

FibroSupport-Wales

Support / Helpline Information Booklet

A Registered Charity:
1193505

www.fswales.org
admin@fswales.org
0333 3355 241

www.fswales.org

**** Disclaimer ****

- 1) FibroSupport - Wales will not be held responsible for any inaccuracies with any information provided within this booklet.
- 2) FibroSupport - Wales will not be held responsible for any information provided by any of the helplines featured within this information booklet.
- 3) FibroSupport - Wales will not be held responsible by following any external links.
- 4) FibroSupport - Wales will not be held responsible for any call charges that may be applied by calling or texting any of the helplines. We will also not be responsible for any internet charges applied.

Samaritans

Whatever you're going through a Samaritan will face it with you.

Call: 116 123

- * Free Call
- * Available 24/7

<https://www.samaritans.org>

Call

Community Advice & Listening line. Wales based mental health information & support

Call: 0800 132 737

- * Free Call
- * Available 24/7

<https://www.callhelpline.org.uk>

Childline

Free and confidential information and advice for anyone under 19 years.

Call: 0800 1111

- * Free Call
- * Available 24/7

<https://www.childline.org.uk> www.fswales.org
0333 3355 241

Beat

Advice on eating disorders

Call: 0808 801 0677

- * Free Call
- * Mon - Fri: 12pm-8pm
- * Weekends & Bank holidays: 4pm-8pm

<https://www.beateatingdisorders.org.uk>



CALM

Campaign Against Living Miserably. Support for young men aged 15-35.

Call: 0800 58 58 58

- * Free Call
- * Daily: 5pm – Midnight

<https://www.thecalmzone.net>

Combat Stress

Mental health support for veterans & their families.

Call: 0800 138 1619

Serving Personnel
Call: 0800 323 4444

- * Free Call
- * Available 24/7

<https://combatstress.org.uk>

Cruse

Bereavement Care and support for anyone grieving.

Call: 0808 808 1677

- * Free Call
- * Mon: 9am - 5pm
- * Tue: 9am- 8pm
- * Wed: 9am - 8pm
- * Thu: 9am - 8pm
- * Fri: 9am - 5pm

<https://www.cruse.org.uk>



Dan 24/7

Support with drug and alcohol problems.

Call: 0808 808 2234

Text: DAN to: 81066

- * Free Call
- * Available 24/7

<https://dan247.org.uk>

Family Lives

Call: 0800 800 2222

- * Free Call
- * Mon - Fri: 9am - 9pm
- * Sat/Sun: 10am - 3pm

HOPELine UK

Suicide prevention advice & support for anyone under 35.

Call: 0800 068 4141

- * Free Call
- * Weekdays: 10am - 10pm
- * Weekends & Bank Holidays: 2pm - 10pm

<https://www.papyrus-uk.org>

LGBT Foundation

Support services for Lesbian, Gay, Bi & Trans people.

Call: 0345 3 30 30 30

- * Weekdays (Excluding Bank Holidays) 10am - 10pm

<http://www.lgbt.foundation>



Meic

Information & advice for children & young people in Wales under 25.

Call: 0808 80 23456

Text to: 84001

* Free Call

* Daily: 8am – Midnight

<https://www.meiccymru.org>

Mind

Information on any aspect of mental health.

Call: 0300 123 3393

* Mon - Fri: 9am - 6pm (Except Bank Holidays)

<https://www.mind.org.uk>

National Debt Helpline

Providing free debt advice.

Call: 0808 808 4000

* Free Call

* Mon - Fri: 9am - 8pm

* Sat: 9.30am - 1pm

<https://www.nationaldebtline.org>

No Panic

Supporting people who experience panic attacks & Obsessive-Compulsive Disorder.

Call: 0844 967 4848

* Daily: 10am - 10pm

<https://nopanic.org.uk>



Rape Crisis

Signpost to your local services.

Call: 0808 802 9999

* Free Call

* Daily: 1pm - 2.30pm & 7pm - 9.30pm

<https://rapecrisis.org.uk>

Refuge

Domestic violence helpline provides life-saving services & advice.

Call: 0808 2000 247

* Free Call

* Available 24/7

<https://www.refuge.org.uk>

SANEline

Support & information for people affected by mental illness, their families & carers.

Call: 0300 304 700

* Daily: 4.30pm - 10.30pm

<http://www.sane.org.uk>

SOBS

Survivors of Bereavement by Suicide. Support, information & advice.

Call: 0300 111 5065

* Mon - Fri: 9am - 9pm

<https://uksobs.org>



The Silver Line

Information, friendship & advice for older people.

Call: 0800 4 70 80 90

- * Free Call
- * Available 24/7

<https://www.thesilverline.org.uk>

Victim Support

Help for people affected by crime or traumatic events.

Call: 0808 168 9111

- * Free Call
- * Available 24/7

<https://www.victimsupport.org.uk>

Wales Dementia Helpline

Supporting people affected by dementia.

Call: 0808 808 2235

- * Free Call
- * Available 24/7

<http://www.dementiahelpline.org.uk> [tswales.org](http://www.dementiahelpline.org.uk)
0333 3355 241

Mind Blue Light Info

Mental Health support for Team 999.

Call: 0300 303 5999

Email: bluelightinfo@mind.org

<https://www.mind.org.uk/news-campaigns/campaigns/blue-light-programme/>



Woody's Lodge

Support for Emergency Service veterans & families.

South Wales: 01446 781792

North Wales: 01492 533954

<https://www.woodyslodge.org>

Bullying UK

Advice & support on all forms of bullying.

<https://www.bullying.co.uk>

Parentline Plus

Listening, support & non-judgemental help for families.

<https://www.familylives.org.uk>

The Mix

If you're under 25 and need help but don't know where to turn.

Call: 0808 808 4994

* Free Call

* Mon - Sun: 4pm - 11pm

<https://www.themix.org.uk>

New Pathways

Rape crisis and sexual abuse support services

Call: 01685 379310

Email: enquires@newpathways.org.uk

<http://www.newpathways.org.uk>

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