

# FREE URGENT MENTAL HEALTH SUPPORT IN WALES

**shout**  
**85258**

Text SHOUT  
to 85258

**SAMARITANS**

116 123

[www.samaritans.org/wales](http://www.samaritans.org/wales)

✉ [jo@samaritans.org](mailto:jo@samaritans.org)

C.A.L.L.

0800 132 737

Text help to 81066

[www.callhelpline.org.uk](http://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](http://www.stayingsafe.net)

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

**CAMPAIGN  
AGAINST  
LIVING  
MISERABLY**

0800 58 58 58

[www.thecalmzone.net](http://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](http://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](http://www.papyrus-uk.org)

✉ [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**YOUNGMINDS**

For children & young people

Text YM to 85258



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