Wales Dementia Helpline

24 hours a day
7 days a week
365 days a year

What is the Wales Dementia Helpline?

The helpline offers emotional support to anyone, of any age, who is caring for someone with dementia as well as other family members or friends. The service will also help and support those who have been diagnosed with dementia.

Supporting people with dementia and their carers

Freephone 0808 808 2235

Support, information and agency signposting for anyone caring for a family member or friend living with dementia

Free from landlines and most mobiles or
Text the word **Help** and your question to **81066**

How can the Wales Dementia Helpline help you?

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 and agency leaflets to you, completely free of charge.

Calls are free and you do not need to give any personal details to obtain help or information.

How to contact the Helpline

Ring us anytime, day or night, on the **freephone number**. We are open 24 hours a day.

Text us by sending the word help and your message to 81066

Search for agencies, in your local area or national contacts, on our website www.dementiahelpline.org.uk

Opening hours

24 hours a day 7 days a week 365 days a year (including bank holidays).

www.dementiahelpline.org.uk

Ariennir gan Llywodraeth Cymru
Funded by Welsh Government

A service hosted by the Betsi Cadwaladr University Health Board with financial support from the Welsh Assembly Government

Llinell Gymorth Dementia Cymru

24 awr y dydd 7 diwrnod yr wythnos 365 diwrnod y flwyddyn

Beth yw Llinell Gymorth Dementia Cymru?

Mae'r llinell gymorth yn cynnig cefnogaeth emosiynol i unrhyw un, o unrhyw oed, sy'n gofalu am rywun gyda dementia yn ogystal ag aelodau eraill o'r teulu neu gyfeillion. Bydd y gwasanaeth hefyd yn helpu a chefnogi'r rhai sydd wedi derbyn diagnosis o dementia.

Cefnogi pobl â dementia a'u gofalwyr

Rhadffôn 0808 808 2235

Cefnogaeth, gwybodaeth a chyfeiriadau at asiantaethau i unrhyw un sy'n gofalu am berthynas neu ffrind sy'n byw â dementia

Am ddim o linellau ffôn a'r rhan fwyaf o ffonau symudol neu Tecstiwch y gair **Help** a'ch cwestiwn i **81066**

Sut gall Llinell Gymorth Dementia Cymru eich helpu?

Weithiau byddwch angen clust i wrando'n unig. Gall trafod eich ofnau a theimladau gyda rhywun sy'n deall, ond ddim yn gysylltiedig yn emosiynol fod o gymorth.

Mae gennym gronfa ddata gynhwysfawr o wasanaethau, statudol a gwirfoddol, a all helpu. Gall y gwasanaethau fod yn lleol i chi neu gysylltiadau cenedlaethol, os bydd angen.

Gallwn hefyd anfon taflenni hunangymorth ac asiantaethau atoch, yn rhad ac am ddim.

Mae galwadau am ddim ac nid oes raid i chi roi unrhyw wybodaeth bersonol i dderbyn cymorth a gwybodaeth.

Sut i gysylltu â'r Llinell Gymorth

Ffoniwch ni unrhyw amser, dydd neu nos ar y rhif rhadffôn. Rydym ar agor 24 awr y dydd.

Anfonwch neges destun drwy anfon y gair help a'ch neges i 81066.

Chwiliwch am asiantaethau, yn eich ardal leol neu gysylltiadau cenedlaethol, ar ein gwefan www.dementiahelpline.org.uk

Oriau agor

24 awr y dydd 7 diwrnod yr wythnos 365 diwrnod y flwyddyn (gan gynnwys gwyliau banc).

www.dementiahelpline.org.uk

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Gwasanaeth a letyir gan Fwrdd Iechyd Prifysgol Betsi Cadwaladr gyda chefnogaeth ariannol gan Lywodraeth Cynulliad Cymru