

Dwyt ti ddim ar dy ben dy hun

Cefnogaeth Iechyd Meddwl

P'un ydych chi'n poeni amdanoch chi'ch hun neu eich anwyliaid, gall y llinellau cymorth a gwefannau hyn gynnig cyngor arbenigol.



SOUTH WALES
POLICE
HEDDLU
DE CYMRU

swpolice
south-wales.police.uk

Llinellau Cymorth...

Samariaid 24/7 ☎Am ddim 116 123

Beth bynnag yr ydych chi'n mynd twyddo, bydd y Samariaid yn ei wynebu gyda chi. Maent ar gael 24 awr y dydd, 365 diwrnod y flwyddyn. Am llinell Gymraeg ffontwch 0808 164 0123 (nid ar gael 24 awr, gwirwch y wefan). www.samaritans.org

CALL 24/7 ☎Am ddim 0800 132 737

Llinell Gyngor a Gwrando'r Gyrruned: Llinell Gymorth Iechyd Meddwl ar gyfer Cymru. Neges testun help i 81066. www.callhelpline.org.uk

Childline 24/7 ☎Am ddim 0800 1111

Gwybodaeth a chyngor cyfrinachol am ddim i unrhyw un dan 19 oed. www.childline.org.uk

Beat ☎Am ddim 0808 801 0677

Cyngor ar anhwylderau bwyta. Llun-Gwener, 12yp - 8yh, Penwythnosau a gwyliau banc, 4yp - 8yh. www.beateatingdisorders.org.uk

CALM ☎Am ddim 0800 58 58 58

Ymgrych yn erbyn Bywyn Ddichonadwy: Cymorth i ddynion ifanc 15 i 35 oed. Bob dydd, 5yp - hanner nos. www.thecalmzone.net

Combat Stress ☎Am ddim 0800 138 1619

Cymorth Iechyd Meddwl i gyn-flwyr a'u teuluoedd. Ar gyfer Personél sy'n Gwasanaethu. ☎Am ddim 0800 0325 4444 www.combatstress.org.uk

Cruse ☎Am ddim 0808 808 1677

Gofal Profedigaeth a chefnogaeth i unrhyw un sy'n galaru Llun-Gwener, 9yb - 5yp, Mawrth, Mercher ac Iau tan 8yh. I gael cymorth, dewch o hyd fch cangen agosaf. www.cruse.org.uk/wales

2 Wish Upon a Star *01443 853125

Mae 2 Wish Upon a Star yn cynnig cymorth profedigaeth i deuluoedd sydd wedi cael profiadysgytiol o goll plentyn neu berson ifanc 25 oed neu'n Iau yn sydyn. www.2wishuponastar.org/contact-us

Dan 24/7 24/7 ☎Am ddim 0808 808 2234

Cefnogaeth gyda phroblemau cyffurtau ac alcohol. Danfon neges testun DAN i: 81066. www.dan247.org.uk

Family Lives ☎Am ddim 0800 800 2222

Llun-Gwener 9yb - 9yh Sad/Sul 10yb - 3yp.

Bullying UK www.bullying.co.uk

Cyngor a chefnogaeth ar bob math o fwlio.

Parentline Plus www.parentlineplus.org.uk

Gwrando, cymorth a help anfeirniadol i deuluoedd.

HOPELine UK ☎Am ddim 0800 068 4141

Cyngor a chymorth atal hunanladdiad i unrhyw un dan 35 oed. Dyddiau'r wythnos 10yb - 10yh, penwythnosau a gwyliau banc 2yp - 10yh. www.papyrus-uk.org

LGBT Foundation *0345 3 30 30 30

Gwasanaethau cymorth ar gyfer pobl lesbïaidd, hoyw, deurywiol a thrawsrywiol. Dyddiau'r wythnos (ac eifftro gwyliau banc) 10yb - 10yh. www.lgbt.foundation

