

Fact Sheet

Helplines

Coed Pella,
Conway Road,
Colwyn Bay.
LL29 7AZ
0300 1240050



Helplines

Agency	What do they do?	Contact Details
Anxiety UK	Offer confidential advice and Support for those with anxiety, stress and depression	☎ 08444 775 774 💻 www.anxietyuk.org.uk
Arthritis Care Helpline	Offer support and advise services to help manage arthritis	☎ 0808 800 4050 💻 enquiries@arthritisresearchuk.org
Autism Helpline	Provide impartial, confidential information along with advice and support for autistic people and their families and carers.	☎ 0808 800 4104 💻 www.autism.org.uk/helpline
Ben Mental Health & Wellbeing	Provide help and support to those and their families in the Automotive industry	☎ 08081 311 333 💻 www.ben.org.uk
Bipolar UK	Support individuals with the much misunderstood and devastating condition of bipolar, their families and carers.	💻 www.bipolaruk.org
British Heart Foundation	Offer support and guidance to those with Heart disease and their families.	☎ 0300 330 3311 💻 www.bhf.org.uk
CALM	Offer support to men in the UK, of any age, who are down or in crisis via our helpline, webchat and website to prevent suicide	☎ 0800 585 858 💻 www.thecalmzone.net/help/get-help
The Mix (under 25)	Free information and support for under 25s in the UK, with advice about sex, relationships, drugs, mental health, money & jobs.	💻 www.themix.org.uk/get-support
Depression Alliance	Provide support as part of Mind with self-help groups and online community	☎ 0300 123 3393 💻 www.mind.org.uk
Men's Health Forum	Improve the Health of men and boys in the UK	☎ 020 7922 7908 💻 www.menshealthforum.org.uk
Mind	Offer support and guidance with Mental Health including Blue light infoline for emergency service staff	☎ 0300 123 3393 💻 www.mind.org.uk
Mind (Text)	A text service for Mind	☎ 86463
No Panic	Advice and support for people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. No Panic also provides support for the carers of people who suffer from anxiety disorders.	☎ 0844 967 4848 💻 www.nopanic.org.uk
OCD Action	Provide support and information to anybody affected by OCD, work to raise awareness of the disorder amongst the public and front-line healthcare workers, and strive to secure a better deal for people with OCD.	☎ 0845 390 6232 💻 www.ocdaction.org.uk



OCD UK	Provide evidence based information, advice and support for those affected by OCD	☎ 0845 120 3778 💻 www.ocduk.org
PAPYRUS	Provide confidential help and advice to Young people and anyone worried about a young person	☎ 0800 068 4141 💻 www.papyrus-uk.org
Rethink Mental Illness	Provide a range of services nationally, including advocacy, carer support, crisis services and more for mental health	☎ 0300 5000 927 💻 www.rethink.org
Samaritans	Provide emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland.	☎ 116 123 (Free) 💻 www.samaritans.org.uk
SANE	Provide emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers.	☎ 0300 304 7000 💻 www.sane.org.uk/support
Shelter Cymru Housing Advice	Work for people in housing need across Wales and prevent people from losing their homes by offering free, confidential and independent advice	☎ 0345 075 5005 💻 sheltercymru.org.uk
Support Line	Offer confidential emotional support to children, young adults and adults by telephone, email and post. We work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self-esteem to encourage healing, recovery and moving forward with life.	☎ 01708 765 200 💻 www.supportline.org.uk
Young Minds	Offer advice and support young people and their Mental Health	☎ 0808 802 5544 💻 www.youngminds.org.uk
NSPCC	A charity campaigning and working in child protection in the United Kingdom and the Channel Islands.	☎ 0808 800 5000 💻 www.nspcc.org.uk
Refuge	Support men, women and children with a range of services, including refugees independent advocacy, community outreach and culturally specific services.	☎ 0808 2000 247 💻 www.refuge.org.uk
Alcoholics Anonymous	Help those who have issues with alcohol	☎ 0845 769 7555 💻 www.alcoholics-anonymous.org.uk
Gamblers Anonymous	Help those who have issues with gambling	💻 www.gamblersanonymous.org.uk
Narcotics Anonymous	Help those who have issues with drugs	☎ 0300 999 1212 💻 www.ukna.org



Alzheimer's Society	Support people and their families living with dementia.	☎ 0300 222 1122 💻 www.alzheimers.org.uk
Cruse bereavement Care	Offer support, advice and information to all when someone dies	☎ 0844 477 9400 💻 www.cruse.org.uk
Rape Crisis	Offer support and information for any kind of abuse/rape at any time	☎ 0808 802 9999 💻 www.rapecrisis.org.uk
Victim Support	Support those who have been affected by crime or traumatic events	☎ 0808 168 9111 💻 www.victimsupport.org.uk
Beat	Support anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape. They are there to support eating disorder sufferers and their families and campaign on their behalf for better treatment.	☎ 0808 801 0677 💻 www.b-eat.co.uk
Mencap	Offer support to those who have a learning disability and support and advice to their families and carers.	☎ 0808 801 1111 💻 www.mencap.org.uk
Family Lives	Offer help and support in all aspects of Family life	☎ 0808 800 2222 💻 www.familylives.org.uk
Relate	Offer counselling services for every type of relationship nationwide inc. Marriage, LGBT issues, divorce and parenting	☎ 0300 100 1234 💻 www.relate.org.uk



Dewis Cymru is a place for information about well-being in Wales. If you would like information that can help you think what matters to you, along with information about local organisations and services that can help, you can visit the Dewis Cymru website at www.dewis.wales. This website will help you access local support services and find information and advice. It is a single, clear and reliable point of access

Mae'r ddogfen hon ar gael yn Gymraeg hefyd.

