

A Signposting Directory For Children and Young People's Emotional Wellbeing & Mental Health



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

**Resilience
Project
Prosiect
Gwydnwch**



**Llywodraeth Cymru
Welsh Government**



**Cardiff Integrated Health
& Social Care Partnership**
**PARTNERIAETH IECHYD
& CŶFFAL CŴBRETHANOL**
Caerdydd & Bro Morgannwg
INTEGRIDDIG

This directory has been put together by the Resilience Project. The Resilience Project is a Welsh Government funded project led by Cardiff and Vale Health Board which aims to build greater capacity, expertise, and mental health resilience for Children and Young People (CYP) in educational settings across Cardiff and the Vale.

The primary aim of this directory is to increase the knowledge, of and effective signposting to, the services available to support children and young people, as well as their parents/carers and Teachers/ Schools in Cardiff and the Vale.



Information & Resources



Interventions offered



Phone Line Support



Messaging support service



App

Disclaimer:

This information was correct at the point of collection in April 2020. Please do note that information may have changed since then, services can alter their provisions, finish due to funding or new ones may be available.

Other more in depth and regularly updated directories do exist, such as Cardiff and Vale Action for Mental Health (<http://www.cavamh.org.uk/>) and Dewis Cymru (<https://www.dewis.wales/>)

Overview of Services

<p><u>Action for M.E.</u> Support for CYP with M.E.</p>	
<p><u>ADDers</u> Information and resources on ADD/ ADHD</p>	
<p><u>Adoption Cymru</u> Supporting Adopters</p>	
<p><u>Afasic</u> SALT Support</p>	
<p><u>Amber Project</u> Groups & support for CYP who self harm,</p>	
<p><u>Amelia Trust Farm</u> Support for EBD, ALN, & Mental Health</p>	
<p><u>Ap Cwtsh</u> Welsh language meditation app</p>	
<p><u>AP Cymru</u> Family support around Autism</p>	
<p><u>APNI</u> Post Natal illness support</p>	
<p><u>ARC</u> Respite support for Children at risk of becoming looked after</p>	

Assist Trauma Care

PTSD support and advice for anyone



<p><u>Atal Y Fro</u> <i>Temporary refuge and support for women and children affected by Domestic Abuse</i></p>	
<p><u>Barnardo's Cymru</u> <i>Support and a range of services for children and their families across Wales</i></p>	
<p><u>Beacon House</u> <i>Resources for Trauma and Attachment</i></p>	
<p><u>Beat Eating Disorders</u> <i>Support for CYP with an Eating Disorder</i></p>	
<p><u>Belong</u> <i>Gender identity counselling and workshops</i></p>	
<p><u>Bipolar UK</u> <i>Free Support Group in Cardiff for >18 year olds, or if >16 attended with an adult</i></p>	
<p><u>Blues Programme</u> <i>School course for boosting low mood</i></p>	
<p><u>Blue Ice</u> <i>Manage emotions and reduce urge to self harm (NHS approved)</i></p>	
<p><u>Bullies Out</u> <i>Advice for parents and CYP on bullying</i></p>	
<p><u>Bright Sky</u> <i>A discrete app (looks like a weather app), giving information & support for those in an abusive relationship.</i></p>	
<p><u>C.A.L.L. Helpline</u> <i>Mental Health helpline for anyone affected</i></p>	
<p><u>Calm</u> <i>A sleep and meditation app</i></p>	

Calm Harm

Help to reduce the urge to self-harm (NHS approved)



