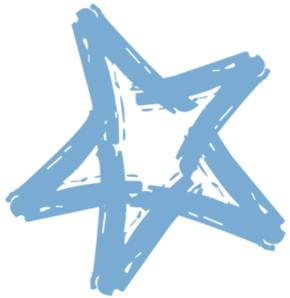




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CYMRU

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 - 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

 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

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

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

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

 01443 853125

 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

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.

 Tecstiwrch '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

 01443 853125

 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

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

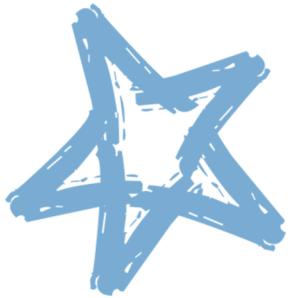
 Neges destun 7537 432416

Childline

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

 0800 1111

 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 rhywun rydych chi'n ei adnabod.

Y Samariaid

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

116 123

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 gwrando cyfrinachol a chymorth emosiynol, a gallant eich helpu i ddod o hyd i gymorth yn eich ardal.

0800 123 737

Tecstiwrch 'help' i 81066

MIND Cymru

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

0300 123 3393

info@mind.org.uk

Neges destun 86463



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Cymorth Iechyd Meddwl Gwybodaeth ddefnyddiol

