

## FURTHER SUPPORT AND INFORMATION FOR YOUR MENTAL WELLBEING



**Dewis Cymru**  
**Have choice and take control**

**THE place** to go if you want information or advice about your well-being – or want to know how you can help somebody else.  
<https://www.dewis.wales/>

### VOLUNTARY ORGANISATIONS



The aim of Medrwn Môn is to promote and support volunteering, community groups and voluntary organisations by working with people, groups and communities on Anglesey to ensure they play a full and prominent role in developing the potential of the Island.  
Contact: 01248 724944 or [post@medrwnmon.org](mailto:post@medrwnmon.org). All info can be found on our website- [www.Medrwnmon.org](http://www.Medrwnmon.org) or find us on Facebook [www.facebook.com/MedrwnMon](http://www.facebook.com/MedrwnMon)



The Association of Voluntary Organisations in Wrexham (AVOW) goal is to enable the Third Sector and volunteers across Wales to contribute fully to individual and community well-being, now and in the future. [www.avow.org](http://www.avow.org)



The County Voluntary Council for Flintshire, we support, promote and develop voluntary and community action. For charitable, voluntary and community organisations, we're the first port of call for support and advice on funding, governance, volunteering and engaging with, and influencing the policies and agendas that impact the causes and people they support.  
[www.flvc.org.uk/en/](http://www.flvc.org.uk/en/)

**WcVA**  
**CgGC**

WCVA (Wales Council for Voluntary Action) is the national membership body for voluntary organisations in Wales. We exist to enable voluntary organisations in Wales to make a bigger difference together. <https://wcva.cymru/>



*Yn cefnogi grwpiau gwirfoddol a chymunedol*  
*Supporting voluntary and community groups*

Mantell Gwynedd is the umbrella body for third sector/voluntary organisations and community groups in Gwynedd and strives to provide a strong voice for the sector. We can disseminate information quickly and effectively to a wide audience through its established contacts. [www.mantellgwynedd.com](http://www.mantellgwynedd.com)



Community and Voluntary Support Conwy (CVSC) is the umbrella body set up to develop and promote voluntary and community action in the County of Conwy. It sits with the national body of [Wales Council for Voluntary Action](http://www.walescouncilforvoluntaryaction.org.uk) (WCVA) and is part of [Third Sector Support Wales](http://www.thirdsector.org.uk) (TSSW). [www.cvsc.org.uk](http://www.cvsc.org.uk)

### HEALTH AT WORK



Healthy Working Wales is a Welsh Government programme set-up following Dame Carol Black's review into the costs of sickness absence on individuals, employers, the healthcare profession, and the wider economy. The Healthy Working Wales programme helps employers, individuals and a range of health professionals to support working-age people in Wales to stay fit and healthy so they can remain in employment, or return to work following a period of ill health.  
<https://phw.nhs.wales/services-and-teams/healthy-working-wales/>

## MENTAL HEALTH



Provides a Wales wide 24/7 mental health multi-channel contact service. CALL offers emotional support, signposting to agencies relevant to the caller's needs as well as free literature. **0800 132 737 Text the word Help to 81066** [www.callhelpline.org.uk](http://www.callhelpline.org.uk)



<https://www.samaritans.org/samaritans-cymru/> Samaritans volunteers are available 24/7 and offer a safe and confidential space for someone to talk about how they're feeling. You can call for free day or night on 116 123 or call in Welsh on 0808 164 0123 for free every day between 7pm-11pm. If you'd prefer to write things down, you can email [jo@samaritans.org](mailto:jo@samaritans.org)



'Here is a link to information about Health and Wellbeing services in Gwynedd, as well as the 'Looking After Myself' information booklet.'  
<https://www.gwynedd.llyw.cymru/en/Residents/Health-and-social-care/Hwb-teuluoeedd/Health-and-wellbeing.aspx>



