

A-Z Directory



Do you need support or information for yourself or someone you know? Our Helplines can provide you with information or referral to services local to you.

C.A.L.L. Helpline, the mental health helpline for Wales and DAN 24/7 the Wales Drug & Alcohol Helpline are open 24 hours a day, 7 days a week. **Our Helplines are FREE and Confidential**

C.A.L.L. Helpline

The helpline offers emotional support to people suffering mental distress as well as their friends, carers and relatives. Contact can also be made via the text service and information on services can be found on the website.

Tel: 0800 132 737

Web: www.callhelpline.org.uk

Text: HELP & your query to: 81066



Community Advice & Listening Line
Mental Health Helpline for Wales
0800132 737
Llinell Gyngor a Gwranddo'r Gymuned
Llinell Gynmorth Iechyd Meddwl ar gyfer Cymru

DAN 24/7 Helpline

A free and bilingual helpline providing a single point of contact for anyone in Wales wanting further information or help relating to drugs or alcohol. The helpline will assist individuals, their families, friends, carers and support workers within the drug and alcohol field to access appropriate local and regional services.

Tel: 0808 808 2234

Web: www.dan247.org.uk

Text: DAN & your query to: 81066



A
A.D.H.D
Abducted children
Abortion-Pre & Post Counselling
Abuse, Child
Abuse, Elder
Abuse, Financial
Abuse, Physical
Abuse, Psychological (Bullying & Intimidation)
Abuse, Sexual
Access to Medical Records
Accommodation
Advocacy
Aged
Agoraphobia
AIDS
Alcohol
Alternative Therapies
Anger
Anorexia
Anxiety
Armed Forces
Asperger Syndrome
Assertiveness
Attention Deficit Hyperactivity Disorder
Autism

B
Bankruptcy
Battered Women / Men
Befriending

Benefits, DSS (General)
Bengali, Services in
Benzodiazepines
Bereavement
Betting
Bi-Polar Affected Disorder
Bingeing
Bisexuality
Body Dysmorphic Disorder
Bulimia Nervosa
Bullying
Business Advice

C
C.A.B. – Citizens Advice Bureau
Cancer
Carers
Child Abduction
Child Death
Children and the Law
Children in Care
Children’s Act
Citizens Advice Bureau – C.A.B.
Commissioner, Health Service
Community Health Councils
Complaints
Complementary Medicine
Compulsive Behaviour
Compulsive Eating
Councils
Counselling services, general

Courts
Crime
Criminal Injuries Compensation
Cross Dressing
Cults

Family
Farming / Rural
Fears
Financial Abuse
Financial Problems
Fostering

D
Deafness / Blindness
Death
Debt
Dementia
Department of Social Security
Depression
Disability (General)
Discrimination
Disfigurement
Dissociative Disorders
Domestic Violence
Drinking
Drop-In / Self Help Centres
Drugs
DSS
Duty Social Worker - Out of Hours

G
Gambling
Gay Men
Gay Peoples Families
Gay Women
Gender Identity
Gender Re-assignment
Gujerati, Services in

E
Eating Disorders
Elder Abuse
Elderly
Emergency 24-Hour Services
Employment
Equal Rights and Opportunities
Estrangement
Ethnic

H
Health Information
Hepatitis C
Hindi, Services in
HIV
Homeless
Homeopathy
Homosexuality
Hospitals
Housing

F
Facial Disfigurement

I
Impulsive Buying
Incest
Insomnia
Isolation

K
Kidnapped Children

L

Law

Legal Aid

Lesbian

Loneliness

M

Manic Depression

Marriage Guidance

M.E.

Mediation

Medical Records – Access

Medication

Menopause

Mens Health

Mental Health

Military

Miscarriage

Missing Relatives

Multiple Personality

Myalgic Encephalomyelitis (M.E.)

N

Narcolepsy

Navy / Army / Royal Air Force

Needle Exchange

Noise

O

Obsessive Compulsive Behaviour

Offender's Relatives

Older People

S

Shopaholics

Single Parent Families

Social Security

Social Services

Social Worker – Out of Hours

Spending, Compulsive

Stealing, Compulsive

Stress

Suicide

T

Tranquillisers

Transport

Transsexual

Transvestite

U

Unemployed

Urdu, Services in

V

Victims of Crime

Violence, Domestic

Vulnerable Adults

W

Welfare Rights

Women's Health

Workplace Bullying

Y

Young People

M

M.E.

Maethu

Marwolaeth

Marwolaeth Plentyn

Meddygaeth Gyflenwol

Meddyginiaeth

Merched Hoyw

Methdaliad

Milwrol

Mynediad at Gofnodion Meddygol

N

Narcolepsi

Nawdd Cymdeithasol

O

Oedolion Agored i Niwed

Oedrannus

Oedrannus

Ofnau

Pendantrwydd

Personoliaeth Luosblyg

Perthnasau ar goll

Perthnasau'r Troseddwr

Plant a gipiwyd

Plant a Herwgiپیwyd

Plant a'r Gyfraith

Plant mewn Gofal

Pobl HƉn

Pobl Ifanc

Problemau Ariannol

Profedigaeth

Pryder

Prynu Byrbwyll

S

Siopaholigion

Straen

SƉn

Syndrom Asperger

T

Tai

Tawelyddion

Teulu

Teuluoedd Pobl Hoyw

Teuluoedd Un Rhiant

Therapiau Amgen

Trais Domestig

Trais Domestig

Trawsrywiol

Trawswisgwr

Trosedd

U

Unigrwydd

Y

Y Lluoedd Arfog

Y Llynges /Fyddin / Llu Awyr
Brenhinol

Yfed

Ymddieithriad

Ymddygiad Cymhellol

Ymddygiad Obsesiynol Cymhellol

Ysbytai

D

Deddf Plant
Dementia
Deurywioldeb
Di-waith
Dicter
Digartref
Dioddefwyr Trosedd
Diwedd y mislif
DSS
Dwyn, Cymhellol
Dyled
Dynion Hoyw
Dynion / Merched sy'n cael eu curo

