

111 option 2- Urgent Mental Health support for all. 7 days a week 8.30am -11.00pm call- **111**



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

iCAN- provides easy to access support on various issues that may be worrying you or affecting your mental well-being like...

- Relationship breakdowns • Employment difficulties • Social anxiety • Grief
- Money worries • Loneliness

<https://bcuhb.nhs.wales/health-advice/mental-health-hub/i-can/>

Wrexham- 01352 872189



Community Agents

Can help >50s feel less isolated, advise on voluntary schemes and even offer practical advice of prescription collection & grocery shopping concerns. -Gresford/Marford (07747 431607)

-Rossett/Burton (07421 138913)



Social Prescribers provide online or telephone appointments to discuss matters impacting on health & wellbeing such as bereavement, debt advice, depression, anxiety & isolation.

Self-refer by emailing spt@rainbowcentrepnley.org.uk



**The Rainbow
Foundation**

Parabl Talking therapies offer therapeutic interventions for those >18yrs facing common mental health difficulties.

Referrals can only be accepted by phone – Tel: 0300 777 2257.



Silver cloud is a brand new initiative launched by the health board which offers a similar 12week programme which can be accessed for free from your phone or tablet.

<https://nhs.wales.silvercloudhealth.com/signup/>



SilverCloud

Advanced Brighter Futures Wrexham offers a range of services for anyone experiencing mental health problems. Self-referral forms can be submitted via their website for wellbeing courses, parental resilience, mental health first aid training, suicide awareness and more.

<https://www.advancebrighterfutureswrexham.co.uk/wp/>



The C.A.L.L. Helpline

A dedicated mental health helpline for Wales, it can provide you with confidential listening and emotional support, and help you contact support that may be available in your local area.

Call 0800 132 737 or text 'help' to 81066. <https://www.callhelpline.org.uk/>



MEIC

Support for children and young people up to 25 years old open 8am to midnight, 7 days a week. You can contact them for free by **phone 080880 23456**, **text 84001** and **instant messaging on their website**.



Mind Cymru Infoline

For information on types of mental health problems, where to get help, medication, alternative treatments and advocacy. Call 0300 123 3393, email info@mind.org.uk or text 86463.

<https://www.mind.org.uk/about-us/mind-cymru/>



Young Wrexham/The Info Shop is a one-stop “shop” for issues affecting 11-25yr olds.

Homelessness, counselling and hunger through to advocacy and postal test kits for most common STIs (via friskywales.com - >16yrs only) can be accessed.

<https://youngwrexham.co.uk/info/info-shop/>



PAPYRUS Young suicide prevention society.

HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays). <https://www.papyrus-uk.org/>



Citizens Advice Provides advice on financial support and can signpost you to other agencies who may be able to help you - **0800 702 2020**.

Relay UK — if you can't hear or speak on the phone, you can type what you want to say: **18001** then **08082 505 720**



Samaritans Cymru Offering a safe place for you to talk any time you like, in your own way – about whatever's getting to you. Call for free on 116 123 or email jo@samaritans.org



Adferiad is a local organisation that can help with counselling, rehab, residential treatment, peer support and employment interventions to name but a few of their services.

<https://adferiad.org/>