Denbighshire Social Services support people to stay independent and maintain choice and control over their lives. Having a cleaner, gardener and handyman, or getting someone to help with shopping or finances could help you to stay independent in your own home.  
<https://www.denbighshire.gov.uk/en/health-and-social-care/adults/what-matters-to-you.aspx>



Hopeline UK Suicide Prevention Advisers provide support and advice for young people under 35 struggling with thoughts of suicide, or anyone who is concerned that a young person is feeling suicidal. They provide a safe space to talk through anything happening in life that could have an impact on staying safe. [papyrus-uk.org](http://papyrus-uk.org) 0800 068 4141



Childline provides children and young people up to 19 in the UK with a safe place where they can be themselves and feel safe to talk about anything. Trained counsellors are on hand to listen, offer help and support with any issue or worry, big or small, 24 hours a day. [www.childline.org](http://www.childline.org) 0800 1111



Help improve your wellbeing while meeting new friends, developing confidence and learning new skills with one of our activities and courses.  
[www.flintshirewellbeing.org.uk/](http://www.flintshirewellbeing.org.uk/)

## PHYSICAL ACTIVITY & PLAY



*Let's Get Moving North Wales* is a collaborative of different organisations who have come together to support and encourage people in North Wales to move more and sit less, to improve their health and wellbeing. By working together, we can increase opportunities for people to increase their physical activity and reduce their sedentary behaviour, so that being active becomes the norm. <http://www.wales.nhs.uk/sitesplus/888/page/92311/>



Play Wales is the national charity for children's play and works to raise awareness of children and teenagers' need and right to play and to promote good practice at every level of decision making and in every place where children might play. Play Wales provides advice and guidance to support all those who have an interest in, or responsibility for providing for children's play. [www.playwales.org.uk](http://www.playwales.org.uk)

# Libraries



<https://www.gwynedd.llyw.cymru/en/Residents/Libraries-and-archives/Libraries-and-archives.aspx>

<https://www.gwynedd.llyw.cymru/cy/Trigolion/Llyfrgelloedd-ac-archifau/Llyfrgelloedd-ac-archifau.aspx>



<https://www.denbighshire.gov.uk/en/leisure-and-tourism/libraries/libraries.aspx>

<https://www.denbighshire.gov.uk/cy/hamdden-a-thwristiaeth/Llyfrgelloedd/Llyfrgelloedd.aspx>



<https://www.conwy.gov.uk/en/Resident/Libraries-Museums-and-Archives/Libraries/Libraries.aspx>

<https://www.conwy.gov.uk/cy/Resident/Libraries-Museums-and-Archives/Libraries/Libraries.aspx>



<https://www.anglesey.gov.uk/en/Residents/Libraries/Join-the-library.aspx#>

<https://www.ynysmon.gov.uk/cy/Trigolion/Llyfrgelloedd/Sut-i-ymuno-%C3%A2r-llyfrgell.aspx>



<https://www.wrexham.gov.uk/service/libraries-online-services>

<https://www.wreccsam.gov.uk/service/llyfrgelloedd-gwasanaeth-ar-lein>



[https://www.flintshire.gov.uk/en/Resident/Council-Apps/Search.aspx?search\\_keywords=libraries](https://www.flintshire.gov.uk/en/Resident/Council-Apps/Search.aspx?search_keywords=libraries)

[https://www.siryfflint.gov.uk/cy/Resident/Council-Apps/Search.aspx?search\\_keywords=llyfrgell](https://www.siryfflint.gov.uk/cy/Resident/Council-Apps/Search.aspx?search_keywords=llyfrgell)

Oes oes gennych unrhyw gwestiynau am yr adnodd hwn, neu unrhyw faterion Pum Ffordd At Les eraill, anfonwch e-bost atom i: [5ways.northwales@wales.nhs.uk](mailto:5ways.northwales@wales.nhs.uk)  
If you have any questions about this resource, or any other Five Ways To Wellbeing matters, please email us at: [5ways.northwales@wales.nhs.uk](mailto:5ways.northwales@wales.nhs.uk)