<p><u>CAMHS resources</u> Information, resources and signposting</p>	
<p><u>Campaign Against Living Miserably (CALM)</u> Suicide support, helpline, information and signposting</p>	
<p><u>Cardiff Family Advice and Support</u> Information, advice and assistance for children and young people and their families in Cardiff</p>	
<p><u>Cardiff Parenting</u> Information, advice and interventions for families in Cardiff (part of Cardiff Family Advice and Support)</p>	
<p><u>CAVAMH</u> Cardiff and Vale Action for Mental Health – information and signposting</p>	
<p><u>Chat Health</u> Text messaging your school Nurse</p>	
<p><u>CHICKS</u> Respite breaks for children 8 – 17 years</p>	
<p><u>Child Line</u> Helpline & online resources and support</p>	
<p><u>Concern Cymru</u> Counselling Service in Cardiff</p>	
<p><u>CRUSE</u> Support around bereavement</p>	
<p><u>Dan 24/7</u> Helpline and information on alcohol & drugs</p>	
<p><u>DEAL Project (Samaritans)</u> Free resource for developing CYP Resilience</p>	
<p><u>Diet or Disorder (NHS App)</u> Information and help for Eating Disorders</p>	

Digital ASD/ ADHD

Resources for CYP, parents and carers



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<p><u>Elevate</u> <i>Can-do project, Near Peer project for young people in the Vale</i></p>	
<p><u>Ely & Caerau Children's Centre</u> <i>Nursery and play groups</i></p>	
<p><u>Empire Fighting Chance</u> <i>Helping CYP through Boxing and Mentoring</i></p>	
<p><u>EYST</u> <i>Support for BME people (including young people aged 11-25)</i></p>	
<p><u>Families First Advice Line</u> <i>Advice, support and guidance for families and professionals in the Vale of Glamorgan.</i></p>	
<p><u>Family Lives</u> <i>Help and support to families</i></p>	
<p><u>Family Wellbeing Service</u> <i>Whole Family Approach for wellbeing in Cardiff</i></p>	
<p><u>Flying Start</u> <i>Early Years support for 0-3 year olds</i></p>	
<p><u>Free 2 Bee</u> <i>Activities for Refugee & Asylum Seekers (Barnardo's)</i></p>	
<p><u>Gender Spectrum</u> <i>Online resources for parents</i></p>	
<p><u>Hafal</u> <i>Charity for those with serious mental illness</i></p>	
<p><u>Head Above The Waves</u> <i>Workshops raising awareness & strategies for coping with depression and self harm</i></p>	

Headroom (Barnardo's)

Support for first episode of Psychosis



<p><u>Headspace</u></p> <p><i>A meditation made simple app</i></p>	
<p><u>Healthy Young Minds</u></p> <p><i>Mental Health support resources for CYP, Parents and Professionals</i></p>	
<p><u>Home Start</u></p> <p><i>Support and Help for families with children 0-5 years old</i></p>	
<p><u>Insight Timer</u></p> <p><i>Free guided meditation app</i></p>	
<p><u>Invisible Walls Accord</u></p> <p><i>A tool kit for supporting Children with a Parent in Prison</i></p>	
<p><u>Jacob Abraham Foundation</u></p> <p><i>Workshops on suicide prevention for <18</i></p>	
<p><u>Kooth</u></p> <p><i>Online emotional wellbeing support</i></p>	
<p><u>LGBT Cymru</u></p> <p><i>Advice, support and helpline for the LGBT+ community in Wales</i></p>	
<p><u>Llamau</u></p> <p><i>Support for those homeless or at risk of domestic abuse</i></p>	
<p><u>Make Time 2 Play</u></p> <p><i>Free play resources for children</i></p>	
<p><u>Marie Curie</u></p> <p><i>Advice, information and support for people living with a terminal illness and their families</i></p>	
<p><u>Meddwl.org</u></p> <p><i>Advice and information on mental health – through the medium of welsh</i></p>	

Mee Two

Safe teenager discussion forum (NHS approved)



