

MENTAL HEALTH SUPPORT

Self-isolation may bring on periods of low mental health for some. These services offer information and advice as well as providing practical support in regards to mental health

Hafal

Head office remains open currently but is being reviewed all the time

Also have an online community for people to access support and are encouraging people to use this platform

www.hafal.org/clic

Also have a 'Promises' scheme where every person in their client group who seeks support will be provided with a lasting friendly contact

www.hafal.org/clic

Monday-Friday: 9am-5pm

01792 816600

Samaritans

Free, confidential advice and information

Safe place to talk about how you're feeling and explore any options available to support with them

24 hours a day/7 days a week

116 123

CALL

Mental health information and advice for those specifically in Wales

Community advice and listening line

24 hours a day/7 days a week

0800 132 737

Mind Info Line

Free, confidential advice on a range of topics: types of mental health, where to find help etc.

Place to talk about what's worrying you and receive counselling/support

Monday-Friday: 9am-6pm (except bank holidays)

0300 123 3393

Saneline

Support and Info for people affected by mental illness, including their family and friends

www.sane.org.uk

7 days a week / 4.30-10.30pm

0300 304 7000

Elefriends

Supportive online community where you can be yourself.

Safe place to listen, share and be heard

www.elefriends.org.uk