

# Dzwyt 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 gweffannau hyn  
gynnig cyngor arbenigol.*



swpolice  
www.heddlu-de-cymru.police.uk  
www.south-wales.police.uk

## Llinellau Cymorth...

### Samariaid 24/7 ☎Am ddim 116 123

Beth bynnag yr ydych chi'n mynd trwyddo, bydd y Samariaid yn ei wynebu gyda chi. Maent ar gael 24 awr y dydd, 365 diwrnod y flwyddyn. Am linell Gymraeg ffoniwch **0808 164 0123** (nid ar gael 24 awr, gwiriwch y wefan). [www.samaritans.org](http://www.samaritans.org)

### CALL 24/7 ☎Am ddim 0800 132 737

Llinell Gyngor a Gwrando'r Gymuned: Llinell Gymorth Iechyd Meddwl ar gyfer Cymru. Neges testun help i **81066**. [www.callhelpline.org.uk](http://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](http://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](http://www.beateatingdisorders.org.uk)

### CALM ☎Am ddim 0800 58 58 58

Ymgyrch yn erbyn Byw yn Ddichonadwy: Cymorth i ddydion ifanc 15 i 35 oed. Bob dydd, 5yp - hanner nos. [www.thecalmzone.net](http://www.thecalmzone.net)

### Combat Stress ☎Am ddim 0800 138 1619

Cymorth Iechyd Meddwl i gyn-filwyr a'u teuluoedd. Ar gyfer Bersonél sy'n Gwasanaethul. ☎Am ddim **0800 0323 4444** [www.combatstress.org.uk](http://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 i'ch cangen agosaf. [www.cruse.org.uk/wales](http://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 profiad ysgytwol o golli plentyn neu berson ifanc 25 oed neu'n iau yn sydyn. [www.2wishuponastar.org/contact-us](http://www.2wishuponastar.org/contact-us)

### Dan 24/7 24/7 ☎Am ddim 0808 808 2234

Cefnogaeth gyda phroblemau cyffuriau ac alcohol. Danfon neges testun DAN i: **81066**. [www.dan247.org.uk](http://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](http://www.bullying.co.uk)

Cyngor a chefnogaeth ar bob math o fwlio.

### Parentline Plus [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

Gwrando, cymorth a help anfeiriadol 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](http://www.papyrus-uk.org)

### LGBT Foundation \*0345 3 30 30 30

Gwasanaethau cymorth ar gyfer pobl lesbiaid, hoyw, deurywiol a thrawsrywiol. Dyddiau'r wythnos (ac eithrio gwyliau banc) 10yb - 10yh. [www.lgbt.foundation](http://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.meiccymru.org](http://www.meiccymru.org)

### Mind \*0300 123 3393

Gwybodaeth am unrhyw agwedd o iechyd meddwl. Llun i Gwener 9yb - 6yh (heblaw am wyliau banc). [www.mind.org.uk](http://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](http://www.nationaldebtline.co.uk)

### No Panic \*0844 967 4848

Cefnogi pobl sy'n profi pyliau o banig ac Anhwylder Gorfodaeth Obsesiynol. Yn ddyddiol 10yb - 10yh. [www.nopanic.org.uk](http://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](http://www.rapecrisis.org.uk)

### Cymorth i Ferched Cymru

Llinell Gymorth Byw Heb Ofn **0808 80 10 800**

Mae llinell gymorth trais yn y cartref yn darparu gwasanaethau a chyngor achub bywyd. [www.welshwomensaid.org.uk](http://www.welshwomensaid.org.uk)

### 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](http://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](http://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](http://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](http://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](http://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](mailto:bluelightinfo@mind.org.uk) [www.mind.org](http://www.mind.org)

#### Woody's Lodge

Cefnogaeth i gyn-filwyr a theuluoedd y Gwasanaeth Brys.  
Gogledd Cymru, Llun-Gwener 10yb - 3yp. \*01492 533954  
De Cymru, Llun-Iau 10yb - 3yp. \*01446 781792  
[www.woodyslodge.org](http://www.woodyslodge.org)

\*Gallai fod costau galwadau am y rhifau hyn, gwiriwch os gwelwch yn dda.  
Mae'r holl wybodaeth cyfeirio yn gywir ar adeg ei chyhoeddi. 06/19

# 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.*



swpolice  
www.heddlu-de-cymru.police.uk  
www.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.dan247.org.uk)

### **Family Lives** ☎Free 0800 800 2222

Mon-Fri 9am – 9pm Sat / Sun 10am – 3pm. [www.bullying.co.uk](http://www.bullying.co.uk)

### **Bullying UK** [www.bullying.co.uk](http://www.bullying.co.uk)

Advice & support on all forms of bullying.

### **Parentline Plus** [www.parentlineplus.org.uk](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.rapecrisis.org.uk)

### **Welsh Women's Aid**

**Live Fear Free helpline 0808 80 10 800**

Domestic violence helpline provide life-saving services & advice. [www.welshwomensaid.org.uk](http://www.welshwomensaid.org.uk)

### **SANEline** \*0300 304 7000

Support & information for people affected by mental illness, their families & carers. Daily 4.30pm – 10.30pm. [www.sane.org.uk](http://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](http://www.uk-sobs.org.uk)

### **The Silver Line** 24/7 ☎Free 0800 4 70 80 90

Information, friendship & advice for older people. [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

### **Victim Support** 24/7 ☎Free 0808 168 9111

Help for people affected by crime or traumatic events. [www.victimsupport.org](http://www.victimsupport.org)

### **Wales Dementia Helpline** 24/7 ☎Free 0808 808 2235

Supporting people affected by dementia. [www.dementiahelpline.org.uk](http://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](mailto:bluelightinfo@mind.org.uk) [www.mind.org](http://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](http://www.woodyslodge.org)

\*There could be call charges for these numbers, please check. All signposting information is correct at time of being published. 06/19