

## **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](http://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](http://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](http://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](http://www.elefriends.org.uk)