Meic ☎Am ddim 0808 80 23456

Gwybodaeth a chyngor i blant a phobl ifanc yng Nghymru o dan 25. Bob dydd 8yb - hanner nos. Neges testun i 84001. www.meicycymru.org

Mind *0300 123 3393

Gwybodaeth am unrhyw agwedd o iechyd meddwl. Llun i Gwener 9yb - 8yh (heblaw am wyliau banc). www.mind.org.uk

National Debt Line ☎Am ddim 0808 808 4000

Darparu cyngor am ddim ar ddyledion. Llun-Gwener 9yb - 8yh Sad 9.30yb - lyp. www.nationaldebtline.co.uk

No Panic *0844 967 4848

Cefnogi pobl sy'n profi pyliau o banig ac Anhwylder Gorfodaeth Obsesyfrol. Yn ddyddiol 10yb - 10yh. www.nopanic.org.uk

Rape Crisis ☎Am ddim 0808 802 9999

Cyfeirio at eich gwasanaethau lleol. Yn dyddiol, canol dydd - 2.30yp a 7yh - 9.30yh. www.rapecrisis.org.uk

Byw Heb Ofn ☎Am ddim 0808 80 10 800

Mae llinell gymorth trais yn y cartref yn darparu gwasanaethau a chyngor achub bywyd. www.gov.wales/live-fear-free/domestic-abuse-wales

SANEline *0300 304 7000

Cefnogaeth a gwybodaeth i bobl sy'n cael eu heffeithio gan salwch meddwl, eu teuluoedd a'u gofalwyr. Bob dydd 4.30yp - 10.30yh. www.sane.org.uk

SOBS *0300 111 5065

Goroeswyr Profedigaeth trwy Hunanladdiad: Cymorth, gwybodaeth a chyngor. Llun-Gwener 9yb - 9yh. www.uk-sobs.org.uk

The Silver Line 24/7 ☎Am ddim 0800 4 70 80 90

Gwybodaeth, cyfeillgarwch a chyngor i bobl hyn. www.thesilverline.org.uk

Victim Support 24/7 ☎Am ddim 0808 168 9111

Cymorth i bobl y mae troseddau neu ddigwyddiadau trawmatig yn effeithio arnynt. www.victimsupport.org

Llinell Gymorth 24/7 ☎Am ddim 0808 808 2235

Dementia Cymru

Cefnogi pobl yr effeithir arnynt gan ddementia. www.dementiahelpline.org.uk

Cefnogaeth i Griwiau Gwasanaethau Brys

Mind Blue Light Infoline *0300 303 5999

Cymorth Iechyd Meddwl ar gyfer Tîm 999. E-bost: bluelightinfo@mind.org.uk www.mind.org

Woody's Lodge

Cefnogaeth i gyn-flwyr a theuluoedd y Gwasanaeth Brys. Gogledd Cymru, Llun-Gwener 10yb - 3yp. *01492 533954 De Cymru, Llun-Iau 10yb - 3yp. *01446 781792 www.woodyslodge.org

You are not alone

Mental Health Support

Whether you're concerned about yourself or a loved one, these helplines and websites can offer expert advice.



SOUTH WALES
POLICE
HEDDLU
DE CYMRU

swpolice
south-wales.police.uk

Helplines...

Samaritans 24/7 ☎Free 116 123
Whatever you're going through, a Samaritan will face it with you. They are available 24 hours a day, 365 days a year. For the Welsh Language line please call 0808 164 0123 (not 24 hour, check website). www.samaritans.org

CALL 24/7 ☎Free 0800 132 737
Community Advice & Listening Line: Wales based mental health information and support. Text help to 81066. www.callhelpline.org.uk

Childline 24/7 ☎Free 0800 1111
Free and confidential information and advice for anyone under 19 years. www.childline.org.uk

Beat ☎Free 0808 801 0677
Advice on eating disorders. Mon-Fri, 12pm - 8pm. Weekends & bank holidays, 4pm - 8pm. www.beateatingdisorders.org.uk

