

Mental Health & Wellbeing Resources



GIG
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WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

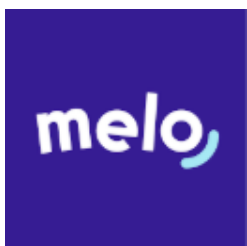
If you are struggling with your emotions and you **do not** feel that this is related to your respiratory condition, it may be helpful to discuss this with your GP who can refer you to local mental health and counselling services. You can also access the free self-help resources and helplines below.

For **urgent mental health support**, please contact your GP, mental health team, or ring 111 and select option 2 when prompted to access the mental health 111 service (free 24/7 service for people in Wales).

Mental health helplines

- Samaritans: 24 hr support line, call 116 123 UK. See www.samaritans.org.uk for more information.
- SHOUT: For immediate help when you are struggling to cope, text Shout to 85258 (24/7 service, free text service)
- CALM (Campaign Against Living Miserably): Suicide prevention helpline, available 5pm-midnight with live chat and Whatsapp options. Call 0800 585858.
- Mind Infoline: For mental health information and support, call 0300 123 3393 (Monday-Friday 9am – 6pm). See www.mind.org.uk for more information.
- Saneline: Offers specialist emotional support, guidance and information to anyone affected by mental illness. Call 0300 304 7000 (Everyday, 4:00pm – 10:00pm). For email and text support, see: <https://www.sane.org.uk/how-we-help/emotional-support>
- C.A.L.L. (Community Advice & Listening Line) offers emotional support and information/ literature on Mental Health. Call 0800 132 737 (24 hours). See: <https://www.callhelpline.org.uk/> for more information.

Online mental health and wellbeing information and support



- Melo Cymru: <https://www.melo.cymru/>

Melo was developed by the Aneurin Bevan University Health Board in partnership with local organisations. It provides information, advice and resources to help people to learn practical skills to manage difficult feelings and situations. They have a range of online self-help courses, information and resources ranging from bereavement to gambling support:

- Living life to the full courses and resources (via Melo Cymru): <https://melo.lltff4.com/>

These courses and resources are based on the “Five Areas” world-leading approach to Cognitive Behavioural Therapy. Courses include “Reclaim your life from long-term physical conditions”.

- Silver Cloud: <https://nhs.wales.silvercloudhealth.com/onboard/nhs.wales/>

A confidential NHS Wales resource hosting a range of online self-help courses based on cognitive behavioural therapy. It is suitable for people aged 16+ with mild to moderate levels of anxiety, depression or stress who are registered with a GP in Wales and are not already receiving support from secondary or tertiary care mental health services.

- Education Programmes for Patients (EPP): <https://www.gavo.org.uk/epp>

Offers a range of self-management health and well-being courses and workshops for people living with a health condition or for those who care for someone with a health condition.

- Understanding Trauma: <https://www.melo.cymru/courses/understanding-trauma/>

This is a free, pre-recorded, online course designed to help you understand common trauma symptoms and develop simple coping skills to manage them.

Community Wellbeing Support

- Community Connectors: <https://www.melo.cymru/in-your-area/>

Community Connectors are people employed in each local authority who have specialist knowledge on a range of local activities and sources of support to help you look after your wellbeing. Please visit the Melo Cymru website and select “in your area”, or use the link above to find out what is available in your local area.

- Integrated Wellbeing Networks: <https://abuhb.nhs.wales/hospitals/staying-well-and-healthy/integrated-well-being-networks-in-gwent/>

This is a directory of community-based groups and activities taking place across Gwent that can help to sustain and improve wellbeing. Use the link above to find emotional and mental wellbeing support local to your area of Gwent.