

# Support your mental wellbeing

## Feeling down or anxious?

Extra help for your mental wellbeing is available across Wales, online and over the phone. These resources are safe, free, and you don't need a referral, so take a look and see what can help you today.

### SilverCloud

SilverCloud is an online course which offers support for anxiety, depression, and much more, all based on Cognitive Behavioural Therapy (CBT).

Anyone aged 16 or over can sign up at:  
[nswales.silvercloudhealth.com/signup/](http://nswales.silvercloudhealth.com/signup/)

### CALL Mental Health Listening Line

Provides a confidential mental health listening and emotional support line which is open 24/7. CALL can also signpost to support in local communities and a range of online information.

Call 0800132737, text "help" to 81066 or visit: [callhelpline.org.uk](http://callhelpline.org.uk)

### Beat eating disorders helpline

Beat provides helplines and information for adults and young people, offering a supportive environment to talk about eating disorders and how to get help.

Call 0808 801 0677 or visit  
[www.beateatingdisorders.org.uk/support-services](http://www.beateatingdisorders.org.uk/support-services)

### Mind Active Monitoring

Provides six weeks guided self-help for, anxiety, depression, self-esteem, and more.

To get started, talk to your GP, any other health professional, or sign up directly at:  
[www.mind.org.uk/AMWales](http://www.mind.org.uk/AMWales)

### Activate Your Life

The "ACTivate Your Life" online video course shares practical ways to cope with thoughts and feelings causing distress and help live life with more confidence.

To start go to:  
<https://phw.nhs.wales/services-and-teams/activate-your-life/>

### Young Person's Mental Health Toolkit

The Young Person's Mental Health Toolkit links young people, aged 11 to 25, to websites, apps, helplines, and more to build resilience.

You can access the toolkit at  
[bit.ly/ypmhten](http://bit.ly/ypmhten)