

A WELCOMING PLACE IN A CRISIS

Mental health crisis support
in Cardiff and the Vale



THE SEIBIANT SANCTUARY OFFERS SUPPORT IN A MENTAL HEALTH CRISIS, AT TIMES OF DAY WHEN MOST OTHER SERVICES ARE CLOSED.

It's a calm and quiet place where you can talk to our team about what's happening. You can stop, breathe, and start to think about next steps.

CONTACT THE NHS 111 SERVICE – DIAL 111 AND CHOOSE OPTION 2.

This will put you in touch with a mental health specialist, who can refer you to us the same day.



GIG
CYMRU
NHS
WALES | Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

PLATFORM

For mental health and social change

MAN CROESAWGAR MEWN ARGYFWNG

Cymorth argyfwng
iechyd meddwl yng
Nghaerdydd a'r Fro



**MAE NODDFA SEIBIANT YN CYNIG
CYMORTH MEWN ARGYFWNG
IECHYD MEDDWL, AR ADEGAU O'R
DYDD PAN MAE'R RHAN FWYAF O
WASANAETHAU ERAILL AR GAU.**

Mae'n lle tawel a digynnwrf lle gallwch siarad â'n tîm ynglŷn â beth sy'n digwydd. Gallwch stopio, anadlu, a dechrau meddwl am y camau nesaf.

**CYSYLLTWCH Â GWASANAETH
GIG 111 — DEIALU 111 A
DEWIS OPSIWN 2.**

Bydd hyn yn eich rhoi mewn cysylltiad ag arbenigwr iechyd meddwl, a all eich cyfeirio atom ni yr un diwrnod.



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PLATF **FORM**

Dros iechyd meddwl a newid cymdeithasol