

Supporting people with dementia and their carers

Freephone 0808 808 2235

Support, information and agency signposting for anyone diagnosed with dementia or caring for a family member or friend living with dementia.

Free from landlines and most mobiles or
Text the word **Help** and your question to **81066**

www.dementiahelpline.org.uk

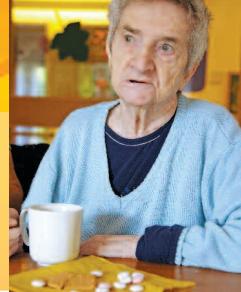


**24 hours a day
7 days a week
365 days a year**



What is the Wales Dementia Helpline?

The helpline offers emotional support to anyone, of any age, who is caring for someone with dementia as well as other family members or friends. The service will also help and support those who have been diagnosed with dementia.



How can the Wales Dementia Helpline help you?

Sometimes you may just need someone to talk to. It can help to discuss your fears and feelings with someone who understands, but is not emotionally involved.

We have a comprehensive database of services, both statutory and voluntary, which may be able to help. Services can be local to you or national contacts, if needed.

We can also send self-help and agency leaflets to you, completely free of charge.

Calls are free and you do not need to give any personal details to obtain help or information.

How to contact the Helpline

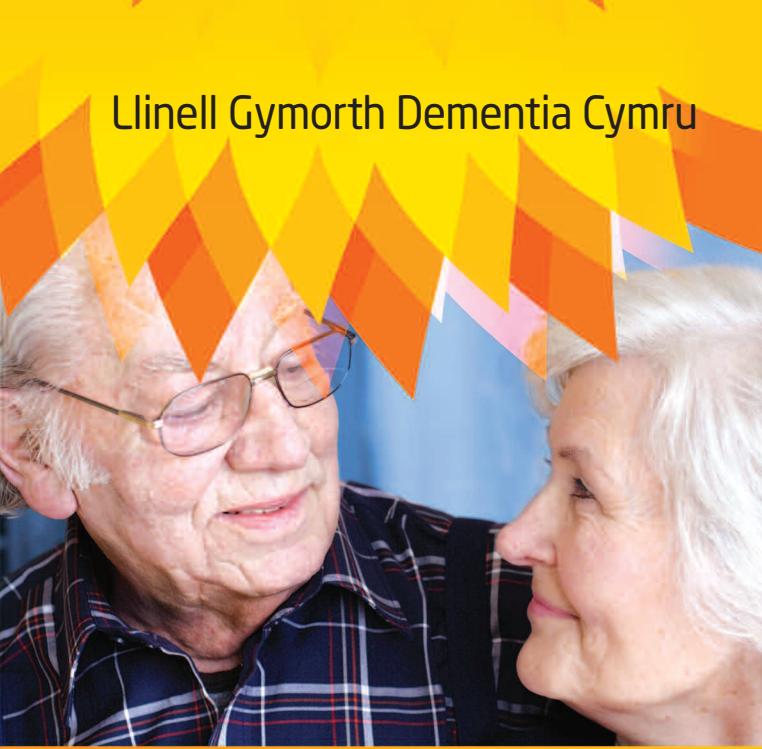
Ring us anytime, day or night, on the **freephone number**. We are open 24 hours a day.

Text us by sending the word **help** and your message to **81066**

Search for agencies, in your local area or national contacts, on our website www.dementiahelpline.org.uk

Opening hours

24 hours a day 7 days a week 365 days a year (including bank holidays).



Cefnogi Gofalwyr a Dioddefwyr

Rhadffôn 0808 808 2235

Cefnogaeth, gwybodaeth a chyfeirio at asiantaethau i unrhyw un sydd wedi derbyn diagnosis dementia neu'n gofalu am aelod o'r teulu neu gyfaill sy'n byw gyda dementia.

Am ddim o linellau ffôn a'r rhan fwyaf o ffonau symudol neu Tecstiwrch y gair **Help** a'ch cwestiwn i **81066**

www.dementiahelpline.org.uk



24 awr y dydd 7
diwrnod yr wythnos
365 diwrnod y
flwyddyn

Beth yw Llinell Gymorth Dementia Cymru?

Mae'r llinell gymorth yn cynnig cefnogaeth emosiynol i unrhyw un, o unrhyw oed, sy'n gofalu am rywun gyda dementia yn ogystal ag aelodau eraill o'r teulu neu gyfeillion. Bydd y gwasanaeth hefyd yn helpu a chefnogi'r rhai sydd wedi derbyn diagnosis o dementia.

Sut gall Llinell Gymorth Dementia Cymru eich helpu?

Weithiau byddwch angen clust i wrando'n unig. Gall trafod eich ofnau a theimladau gyda rhywun sy'n deall, ond ddim yn gysylltiedig yn emosiynol fod o gymorth.

Mae gennym gronfa ddata gynhwysfawr o wasanaethau, statudol a gwirfoddol, a all helpu. Gall y gwasanaethau fod yn lleol i chi neu gysylltiadau cenedlaethol, os bydd angen.

Gallwn hefyd anfon taflenni hunangymorth ac asiantaethau atoch, yn rhad ac am ddim.

Mae galwadau am ddim ac nid oes raid i chi roi unrhyw wybodaeth bersonol i dderbyn cymorth a gwybodaeth.

Sut i gysylltu â'r Llinell Gymorth

Ffoniwr ni unrhyw amser, dydd neu nos ar y rhif rhadffôn. Rydym ar agor 24 awr y dydd.

Anfonwrch neges destun drwy anfon y gair help a'ch neges i 81066.

Chwiliwrch am asiantaethau, yn eich ardal leol neu gysylltiadau cenedlaethol, ar ein gwefan www.dementiahelpline.org.uk

Oriau agor

24 awr y dydd 7 diwrnod yr wythnos 365 diwrnod y flwyddyn (gan gynnwys gwyliau banc).