

Useful Helplines/Services for Support

HELPLINES

C.A.L.L (24 hour) - 0800 132 737 / Text 'help' with your question to 81066
DAN24/7 Wales and Drug and Alcohol Helpline (24 hour) - 0808 808 2234 / Text 'DAN' to 81066
Domestic Abuse and Sexual Violence Helpline (24 hour) - 0808 80 10 800
Mind Infoline - 0300 123 3393 / Text: 86463
Samaritans (24 hour) free phone - 116 123 / Text: 07725 909090
Saneline (6pm - 11pm) - 0300 304 7000

CHILDREN & YOUNG PEOPLE

Childline - Helpline: 0800 1111 Website: www.childline.org.uk
MEIC (Info & advice for children and young people 8am-Midnight)
Helpline: 0808 80 23456 - Text: 84001
NSPCC - Helpline: 0800 1111 Email: help@nspcc.org.uk
Info-nation (Advice & Support for 11-25yr olds) Tel: (01792)484010
Papyrus - (Prevention of young suicide up to the age of 30)
Helpline: 0800 068 4141 10am – 10 pm Text: 07786 209697 Email: pat@papyrus-uk.org

LOCAL INFORMATION/SUPPORT

AADAS Abertawe Alcohol and Drug Assessment Service - 01792 642759
Alzheimer's Society - 01792 531208
Carers Centre - 01792 653344
Citizens' Advice Bureau - 01792 474882
CMHT Community Mental Health Team West Swansea - 01792 517800
CMHT Central Swansea - 01792 517853
CMHT North Swansea - 01792 545780
Cruse Bereavement Care – 01792 462845
Hafal Swansea Mental Health Charity - 07967 329697
Housing Options - 01792 533100
Social Services - 01792 636000
Social Services nights / weekends - 01792 775501
Swansea Mind Mental Health Charity - 01792 642999

For more information on the **SCVS** (Swansea Council for Voluntary Service) **Mental Health Development Service** and to download our **Swansea Mental Health & Wellbeing Directories** please visit: www.scvs.org.uk/mhds or scan the QR code below:



Alternatively contact **Beth Preston** – SCVS Mental Health Information Officer
beth.preston@scvs.org.uk Tel: 01792 544 030

PLEASE NOTE:

This is a list of organisations for your reference, signposting to a group or organisation does not imply an endorsement of them or their services by SCVS. This list is by no means exhaustive.

This information sheet has been brought to you by the Mental Health Development Service at Swansea Council for Voluntary Service. (All information correct July 2018)
Registered Charity Number: 1063242 Company Ltd by Guarantee: 3346236