

HELPLINES



<i>SUPPORT FOR...</i>	ORGANISATION	CONTACT DETAILS	DESCRIPTION
<i>Domestic Abuse</i>	Live Fear Free	Call: 0808 80 10 800 Text: 07860077333 Email: info@livefearfreehelpline.wales Available 24 hours a day	Live Fear Free can provide help and advice to: <ul style="list-style-type: none">➤ Anyone experiencing domestic abuse➤ Anyone who knows someone who needs help. For example, a friend, family member or colleague➤ Practitioners seeking professional advice
	Safer Wales	Call: 0808 801 0321	Free confidential helpline for men

Mental Health

	<p>Available 10am–4pm Monday, Tuesday, Wednesday Answerphone service out of hours</p>	<p>experiencing domestic abuse. The Team can provide a listening ear, information on services available in the local area, help in developing a personalised safety plan and support in accessing other services and organisations. A 24 hour answerphone service is available when the helpline is closed.</p>
<p>The Help Hub</p>	<p>https://www.thehelphub.co.uk/ Phone call and video calls are available Email: info@thehelphub.co.uk</p>	<p>The Help Hub has been set up to support individuals who find themselves with limited contact due to the Covid-19 Coronavirus.</p>
<p>YoungMinds Parent Helpline</p>	<p>Call: 0808 802 5544</p>	<p>Worried about a child or young person? Call the free helpline for</p>

	<p>Available 9:30am-4pm Monday-Friday</p>	<p>confidential, expert advice.</p> <p>Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25.</p> <p>You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.</p>
<p>YoungMinds Crisis Messenger</p>	<p>Text: 85258</p> <p>Available 24 hours a day</p>	<p>Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis</p>

		<p>If you need urgent help text YM to 85258</p> <p>All texts are answered by trained volunteers, with support from experienced clinical supervisors</p> <p>Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.</p>
Mind Infoline	<p>Call: 0300 123 3393 Text: 86463 Email: info@mind.org.uk</p> <p>Available 9am-6pm Monday-Friday</p>	<p>Ask about:</p> <ul style="list-style-type: none"> ➤ Mental health problems ➤ Where to get help near you ➤ Treatment options ➤ Advocacy services
Samaritans	<p>Call: 116 123 Email: jo@samaritans.org</p>	24 hour confidential listening and support

	Available 24 hours a day	for anyone who needs it. (Adults included.)
The Mix	Call: 0808 808 4994 Text: 85258 Available 24 hours a day	Information, support and listening for people under 25. Get advice about sex, relationships, drugs, mental health, money & jobs.
SANEline	Call: 0300 304 7000 Available 4:30pm-10:30pm every day	SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.
Community Advice and Listening Line (C.A.L.L.)	Call: 0800 132 737 Text help to 81066	Offers emotional support and information/literature

	<p>Available 24 hours a day</p>	<p>on Mental Health and related matters to the people of Wales.</p> <p>Anyone concerned about their own mental health or that of a relative or friend can access the service. C.A.L.L. Helpline offers a confidential listening and support service.</p>
<p>Papyrus</p>	<p>Call: 0800 068 4141 Text: 07786 209 697 Email: papyrus-uk.org</p> <p>Available 10am-10pm weekdays, 2pm-10pm weekends</p>	<p>Confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through the helpline.</p>
<p>Campaign Against Living Miserably (CALM)</p>	<p>Call: 0800 585858</p> <p>Available 5pm-midnight every day</p>	<p>Free and confidential helpline and webchat for anyone who needs to talk about life's problems. Support for</p>

Counselling

		those bereaved by suicide, through the Support After Suicide Partnership (SASP).
Switchboard	Call: 0300 330 0630 Email: chris@switchboard.lgbt Available 10am-10pm every day	LGBT+ Helpline Safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing.
Cruse Bereavement Care	Call: 0808 808 1677	If you rely on support from others while dealing with a bereavement – whether that’s family, friends, being at work – and you are struggling being on your own then the helpline is open.
Childline	Call: 0800 1111 Available 24 hours a day	Comforts, advises and protects children 24 hours a day and offers

		free confidential counselling.
<i>Carers</i>	<p>Bridgend Carers Wellbeing Service</p>	<p>Call: 01656 336969</p> <p>Email: bridgendwellbeing@ctsew.org.uk</p> <p>The Bridgend carers wellbeing service provides information, advice and practical assistance to unpaid carers in Bridgend.</p>
<i>Befriending</i>	The Silver Line	<p>Call: 08004 708090</p> <p>The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. The specially trained helpline team can</p> <ul style="list-style-type: none"> ➤ Offer information, friendship and advice ➤ Link callers to local groups and services

		<ul style="list-style-type: none"> ➤ Offer regular friendship calls ➤ Protect and support older people who are suffering abuse and neglect.
Age UK	<p>Call: 0800 678 1602</p> <p>Available 8am-7pm every day</p>	<p>The Age UK Advice Line is a free, confidential, national phone service for older people, their families, friends, carers and professionals, which is open 365 days a year (8am-7pm).</p>