

FREE MENTAL HEALTH SUPPORT



MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH

I need help dealing with **grief**

Cruse Bereavement Support
0808 808 1677
www.cruse.org.uk
f crusebereavementsupport
i CruseSupport

MIND

www.mind.org.uk
f mindforbettermentalhealth
i MindCharity
0300 123 3393*
*not freephone

Adferiad

North: 01492 863 000*
South: 01792 816 600*
www.adferiad.org
f adferiad
*not freephone

where can I find information on available support?

I'd like an online resource

SilverCloud

nhs.wales.silvercloudhealth.com/signup
for adults 16+

what about **maternal** mental health?

Maternal Mental Health Alliance

www.maternalmentalhealthalliance.org
i mmhalliance

meic

0808 802 3456 or text 84001
8am-midnight every day
www.meiccymru.org
f i meic.cymru
for under 25s

I'm looking for support for **young people**

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**

DAN 24/7

0808 808 2234
Text DAN to 81066
www.dan247.org.uk
for drug and alcohol support

what about **local services?**

Hub of Hope

Service provided by Chasing the Stigma

www.hubofhope.co.uk



0808 801 0433
i beatedsupport

f beat.eating.disorders

www.beateatingdisorders.org.uk

I need help and advice about an **eating disorder**

Dewis Cymru
Have choice and take control

www.dewis.wales
f DewisWales

Switchboard
LGBT+ helpline

10am - 10pm every day

0800 0119 100
www.switchboard.lgbt
hello@switchboard.lgbt
i switchboardlgbt
f switchboardLGBT

I'm looking for **lgbtq+** support

I'd prefer to use **books** to try self-help at home

READING WELL

www.reading-well.org.uk
For all ages



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