

**ARCHDIOCESE  
OF CARDIFF  
Family Life  
Commission**

Tel: 029 2021 2821

**Where to find  
help**

*The chairperson of the  
Commission may have  
more information; Mrs  
Anne Ballard  
02920212821*

**AGE CONCERN**

Tel: 0800 00 99 66  
7days a week 8am – 7pm  
Local no 029 20 371566  
or 01633 238295  
[www.AgeConcern.org.uk](http://www.AgeConcern.org.uk)

**APCMH**

*Association for  
Pastoral Care in  
Mental Health  
Contact line  
01483538936  
[www.pastoral.org.uk](http://www.pastoral.org.uk)*

**A.P.N.I.**

**Association for  
Post Natal Illness**  
Tel: 0207 386 0868.  
Monday to Friday  
10 a.m. - 2 p.m.  
[www.apni.org.uk](http://www.apni.org.uk)

*Help & support for  
Dementia sufferers and  
their carers*

**DEMENTIA CARELINE**  
029 2046 5436

**Help the Aged**

National 02072781114  
Wales 02920346550  
[www.helptheaged.org.uk](http://www.helptheaged.org.uk)

**CARERS LINE**

Tel: 0345 573369 / 029  
20 88263)

*Care for Carers*  
**CROSSROADS**  
029 2070 0057  
01633 661841

**Carers in the  
community**

Contact Edna Hunneysett  
01642 818332  
[www.carersinthecommunity.org.uk](http://www.carersinthecommunity.org.uk)

*Help for children*  
**CHILDLINE**  
0800 1111

**Hafal**

Work with people  
recovering from severe  
mental illness  
Head office  
01792 816 600  
[www.hafal.org](http://www.hafal.org)

For the latest mental health  
news in Wales  
[www.mentalhealthwales.net](http://www.mentalhealthwales.net)

**MDF**

**The Bipolar  
Organisation**

Welsh Office (Newport)  
08456340080

**Mind**

Info line 0845 7660163  
Monday- Friday 9.15-5.15

**Mind Cymru**  
02920 395123

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

**NHS Direct**

Available 24hrs  
Telephone 08454647  
Digital TV  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**No Panic**

HELPLINE FREEPHONE  
0808 808 0545  
10 am TO 10 pm,  
Everyday of the Year  
(Including Bank Holidays)  
[www.nopanic.org.uk](http://www.nopanic.org.uk)

**OCD Action**

08453906232  
[www.ocdaction.org.uk](http://www.ocdaction.org.uk)

**Saneline**

08457678000  
[www.sane.org.uk](http://www.sane.org.uk)

**Young Minds Parents**

Provides information and  
advice for anyone with concern  
about the mental health of a  
child.

**Tel: 0800 0182 138**  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Parentline Plus**

Helpline for parents ,  
offering listening  
information and  
counselling on various  
parenting problems.  
Helpline open 24 hours  
a day 365 days a year.  
**Tel: 0808 800 2222**

**PARENTING SUPPORT**  
029 2048 6995