

Mind Aberystwyth • **Web:** mindaberystwyth.org
Phone: 01970626225

Community Advice & Listening Line • **Web:** www.callhelpline.org.uk
Phone: 0800 132 737 • **Text:** help to 81066
(24hours a day, 7 days a week-support for those in Wales)

Samaritans - **Web:** www.samaritans.org
Phone: 116 123 (24hours a day, 7 days a week)

Papyrus • **Web:** www.papyrus-uk.org
Phone HopeLineUK: 0800 068 41 41 • **Text:** 07786 209 697
(Monday-Friday 10am-10pm, Weekends 2pm-10pm & Bank Holidays 2pm-5pm)

NHS Direct Wales - **Phone:** 0845 46 47 (available 24hours a day)

Domestic Abuse Service • **Web:** www.westwalesdas.org.uk/
Phone • 01239 615700 **Mobile:** 07553 372795
Email: andrea.green@westwalesdas.org.uk

Mid Wales Rape Support Centre - **Phone:** 01970 610 124
Web: midwalesrsc.org.uk/sexual-assault-referral-centre/
Email: enquiries@midwalesrsc.org.uk

Mind Aberystwyth • **We:** mindaberystwyth.org

Ffôn: 01970626225

Llinell Gymorth a Gwrandio Gymunedol • **We:** www.callhelpline.org.uk

Ffôn: 0800 132 737 • **Testun:** 'help' i 81066

(24 awr y dydd 7 diwrnod yr wythnos - cymorth i'r rhai yng Nghymru)

Y Samariaid - **We:** www.samaritans.org

Ffôn: 116 123 (24 awr y dydd, 7 diwrnod yr wythnos)

Papyrus • **We:** www.papyrus-uk.org

Ffôn: 0800 068 41 41 • **Testun:** 07786 209 697

(Llun- Gwener 10yb- 10yp, Penwythnosau 2yp- 10yh a Gwyl y Banc 2yp- 5yp)

Galw IECHYD Cymru- Ffôn: 0845 46 47 (ar gael 24awr y dydd)

Gwasanaeth Cam-drin Domestig • **We:** www.westwalesdas.org.uk/

Ffôn: 01239 615700 **Testun:** 07553 372795

E-bost: andrea.green@westwalesdas.org.uk

Canolfan Cymorth Trais Rhywiol Canolbarth Cymru- Ffôn: 01970 610 124

We: midwalesrsc.org.uk/sexual-assault-referral-centre/

E-bost: enquiries@midwalesrsc.org.uk