CALM ☎Free 0800 58 58 58
Campaign Against Living Miserably: Support for young men aged 15 to 35. Daily, 5pm - midnight. www.thecalmzone.net

Combat Stress ☎Free 0800 138 1619
Mental Health support for veterans & their families. For Serving Personnel. ☎Free 0800 0323 4444 www.combatstress.org.uk

Cruse ☎Free 0808 808 1677
Bereavement Care and support for anyone grieving. Mon-Fri, 9am - 5pm, Tues, Wed & Thu until 8pm. For support, find your nearest branch. www.cruse.org.uk/wales

2 Wish Upon a Star *01443 853125
2 Wish Upon a Star provides bereavement support for families who have suddenly and traumatically lost a child or young adult aged 25 years and under. www.2wishuponastar.org/contact-us

Dan 24/7 24/7 ☎Free 0808 808 2234
Support with drug and alcohol problems. Text DAN to: 81066. www.dan247.org.uk

Family Lives ☎Free 0800 800 2222
Mon-Fri 9am - 9pm Sat/ Sun 10am - 3pm. www.bullying.co.uk

Bullying UK www.bullying.co.uk
Advice & support on all forms of bullying.

Parentline Plus www.parentlineplus.org.uk
Listening, support & non-judgemental help for families.

HOPELINE UK ☎Free 0800 068 4141
Suicide prevention advice & support for anyone under 35. Weekdays 10am - 10pm, weekends & bank holidays 2pm - 10pm. www.papyrus-uk.org

LGBT Foundation *0345 3 30 30 30
Support services for lesbian, gay, bi & trans people. Weekdays (excl bank holidays) 10am - 10pm. www.lgbt.foundation

Meic ☎Free 0808 80 23456
Information & advice for children & young people in Wales under 25. Daily 8am - midnight. Text to 84001. www.meiccymru.org

Mind *0300 123 3393
Information on any aspect of mental health. Mon-Fri 9am - 6pm (except bank holidays). www.mind.org.uk

National Debt Line ☎Free 0808 808 4000
Providing free debt advice. Mon-Fri 9am - 8pm, Sat 9.30am - 1pm. www.nationaldebtline.co.uk

No Panic *0844 967 4848
Supporting people who experience panic attacks & Obsessive Compulsive Disorder. Daily 10am - 10pm. www.nopanic.org.uk

Rape Crisis ☎Free 0808 802 9999
Signpost to your local services. Daily, midday - 2.30pm & 7pm - 9.30pm. www.rapecrisis.org.uk

Live Fear Free ☎Free 0808 80 10 800
Domestic violence helpline provide life-saving services & advice. www.gov.wales/live-fear-free/domestic-abuse-wales

SANEline *0300 304 7000
Support & information for people affected by mental illness, their families & carers. Daily 4.30pm - 10.30pm. www.sane.org.uk

SOBS *0300 111 5065
Survivors of Bereavement by Suicide: Support, information & advice. Mon-Fri 9am - 9pm. www.uk-sobs.org.uk

The Silver Line 24/7 ☎Free 0800 470 80 90
Information, friendship & advice for older people. www.thesilverline.org.uk

Victim Support 24/7 ☎Free 0808 168 9111
Help for people affected by crime or traumatic events. www.victimsupport.org

Wales Dementia Helpline 24/7 ☎Free 0808 808 2235
Supporting people affected by dementia. www.dementiahelpline.org.uk

Support for Emergency Services Crews

Mind Blue Light Infoline *0300 303 5999
Mental Health support for Team 999. Email: bluelightinfo@mind.org.uk www.mind.org

Woody's Lodge
Support for Emergency Service veterans & families. North Wales, Mon-Fri 10am - 3pm. *01492 533954 South Wales, Mon-Thu 10am - 3pm. *01446 781792 www.woodyslodge.org

* There could be call charges for these numbers, please check. All signposting information is correct at time of being published. April 2020