**RGH Crisis Team 01443 443712 Ext. 74903/74388**

**Samaritans 116 123 or email** [**jo@samaritans.org**](mailto:jo@samaritans.org)

**Childline 0800 1111**

**Papyrus 0800 068 4141 or email** [**pat@payyrus-uk.org**](mailto:pat@payyrus-uk.org)

**MASH RCT 01443 743730**

**CAMHS 01443 443008**

**NHS Direct Wales 0845 46 47**

**Police 101 or 999**

**NSPCC 0808 800 5000**

**SOBS 0844 561 6855**

**CALM (Preventing Male Suicides) 0800 585858**

**Shelter Cymru 08000 495 495**

**Cruse 01685 876020**

**Winston’s Wish 08452 030405**

**Child Bereavement Network 01494 568900**

**Wish Upon A Star 01443 856125**

**Children’s Commissioner 0808 801 1000**

**Young Minds 0207 089 5050**

**Sane (Depression) 0300 304 7000**

**The Hideout (Domestic Abuse) 0808 2000 247**

**Stonewall 0800 050 2020**

**Mermaids 0844 334 0550**

**Amber Project 02920 344776**

**BEAT 0345 634 7650/0345 634 1414**

**DASPA (BAROD) 0300 333 0000**

**DAN 0808 808 2234**

**Text DAN 81066**