

Llinellau Cymorth CFFI CEREDIGION



www.alcoholchange.org.uk
020 3907 8480



0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice



0808 808 2234



Mind Cymru – www.mind.org.uk
0300 123 3393



The DPJ Foundation
www.thedpjfoundation.com
Text : 07860 048799



www.rabi.org.uk
0808 281 9490

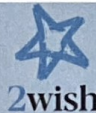
Tir Dewi: 0800 121 47 22



GIG 111 Cymru NHS 111 Wales



0808 802 5544
www.youngminds.org.uk



Support for those affected by sudden death in young people



Llinell Gymorth Byw Heb Ofn
0808 80 10 800
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