<p><u>Meic</u> <i>Information, support and advice</i></p>	
<p><u>Mental Health Foundation</u> <i>Information, advice, signposting and projects in Wales</i></p>	
<p><u>Mentally Healthy Schools</u> <i>Resources to promote Mental Health</i></p>	
<p><u>Mermaids</u> <i>Resources and support for Gender Identity</i></p>	
<p><u>Mind</u> <i>Mental Health Charity & resources</i></p>	
<p><u>Mind Hub</u> <i>Emotional Health Information for CYP</i></p>	
<p><u>Mind Shift</u> <i>Anxiety app</i></p>	
<p><u>Mind Up</u> <i>Resources for schools, teacher and families on child mental health</i></p>	
<p><u>Mood fit</u> <i>Tools and insight to improve your mood</i></p>	
<p><u>Mood Mission</u> <i>Tracks your mood & suggests activities</i></p>	
<p><u>Moodpath</u> <i>Mood tracker and tailored support</i></p>	
<p><u>New Pathways</u> <i>Advocacy and support d Sexual Abuse</i></p>	

Orange Wallet Scheme

Helping those with ASD on Public Transport



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<p><u>Our Time</u> <i>Helping CYP affected by Parental Mental Illness</i></p>	
<p><u>PACT</u> <i>Supporting families affected by imprisonment</i></p>	
<p><u>Papyrus (Hope Line)</u> <i>Prevention of young suicide</i></p>	
<p><u>Partners to Parents</u> <i>Resources and strategies for couples</i></p>	
<p><u>Place 2 Be</u> <i>School based therapeutic support</i></p>	
<p><u>Pride Cymru</u> <i>Advice, support and signposting for the LGBT+ community</i></p>	
<p><u>Prisoner's Families Helpline</u> <i>Advice and support for families</i></p>	
<p><u>Reading Well Scheme</u> <i>Boosting wellbeing using prescribed books</i></p>	
<p><u>RISE</u> <i>DV support for women and children</i></p>	
<p><u>Safe As (Women's Aid)</u> <i>CYP experiencing domestic violence/ abuse</i></p>	
<p><u>Samaritans Helpline</u> <i>Online & phone line for suicide and distress</i></p>	
<p><u>Schools Talk (Samaritans)</u> <i>Talks around emotional health for schools, and a Tool Kit Compassion in Education</i></p>	
<p><u>Sesame Street In Communities</u> <i>Child friendly resources for those affected by family imprisonment</i></p>	

Shout

Free 24/7 text service



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<p><u>SHOT (YMCA)</u> <i>1:1 or group work on Healthy Relationships</i></p>	
<p><u>Sibs</u> <i>For brothers and sisters of disabled children and adults and their parents</i></p>	
<p><u>SNAP Cymru</u> <i>Supporting families with Learning Difficulties</i></p>	
<p><u>SODA (Women's Aid)</u> <i>Teenage Survivors Of Domestic Abuse</i></p>	
<p><u>St Giles Trust</u> <i>Helping people overcome disadvantages</i></p>	
<p><u>Step by Step (Samaritans)</u> <i>Practical support for schools to prepare for and recover from attempted suicide</i></p>	
<p><u>Student Health App</u> <i>Health advice for students (NHS approved)</i></p>	
<p><u>Switched On!</u> <i>Information and advice for those affected by their own/ others substance misuse</i></p>	
<p><u>Tenovus</u> <i>Advice, emotional support and support line for those affected by cancer</i></p>	
<p><u>The Guide (Action For Children)</u> <i>Empowering teachers to help CYP mental health and wellbeing</i></p>	
<p><u>The Mix</u> <i>Support and information for CYP around drugs, mental health, relationships etc</i></p>	
<p><u>The Sleep Council</u> <i>Education and Resources to improve sleep</i></p>	

Thrive

Game based app to help manage stress and anxiety (NHS approved)



