

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



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



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://www.silvercloudhealth.com/uk>



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



CAIS 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://www.cais.co.uk/>

