



*"I'm ready
to talk,
are you?"*

MEN'S HEALTH
AND WELLBEING
SERVICES IN GWYNEDD



According to MIND, **2 in 5** men have admitted to feeling anxious or depressed at some point in their lives and only **35%** of men seek help with their mental health. If you experience mental health problems, or need urgent help, there are many places you can go for support.



1. MIND GWYNEDD A MÔN



Ynys Môn and Gwynedd Mind is a local mental health service. They provide support in community and educational settings for adults and young people encountering problems with their mental health.

 01286 685279

 info@monagwyneddmind.co.uk

 www.monagwyneddmind.co.uk



2. C.A.L.L. HELPLINE



C.A.L.L Helpline offers confidential emotional support, information and leaflets about mental health and related issues for people in Wales. Anyone who is concerned about their own mental health or the mental health of a relative or friend can access the service.

 0800 132 737

www.callhelpline.org.uk



3. GORWEL



If you, a family member a friend, or someone you are concerned about has experienced domestic abuse or sexual violence, you can contact the **Live Fear Free Helpline 24 hours a day 7 days a week**, for free advice and support or to talk through your options.

 0300 111 2121 (open from 9:30-17:00pm)

 08088 010800 (open 24 hours a day)

 gorwel@gorwel.org

 www.gorwel.org



4. MEDDWL.ORG



Everyone needs to look after their mental health. This site is a place for support, information and mental health experiences - all through the medium of Welsh.

 www.meddwl.org



5. MEN'S SHEDS



Caban Dynion / Men's Sheds Caernarfon

Caban Dynion / Men's Sheds Caernarfon is a community group set up by Age Cymru Gwynedd and Môn to benefit and support the well-being of men in the area. Through the Men's Shed, you will be able to meet new people and build friendships, share skills and knowledge, and of course, have some fun.

Caban Dynion / Men's Shed Caernarfon
Co-ordinator -

 01286 671 711 neu Cibyn@acgm.co.uk





Men's Shed Dwyfor (Pwllheli)

Men's Sheds Pwllheli is a community group set up for the benefit of men. It's about meeting new people and building friendships, sharing skills and knowledge, and have plenty of fun.

Llŷn Community Connector - ☎ 07855 005192

Men's Shed, Tan Y Maen Centre, Blaenau Ffestiniog (Eifionydd and North Meirionnydd)

A group that meets for a chat, cuppa and learn/share new practical skills. Free of charge.

Tan Y Maen Centre - ☎ 07964 858095.



6. DPJ FOUNDATION



The DPJ Foundation supports those who work in agriculture with mental health problems. They provide counselling and mental health awareness training.

 0800 587 4262 (Phone number)

 07860 048799 (Text message number)

 kate@thedpjfoundation.co.uk

 www.thedpjfoundation.co.uk



7. VETERANS' NHS WALES



VETERANS
NHS WALES

This is a specialised service, giving priority to individuals who have served in the armed forces, at any time in their lives and are suffering from mental health difficulties related specifically to their military service.

 0800 132 737

 admin.vnhswc&v@wales.nhs.uk

 www.veteranswales.co.uk



8. SAMARITANS



Confidential, emotional support, 24 hours a day for people experiencing feelings of distress or despair, including those that may lead to suicide.

116 123 (open 24 hours a day)

 0808 164 0123 (open 19:00-23:00pm
Wednesday/Friday/Saturday/Sunday)

 www.samaritans.org.uk



9. WWW.PWRPAS.COM



Pwrpas is a local project set up to help men improve their mental health. It will operate as a hub with it's Primary aim being to:

- Raise awareness of the mental health challenges faced by men.
- Engage with men and encourage conversation.
- Signpost men to appropriate support.

For more information, follow the website link-

 www.pwrpas.com



10. GAMCARE



GamCare is the leading provider of information, advice and assistance to anyone affected by compulsive gambling throughout Wales, England and Scotland. They offer support to gamblers as well as family members and friends who have been affected by someone else's gambling.

National Gambling Helpline- 0808 8020 133 (line open 24 hours a day, seven days a week).

 www.gamcare.org.uk



11. TIME TO CHANGE WALES



time to change

Wales

let's end mental health discrimination

Time to Change Wales is the first National campaign to end the stigma and discrimination faced by people with mental health problems.

 www.timetochangewales.org.uk



12. NHS 111 WALES (NHS DIRECT)



NHS 111 *Wales*

NHS 111 Wales is a new, completely free way to contact the NHS from landlines and mobiles. The service is an amalgamation of NHS Direct Wales and the GP out-of-hours services and is available 24 hours a day, seven days a week. The **NHS 111 Wales** can be used for both health information and advice and to access urgent primary care.

 www.111.wales.nhs.uk





More services and agencies are available to support your health and wellbeing. For more information, follow the link below-

 [www.gwynedd.llyw.cymru/
lookingaftermyself](http://www.gwynedd.llyw.cymru/lookingaftermyself)

