

## Beth ydi C.A.L.L.?

Mae C.A.L.L. yn darparu gwasanaeth llinell gymorth iechyd meddwl 24 awr ar gyfer Cymru gyfan.

Mae'r llinell gymorth yn cynnig cefnogaeth emosiynol i bobl sy'n dioddef trallod meddwl yn ogystal â'u ffrindiau, gofalwyr a pherthnasau.

Gallwch hefyd gysylltu trwy'r gwasanaeth neges destun ac mae gwybodaeth am wasanaethau ar gael ar y wefan hefyd.

[www.callhelpline.org.uk](http://www.callhelpline.org.uk)

## Sut mae C.A.L.L. yn gallu helpu?

Weithiau mae angen siarad â rhywun arnoch. Gall helpu i drafod eich ofnau a'ch teimladau â rhywun sy'n deall, ond heb gysylltiad emosiynol.

Mae gennym gronfa ddata gynhwysfawr o wasanaethau, rhai statudol a gwirfoddol, ac efallai y byddan nhw'n gallu helpu. Gall gwasanaethau fod yn lleol i chi neu'n gysylltiadau cenedlaethol, os bydd angen.

Gallwn hefyd anfon taflenni hunan gymorth atoch, yn **rhad ac am ddim**. Mae galwadau'n rhad ac am ddim ac nid oes angen i chi roi unrhyw fanylion personol i gael help neu wybodaeth.



## Pwy mae C.A.L.L. yn gallu eu helpu?

**Y rheiny sy'n dioddef trallod meddwl.**

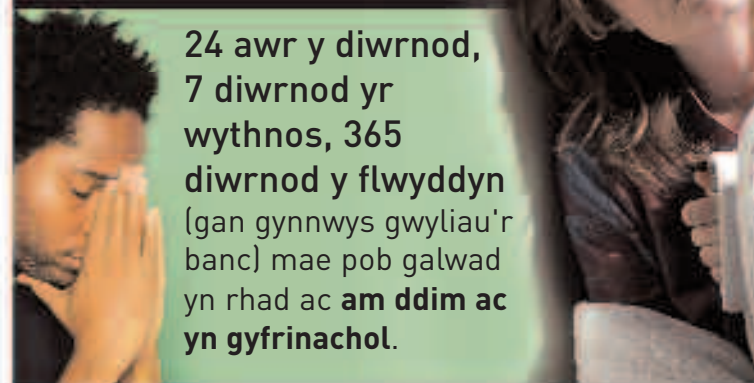
Pobl sy'n dioddef unrhyw fath o gamdriniaeth yn ogystal â'u ffrindiau, gofalwyr a pherthnasau.

Rhieni sydd â phryderon y gallai eu plentyn fod yn hunanladdol neu wedi ceisio lladd ei hun. Rhieni sydd wedi colli plentyn trwy hunanladdiad.

Unrhyw un sy'n pryderu bod posibilrwydd bod oedolyn sy'n agored i niwed wedi cael ei gam-drin/cham-drin yn y gorffennol neu'n cael ei gam-drin/cham-drin ar hyn o bryd. Gall dioddefwyr unrhyw fath o gamdriniaeth gysylltu i gael cefnogaeth neu wybodaeth.

## Oriau agor

24 awr y diwrnod,  
7 diwrnod yr  
wythnos, 365  
diwrnod y flwyddyn  
(gan gynnwys gwyliau'r  
banc) mae pob galwad  
yn rhad ac am ddim ac  
yn gyfrinachol.



Aelodau o'r **Telephone Helpline Association**

Gwasanaeth y mae Ymddiriedolaeth GIG Gogledd Cymru yn cynnig cartref iddo gyda chymorth ariannol gan **Lywodraeth Cynulliad Cymru**



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

## Mae rhannu problem yn datrys problem

## Llinell gymorth C.A.L.L.

Llinell Gyngor a Gwrando'r Gymuned  
Llinell Gymorth Iechyd Meddwl ar gyfer  
Cymru



### Cymorth a Gwybodaeth ar gyfer

- Y rheiny sy'n dioddef trallod meddwl, eu perthnasau a'u ffrindiau
- Rhieni y mae eu plentyn wedi ceisio lladd ei hun neu sydd wedi colli plentyn trwy hunanladdiad
- Oedolion agored i niwed sy'n cael eu cam-drin

**Rhadffôn 0800 132 737**  
neu **TECSTIWCH HELP** a'ch  
cwestiwn i 81066

[www.callhelpline.org.uk](http://www.callhelpline.org.uk)





A problem shared  
is a problem halved

# C.A.L.L. Helpline

Community Advice & Listening Line  
Mental Health Helpline for **Wales**



## Support & Information for

- Those suffering mental distress, their relatives & friends
- Parents whose child has attempted suicide or have lost a child through suicide
- Vulnerable adults who are suffering abuse

**Freephone** 0800 132 737  
or **TEXT HELP** & your  
question to 81066

[www.callhelpline.org.uk](http://www.callhelpline.org.uk)

## What is C.A.L.L.?

**C.A.L.L. provides a 24hour Wales wide mental health telephone helpline service.**

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 also be found on the website

[www.callhelpline.org.uk](http://www.callhelpline.org.uk)

## How can C.A.L.L. help?

Sometimes you may just need someone to talk to. It can help to discuss your fears and feelings with someone who understands, but is not emotionally involved.

We have a comprehensive database of services, both statutory and voluntary, which may be able to help. Services can be local to you or national contacts, if needed.

We can also send self help leaflets to you, free of charge. **Calls are free** and you do not need to give any personal details to obtain help or information.



## Who can C.A.L.L. Help - Those suffering mental distress

People suffering from any type of abuse as well as their friends, carers and relatives.

Parents who may have concerns that their child may be suicidal or has made a suicide attempt. Parents have who lost a child through suicide.

Anyone concerned that a vulnerable adult may have suffered abuse in the past or is currently being abused. Suffers of any type of abuse, can make contact for support or information.

## Opening hours

**24 hours a  
day 7 days  
a week 365  
days a year**  
(including back  
holidays) all calls  
are **free and  
confidential.**



Members of the **Telephone Helpline Association**

A service hosted by North East Wales NHS Trust with financial support from the **Welsh Assembly Government**



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government