<p><u>TPG Cymru</u> Support for CYP and families in difficulties</p>	
<p><u>Vale Family Information Service</u> Information on childcare, activities and services for children and young people and family support</p>	
<p><u>Young Minds</u> Information & support for CYP and Parents.</p>	
<p><u>Youth Offending Service</u> Working with Young Offenders and victims</p>	
<p><u>Youth Wellbeing Service</u> Targeted support for CYP with ACEs</p>	
<p><u>YMCA</u> Advice, support for young people and families</p>	
<p><u>YMCA Young Carers</u> Support and activities for young carers</p>	
<p><u>Winston's Wish</u> Bereavement support, advice and information</p>	
<p><u>2 Wish Upon A Star</u> Bereavement Counselling for families</p>	
<p><u>3H Helping Hands for Holidays</u> Holidays for families with Learning Difficulties and respite for carers</p>	

NB: This is by no means an exhaustive list, there are so many services available to CYP in Cardiff and The Vale and these are just a selection of them here.

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Action for M.E. takes action to end the ignorance, injustice and neglect faced by people with M.E. We do this by meeting need now to improve the lives of people with M.E. while taking action to secure change for the future.

They offer:

- Resources and information
- Support and advice to Children, young people and adults with M.E.
- Online Peer Support Services (for >18 year olds)



<https://www.actionforme.org.uk/about-us/introduction/>



0117 927 9551

Information & Support Line, Monday – Friday, 9am – 5pm



questions@actionforme.org.uk



ADDers's Mission Statement is to promote awareness to ADD, ADHD (Attention Deficit Hyperactivity Disorder) and to provide information and as much free practical help as we can to those affected by the condition, both adults and children and their families.



<http://www.adders.org.uk/info.htm>



The National Adoption Service promotes and supports best practice in adoption across Wales.

Becoming a parent will be rewarding, fulfilling and fun but sometimes tiring and demanding. Sometimes adopted children have additional needs and many adoptive families benefit from some help and advice at different stages in their family life. Difficulties can arise from early experiences which influence your behaviour at home or at school and you might want some advice or support to manage this.



Services they can provide are:

- Local adoption support groups
- Counselling, information and advice
- Help with behavioural, attachment and other difficulties in adopted children
- Financial support
- Help with contact between an adopted child and his or her birth family
- Meetings and events to enable groups of adopters, adoptive children or birth parents to get together
- Training to help adopters to meet the needs of their adoptive child
- Short breaks for an adopted child with another carer
- Help where an adoption breaks down or is at risk of breaking down.



<https://adoptcymru.com/home>



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Afasic voice for life

Helping families to understand Speech, Language and Communication Needs (SLCN) and Developmental Language Disorder (DLD).



<https://www.afasic.org.uk/>

They provide information on development, what Speech and Language needs are, how parents can get and provide support and links to specialist schools.

Information booklets available on the website to download or purchase



0300 666 9410

Parent Support line, Monday & Wednesday: 10.30am to 4.00pm.



Afasic England has produced an App, based on our self-advocacy workshops for parents. The App has lots of information for parents about the legal system, practical tips on how to manage meetings, a glossary of terms, information on speech and language development, useful links, and also includes a journal that parents can keep up to date. The App is available for iPhones in the App Store, or for Android systems from Google Play.



They do also run workshops, including a transitions course for year 6's going into secondary school. These run across the country and may not be in Cardiff.

Contact Details:

15 Old Ford Road, London, E2 9PJ

Tel: (administration) 020 7490 9410

Fax: 020 7251 2834



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The Amber Project

Offering Support and Information



The Amber Project

This Church Army project supports young people, from within the Cardiff area, aged 14-25 who have experienced self-harm.



They offer:

- Activity based workshops - Each session begins and ends with circle time, individuals can also speak with one of the workers about any issues they may have. Each session can include an activity such as cooking, music workshops, trips and arts and crafts. They can be contacted here https://www.churcharmy.org.uk/Groups/245333/Church_Army/ms/Amber_Project/Contact_Us/Contact_Us.aspx
- Counselling - They provide free counselling for young people aged 14-25. There is a waiting list but contact them through the link above for more information.
- 1-2-1- These are those who don't want counselling but instead want more practical support e.g. how to pay bills.