E

Eiriolaeth
Encefalopathi Myalgig (M.E.)
Erthyliad naturiol
Ethnig

F

Ffermio / Cefn Gwlad

G

Gamblo
Gofalwyr
Gorfodaeth i Fwyta
Gorfwyta / Goryfed mewn Pyliau
Gwahaniaethu
Gwario, Cymhellol
Gwasanaethau 24 awr y dydd
Gwasanaethau Brys 24-Awr

Gwasanaethau Cymdeithasol

Gwasanaethau cynghori, cyffredinol

Gwasanaethau mewn Bengali

Gwasanaethau mewn Gujarati

Gwasanaethau mewn Hindi

Gwasanaethau mewn Urdu

Gweithiwr Cymdeithasol – y Tu Allan i Oriau

Gweithiwr Cymdeithasol ar Ddyletswydd – y Tu Allan i Oriau

Gwybodaeth am Iechyd

H

Hawliau a Chyfle Cyfartal

Hawliau Lles

Hepatitis C

HIV

Homeopathi

Hunaniaeth Rhyw

Hunanladdiad

I

Iawndal Anafiadau Troseddol

Iechyd Dynion

Iechyd Meddwl

Iechyd Merched

Iselder

Iselder Manig

L

Lesbiad

Llety

Lloggach

Llysoedd

A

Adran Nawdd Cymdeithasol
Agoraffobia
AIDS
Ailbennu Rhyw
Alcohol
Anabledd (Cyffredinol)
Anffurfiad
Anffurfiad Wynebol
Anhunedd
Anhwylder Affeithiol Deubegynol
Anhwylder Dysmorffia Corfforol
Anhwylder Gorfywiogrwydd Diffyg Canolbwyntio
Anhwylderau Bwyta
Anhwylderau Datgysylltiol
Anorecsia
Arwahaniad
Awtistiaeth

B

Bensodiasepinau
Betio
Bod yn gyfaill
Budd-daliadau, DSS (Cyffredinol)
Bwlimia Nerfosa
Bwlio
Bwlio yn y Gweithle
Byddardod / Dallineb

C

C.A.B. – Cyngor ar Bopeth
Cam-drin Ariannol

Cam-drin Ariannol
Cam-drin Corfforol
Cam-drin plant
Cam-drin Pobl Hŷn
Cam-drin Rhywiol
Cam-drin Seicolegol (Bwlio a Brawychu)
Cam-drin yr Henoed
Canolfannau Galw-i-mewn/Hunan-gymorth
Canser
Cipio Plant
Cludiant
Cofnodion Meddygol – Mynediad
Comisiynydd, Gwasanaeth Iechyd
Croeswisgo
Cwynion
Cyfarwyddyd Priodas
Cyffuriau
Cyflogaeth
Cyfnewid Nodwyddau
Cyfraith
Cyfyngu
Cyfunrwyioldeb
Cyrtiau
Cymorth Cyfreithiol
Cynghorau
Cynghorau Iechyd Cymuned
Cynghori cyn ac ar ôl Erthyliad
Cyngor ar Bopeth – C.A.B.
Cyngor Busnes

Cyfarwyddiadur

A-Y



A oes arnoch angen cymorth neu wybodaeth i chi eich hun neu rywun rydych yn ei adnabod? Gall ein llinellau cymorth roi gwybodaeth i chi neu eich cyfeirio at wasanaethau yn eich ardal.

Mae Llinell Gymorth C.A.L.L., llinell gymorth iechyd meddwl Cymru a DAN 24/7, Llinell Gymorth Cyffuriau ac Alcohol, ar agor 24 awr y dydd, 7 diwrnod yr wythnos. Mae ein llinellau cymorth yn. **DDI-DÂL ac yn Gyfrinachol.**

Llinell Gymorth C.A.L.L.

Mae'r llinell gymorth yn cynnig cefnogaeth emosiynol i bobl sy'n dioddef trallod meddyliol yn ogystal â'u ffrindiau, eu gofalwyr a'u perthnasau. Gallwch hefyd ddefnyddio'r gwasanaeth testun i gysylltu â nhw ac mae gwybodaeth am wasanaethau i'w gweld ar y wefan.

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Gwefan: www.callhelpine.org.uk

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Llinell Gymorth Iechyd Meddwl ar gyfer Cymru

Llinell Gymorth DAN 24/7

Llinell gymorth ddwyieithog a di-dâl sy'n darparu un pwynt cyswllt i unrhyw un yng Nghymru sydd eisiau gwybodaeth bellach neu gymorth yn ymwneud â chyffuriau neu alcohol. Bydd y llinell gymorth yn helpu unigolion, eu teuluoedd, ffrindiau, gofalwyr a gweithwyr cefnogaeth ym maes cyffuriau ac alcohol i gael gfael ar wasanaethau lleol a rhanbarthol priodol.

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