pm - 10pm ar benwythnosau ac ar Wyliau'r Banc.

# MEIC

Llinell gymorth gyfrinachol sy'n cynnig cymorth i blant a phobl ifanc hyd at 25 oed.

Ar agor o 8am hyd at hanner nos, 7 diwrnod yr wythnos.

 080880 23456

 Neges destun 8401

Negeseuon gwib ar gael o'r wefan.

# Iechyd Meddwl BAME (grwpiau Du, Asiaidd ac Ethnig Leiafrifol)


Cynnig cymorth ar gyfer trawma, galar, dibyniaeth, gorbryder neu drwy newidiadau mawr i fywyd.

 0800 144 8824

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

# Llinell Gymorth BAME Cymru


Ar agor i bobl dros 18 oed sy'n byw yng Nghymru, yn benodol os ydych yn ystyried eich hunain yn ddu, Asiaidd neu o gefndir ethnig leiafrifol, neu os hoffech siarad â rhywun mewn iaith sy'n wahanol i Gymraeg neu Saesneg.

 0300 222 5720

 Neges destun 7537 432416

# Childline

Gwasanaeth cyfrinachol 24 awr am ddim i bobl o dan 19 oed. Mae cwyselwyr sydd wedi'u hyfforddi ar gael yn ystod y dydd a'r nos.

 0800 1111

 [www.childline.org.uk](http://www.childline.org.uk)



## GIG 111, dewis 2

Mae hon yn llinell gymorth genedlaethol sydd ar gael 24 awr y diwrnod, 7 diwrnod yr wythnos, ac sy'n agored i bob oedran. Gallwch ei galw os byddwch yn pryderu amdanoch chi eich hun neu am rywun rydych chi'n ei adnabod.

## Y Samariaid

Os bydd angen i chi siarad â rhywun, mae'r Samariaid yn darparu gwasanaeth gwranddo cyfrinachol ac maent ar gael unrhyw bryd, ddydd neu nos.

 116 123

 [jo@samaritans.org](mailto:jo@samaritans.org), ond gall gymryd sawl diwrnod iddynt ymateb.

## Llinell Gymorth C.A.L.L (Llinell Wrando a Chymorth Cymunedol)

Mae hon yn llinell gymorth iechyd meddwl ddynodedig i Gymru sy'n darparu gwasanaeth gwranddo cyfrinachol a chymorth emosiynol, a gallant eich helpu i ddod o hyd i gymorth yn eich ardal.

 0800 123 737

 Tecstiwch 'help' i 81066

## MIND Cymru

Mae hon yn llinell wybodaeth sy'n rhannu gwybodaeth am bob math o broblemau iechyd meddwl, lle i gael help gyda meddyginiaeth, triniaethau amgen ac eiriolaeth.

 0300 123 3393

 [info@mind.org.uk](mailto:info@mind.org.uk)

 Neges destun 86463



2wish  
CYMRU

# Cymorth Iechyd Meddwl

## Gwybodaeth ddefnyddiol