Drop ins are not available so appointments will need to be made using the contact link above.



https://www.churcharmy.org.uk/Groups/245319/Church_Army/Microsites/Amber_Project/Amber_Project.aspx

This page has their upcoming events:

https://www.churcharmy.org.uk/Groups/245330/Church_Army/Microsites/Amber_Project/Upcoming_Events/Upcoming_Events.aspx

Contact Details:

Quaker Meeting House, 43 Charles St, Cardiff CF10 2GB

Telephone: 029 2034 4776

Text/Phone: 07905 905437

Email: amber.project@churcharmy.org



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The Amelia Trust Farm is a registered charity and countryside sanctuary for all to enjoy. They believe no one should be excluded from society. We have a long and proud history of providing therapeutic support to disadvantaged and vulnerable people in a Care Farm setting.

Their model is divided into specific strategies encompassing basic physiological, psychological and occupational needs. The young people referred to Amelia Trust Farm, like so many adolescents are experiencing difficulties in life and we aim to support and value them through those difficulties whether they are feeling threatened, vulnerable, anxious or disadvantaged.

The services they provide include:

- During term-time they run a programme for young people who are struggling in mainstream education perhaps because they have suffered abuse or neglect or are statemented with neurodevelopmental disorders such as ADHD or autism.
- We also extend our caring and nurturing environment to adults with learning disabilities and we are open to the general public throughout the year. With woodland walks, animals to see, play areas and a café there is plenty to do and enjoy.
- GROW: which stands for Greater self awareness, Recognise potential, Opportunities and Work Experience. Working with CYP with Emotional & Behavioural Difficulties, Additional Learning Needs and Mental Health they provide Therapy, Education and Work.
<https://www.ameliatrust.org.uk/Pages/Category/what-we-do>

Contact Details:

Website: <https://www.ameliatrust.org.uk/>

Email: general@ameliatrust.org.uk

Office is open 9am – 1pm Monday - Friday



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Ap **Cwtsh** is a Welsh-language application which introduces users to simple meditation techniques. The aim of the app is to help people set out on the inner journey to self-knowledge and to discover the contentment and peace that is in every one of us.



<http://apcwtsh.cymru/>



AP Cymru provide a peer support outreach service for families going through the autism diagnostic process, and the crucial months which follow, by pooling together our lived experience to provide a warm, friendly, and accessible service.



Our families can access a wide variety of services including:

- Workshops,
- Training courses,
- clinics,
- Family fun sessions.



<https://apcymru.org.uk/>

Contact Details:

11 Glan y Llyn Industrial Estate, Cardiff Road, Taffs Well, CF15 7JD

Telephone: 029 2081 0786

Email: enquiries@apcymru.org.uk



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The Association for Post-Natal Illness is the leading organisation in its field. It is a Registered Charity (No. 280510) and it was established in 1979 to:

- Provide support to mothers suffering from post-natal illness
- Increase public awareness of the illness
- Encourage research into its cause/nature



<https://apni.org/>

Their website provides information on recognising the signs of Post Natal Depression, as well as information on how to gain support and how to prevent recurrence.



0207 386 0868

Information & Support line, open Monday – Friday, 10am – 2pm

Contact Details:

145 Dawes Road, Fulham, London, SW6 7EB

Email: info@apni.org



Adolescent Resource Centre (ARC)

The Adolescent Resource Centre (ARC) is a new service that provides intensive support for young people aged 11- 17 years of age, who are at risk of becoming Looked After due to the challenges that they present in the family home and community.



The service includes:

- Outreach work & Opportunities for family support both centre-based and in their own homes – including weekends and evenings,
- Planned overnight respite



<https://fostercarecardiff.co.uk/adolescent-resource-centre/>

The young person and respite carer will be matched, and the same respite carer will commit to providing respite for the duration of the young persons planned intervention.

