

Fact Sheet

Mental Health

Coed Pella
Conway Road
Colwyn Bay
LL29 7AZ



What can I do if I am experiencing mental health problems?

You should speak to your GP. They will listen to you and may refer you to the Community Mental Health Team.

Who are the Community mental health team?

Your Local Mental Health Resource Centres are:

Roslin

📍 Nant y Gamar Rd, Llandudno LL30 1YE

☎ 01492 860926

Nant Y Glyn

📍 10 Nant-Y-Glyn Road, Colwyn Bay LL29 7PU

☎ 01492 532164

What if I do not have or do not want to speak to my GP?

There are also services in the Community that may be able to support you:



MIND provides people with support, advice and listening, with a confidential and friendly place to go and offer information on mental health, welfare benefits and local services

📍 Unit 5325 North Wales Business Park, Abergele, LL22 8LJ

☎ 01492 879 907

📧 info@conwymind.org.uk



Mentora

Well-being without Walls is a partnership between Tan Y Maen Wellbeing and Resource Centre and PRIME CIC. The aim is to make North Wales a good place for those who have mental health issues to live full lives within the local communities and generally to live well

📧 mentoraconwy@yahoo.co.uk

☎ 07508 993050

C.A.L.L. (Community Advice & Listening Line)

A mental health helpline which offers emotional support and information/literature on mental health and related matters. C.A.L.L. Helpline offers a confidential listening and support service.

☎ Freephone: 0800 132 7337

☎ Text: 810666

Or visit the website at 📧 www.callhelpline.org.uk





The Samaritans

Crisis Intervention - The Samaritans is available round the clock, every single day of the year, providing a safe place for anyone who is struggling to cope.

☎ 116 123

🌐 <http://www.samaritans.org> or email jo@samaritans.org



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



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