

Help Us Help You

Mental wellbeing animations – Social copy

Asset/ message	English	Welsh
Mental wellness - SLEEP	<p>A good night's sleep helps your mental health. But if you need more help, support staff are on hand.</p> <p>#helpushelpyou</p> <p>@CALL_247 is open 24/7 for confidential listening & emotional support</p> <p>→☎Call 0800 132 737 or text 'help' to 81066</p>	<p>Mae pob noswaith dda o gwsg yn gallu helpu'ch iechyd meddwl. Ond os ydych chi angen mwy o help, mae staff cymorth ar gael.</p> <p>#helpunihelpuchi</p> <p>Mae gwasanaeth @CALL_247 ar agor 24/7 am sgwrs a chymorth emosiynol cyfrinachol.</p> <p>→☎Ffoniwch 0800 132 737 neu tecstiwch 'help' i 81066</p>
Mental wellness – ME TIME	<p>A bit of 'me time' helps your mental health. But if you need more help, support staff are on hand.</p> <p>#helpushelpyou</p> <p>@CALL_247 is open 24/7 for confidential listening & emotional support</p> <p>→☎Call 0800 132 737 or text 'help' to 81066</p>	<p>Mae pob munud i chi eich hun yn helpu'ch iechyd meddwl. Ond os ydych chi angen mwy o help, mae staff cymorth ar gael.</p> <p>#helpunihelpuchi</p> <p>Mae gwasanaeth @CALL_247 ar agor 24/7 am sgwrs a chymorth emosiynol cyfrinachol.</p> <p>→☎Ffoniwch 0800 132 737 neu tecstiwch 'help' i 81066</p>
Mental wellness- CHAT	<p>A good chat with friends could help your mental wellbeing. But if you need them, the CALL helpline is ready to listen</p> <p>#helpushelpyou</p> <p>@CALL_247 is open 24/7 for confidential listening & emotional support</p> <p>→☎Call 0800 132 737 or text 'help' to 81066</p>	<p>Mae pob sgwrs gyda ffrindiau yn gallu helpu eich lles meddyliol. Ond mae llinell gymorth CALL ar gael ac yn barod i wrando.</p> <p>#helpunihelpuchi</p> <p>Mae gwasanaeth @CALL_247 ar agor 24/7 am sgwrs a chymorth emosiynol cyfrinachol.</p>

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