- Carers will be contracted for up to 3 nights in any given week and will be expected to complete training, attend team meetings, multi-agency meetings (if appropriate) and provide 1:1 support sessions with the young person in the carers' home.
- ARC Respite Carers help by offering a supportive environment to enable a young person to develop skills and tools to help them remain in the family home.
- Respite carers will be required to deliver interventions to young people whilst in their home.

Respite Criteria for Young People:

- Young Person is committed to engage in intervention plan
- Parent/Carer(s) are committed to engage in intervention plan
- Family commit to engage in intervention during the respite provision, if appropriate

Contact Details:

Foster Care Cardiff, St Mellons Centre, 112 Heol Maes Eirwg, St Mellons, CF3 0JZ

029 2087 3797
fostering@cardiff.gov.uk



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ASSIST Trauma Care is a specialist Third Sector (*Not-for-Profit*) Organisation offering therapeutic help to adults and children, individuals and families, affected by a wide range of traumatic occurrences.

They are based at a central clinic in Rugby in the English Midlands, but they also have specialist Outreach Therapists located across England and Wales who may be able to provide more local help in some cases.



ASSIST therapists have been trained to use evidence-based models to help sufferers rebuild their lives and move on following a traumatic experience that has impacted them.

ASSIST therapists work with both the symptoms of Post-traumatic Stress Disorder and also with Traumatic Bereavement and Grief.



<http://assisttraumacare.org.uk/>

Their website provides information on diagnosis, therapeutic models and NICE Guidelines.

Contact Details:

Office: 01788 551919

Or message through the website at: <http://assisttraumacare.org.uk/contact/>

and a member of the team will get back to you as soon as possible.



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Atal y Fro is an organisation that supports victims of domestic abuse and their families. They offer a number of services throughout the Vale of Glamorgan.



<https://atalyfro.org/>



Their services for Children and Young People include:

Support children and young people aged 0-25 who have experienced or witnessed domestic violence. They aim to break the cycle of domestic violence by offering support in the following ways:

- Individual work for children aged 4+
- Early years work ages 4-6
- Group work aimed at the children and their carers. This includes using Star Group and Recovery Toolkit.
- Counselling
- Tenancy Support
- Break for Change Cymru - Child on parent violence: A 10 session programme to help young people better manage their frustrations, discuss what is appropriate and not appropriate behaviour and help their parents increase their wellbeing.

General Services they offer include: Emergency Refuge, Outreach Services, and Advocacy: Court Based Advocacy & Independent Domestic Violence Advisor (IDVA). They also run the programmes 'Choose to Change' for male perpetrators of domestic violence that helps them to acknowledge past behaviour and provide them with strategies to make positive changes, and 'Journey Beyond Abuse' a therapeutic and educational programme designed for women who want to break the cycle of abuse.

Contact Details:

Office: Atal y Fro, 198 Holton Road, Barry, Vale of Glamorgan CF63 4HN

Email: info@atalyfro.org

Telephone: 01446 744755



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Barnardo's Cymru work with vulnerable children, young people, families and communities across Wales, helping them to build a better future. Our aim is to reach out to the most disadvantaged children in the country to ensure that every child has the best possible start in life and can reach their full potential.



By following the link to the website you can search for services in your area (Cardiff and Vale of Glamorgan) with a filter option to search for services for a specific need.



<https://www.barnardos.org.uk/wales>

Email: cymru@barnardos.org.uk

Telephone: 029 2049 3387



Beacon House is run by a team of professional, warm and highly experienced chartered psychologists, psychotherapists and occupational therapists. As a service they have a special interest in repairing the effects of trauma and attachment disruption.



<https://beaconhouse.org.uk/>

Their website has lots of helpful and freely available resources for families and professionals, covering topics such as Developmental Trauma, Secondary Trauma and Understanding Behaviour.

