

FREE MENTAL HEALTH & WELLBEING SUPPORT IN WALES

Cruse Bereavement Support

0808 808 1677

www.cruse.org.uk

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
 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?

meic

0808 802 3456 or text 84001

8am-midnight every day

www.meiccymru.org

meic.cymru

meiccymru

For under 25s

I'M LOOKING FOR SUPPORT
FOR **YOUNG PEOPLE**

**MENTAL
HEALTH**

IS JUST AS IMPORTANT AS

**PHYSICAL
HEALTH**

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

SilverCloud

nhs.wales.silvercloudhealth.com/signup

For adults 16+

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

I NEED SUPPORT WITH **DRUGS,**
ALCOHOL OR GAMBLING

Hub of Hope

Service provided by Chasing the Stigma

www.hubofhope.co.uk



GET IT ON
Google Play

Download on the
App Store

Dewis Cymru

Have choice and take control

www.dewis.wales

DewisWales

WHERE CAN I FIND INFORMATION
ON **LOCAL SERVICES?**

DAN 24/7 Text DAN to 81066
www.dan247.org.uk
For drug and alcohol support

I NEED HELP AND ADVICE ABOUT
AN **EATING DISORDER**



0808 801 0433

beatedsupport

beated

beat.eating.disorders

www.beateatingdisorders.org.uk

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

**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 hello@switchboard.lgbt
every day

switchboardlgbt

switchboardLGBT

EMAIL, ONLINE
OR VIA PHONE

I'M LOOKING FOR **LGBTQ+** SUPPORT



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AN INTERACTIVE COPY