

WELLBEING RESOURCES



With so many support organisations out there, it can be a little overwhelming to know where to start. We've pulled together a list of just some of the support and resources available. We're all uniquely ourselves, so we've included a range of resources that might be useful, for you to find what works for you.

Whether you're looking for advice on how to support someone close to you, or you're looking for advice on how to help yourself, these websites and resources can be a good starting point.

General Mental Health & Wellbeing Support		
Vivup		
https://vivup.yourcareeap.co.uk/?CODE=109853	0800 023 9387	Available 24 hours a day, 365 days a year
The Samaritans		
https://www.samaritans.org/?nation=wales	116123	Available 24 hours a day, 365 days a year
CALM (for men)		
https://www.thecalmzone.net/	0800 58 58 58	Support for men. Available 5pm to midnight every day
Papyrus HOPEline UK		
https://www.papyrus-uk.org/who-we-are-2/	0800 068 4141 or text 07786 209697	Support for young people under 35. 9am - midnight, 365 days a year
CALL Mental Health Helpline For Wales		
https://www.callhelpline.org.uk/	0800 132 737 or text help to 81066	Confidential listening & support service 24 hours a day, 365 days a year
SHOUT		
https://giveusashout.org/	text 'SHOUT' to 85258	A texting service, completely confidential, to help support you when life gets a bit too much
Mental Health Foundation		
https://www.mentalhealth.org.uk/your-mental-health	A range of content designed to give you more information about wellbeing and to help you to look after your mental health.	

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Mind	
https://www.mind.org.uk/about-us/mind-cymru/	Mind provide advice and support to anyone experiencing a wellbeing challenge.
Stori	
https://storicymru.org.uk/	A Member-led Charity supporting people who find it difficult to live safely, e.g. mental health problems, substance misuse, domestic violence or other challenges

Specific Mental Health & Wellbeing Support		
DAN24		
https://dan247.org.uk/	0808 808 2234 or text DAN to 81066	Provides support for drugs and alcohol issues
No Panic		
https://nopanic.org.uk/	Helpline Number 0300 772 9844 Youth Line: 0330 606 1174	Provides support relating to anxiety, available everyday - 10am - 10pm (365 days of the year)
Beat Eating Disorders		
https://www.beateatingdisorders.org.uk/	Provides support relating to eating disorders	
Switchboard		
https://switchboard.lgbt/	0300 330 0630	Provides support to the LGBTQ+ community on any mental health issue. Open 10:00-22:00 every day
Cruse Bereavement Care		
https://www.cruse.org.uk/	0808 808 1677	Provides support for bereavement and loss
CAIS		
https://www.cais.co.uk/	0345 06 121 12	Provides support for drugs and alcohol issues
DPJ Foundation		
https://www.thedpjfoundation.co.uk/	0800 587 4262	Agriculture and Farming Support

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Y Bont (The Bridge)		
https://www.ybont.org.uk/	01978 359645 info@ybont.org.uk	Provides support for anyone in North Wales or Cheshire area facing a pregnancy decision or who have experienced pregnancy loss.
Miscarriage Association		
https://www.miscarriageassociation.org.uk/about-us/	01924 200799	Providing support and information to anyone affected by miscarriage, ectopic pregnancy or molar pregnancy. Open: Mon-Fri, 9am-4pm

Domestic Abuse & Sexual Violence Support		
Live Fear Free		
https://www.gov.wales/live-fear-free	Call: 0808 80 10 800 Text: 07860 077333	Provides advice and support for those who have experienced, or are worried about someone who may be experiencing, domestic abuse or sexual violence. Open 24 hours a day 7 days a week.
BAWSO		
https://bawso.org.uk/en/	0800 731 8147	Support for people from Black and Ethnic Minority backgrounds who are affected by domestic abuse and other forms of abuse. Open 24 hours a day, 7 days a week.
Dyn Project		
http://www.dynwales.org/	0808 801 0321	Providing support to Heterosexual, Gay, Bisexual and Trans men who are experiencing Domestic abuse from a partner. Open: Mon & Tues - 10am-4pm, Weds - 10am-1pm