They also have a resources bank for schools: Becoming a Trauma Sensitive School <https://beaconhouse.org.uk/wp-content/uploads/Schools-Resources-List-2.pdf> This contains information on relevant books and films, to links to PDF's and Printables, as well as Pupil Premium Plus Advice and more.

Contact Details:



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admin@beaconhouse.org.uk
Monday to Friday 9am to 5pm





Beat is the UK's eating disorder charity. We exist to end the pain and suffering caused by eating disorders. We are a champion, guide and friend to anyone affected, giving individuals experiencing an eating disorder and their loved ones.



<https://www.beateatingdisorders.org.uk/>

Their website provides information on what Eating Disorders are, how to help and what support is out there, as well as downloadable resources.



They have a few different helplines which are available 365 days a year, from 12pm – 8pm during the week, and 4pm – 8pm on weekends & bank holidays.

Youthline: 0808 801 0711 (<18 year olds)

Helpline: 0808 801 0677 (>18 year olds)

Studentline: 0808 801 0811

Their helpline support workers are trained to:

- Offer a supportive space for you to explore your feelings and thoughts around eating disorders.
- Provide information about eating disorders. When we do not have the information that someone is looking for, we might be able to give you some ideas about who might be able to help.
- Explore options for help with eating disorders and to enable you to come to your own decisions about what might be best for you. This might include NHS treatment, private therapy, support from charitable organisations, peer support or self-help.

Contact Details:

Youth Email: fyp@beateatingdisorders.org.uk



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Belong is a partnership project between Youth Cymru and The Amber Project, for 12-25 year olds who are trans, non-binary or questioning their gender identity.



The services Belong provides are:

- Workshops for trans young people aged 12-16 in central Cardiff, providing support for their emotional wellbeing.
- A free counselling service and offer practical support to young people aged 12-25.
- From September 2019 They will also be piloting workshops for young people aged 17-25.

Website:

https://www.amberproject.org.uk/Groups/310333/Church_Army/ms/Amber_Project/Belong/Belong.aspx

Contact Details:

Rachel Benson

rachel@youthcymru.org.uk

Tel: 01443 827840

Caryl Stock

caryl.stock@churcharmy.org

Tel: 029 20344776



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Bipolar UK is a registered charity, providing information and support for people affected by Bipolar.



<https://www.bipolaruk.org/>

Their website has information on signs and effects of Bipolar, how to manage it and where to get help.



They provide a range of services to help people affected by bipolar to take control of their lives.

- **Support Groups:** free to attend and are open to all individuals affected by bipolar including those with a diagnosis, those pre-diagnosis, their family members, friends and carers. For >18 year olds, but >16 year olds can attend with an adult. For more information, go to their website or contact directly.
- **eCommunity:** A supportive online forum for everyone affected by bipolar. It gives you a safe and secure environment to discuss the challenges you face, and to share your experiences with others.
- **Employment Support:** Supporting individuals affected by bipolar and who are experiencing issues in the workplace. Open to both employers and employees, our Employment Support offers practical support, training and resources.

Contact Details:

Email: info@bipolaruk.org

Telephone: 0333 323 3880



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Blues Programme

Action for Children - Blues Programme

The Blues Projects is funded by the Royal Mail and is an evidence-based programme for young people aged 13-19. It aims to reduce low mood and negative thoughts in young people. Their main focus is on prevention.

The programme is run over 6 weeks and is currently being delivered in 37 schools in the UK. The project has found that 70% of adolescents who have currently taken part in the programme showed improvement in their mental health and wellbeing, including a significant decrease in depression. The programme has also improved the pupil's self-esteem, confidence, engagement in school and relationships with their peers. This is from a sample of 420 pupils who chose to complete the questionnaire (October 2017-July 2018).

How to get involved:

- Eligible schools, sixth forms or colleges sign up
- All students aged 13-19 complete the questionnaire
- Students are then chosen based on the questionnaire and sign up
- Students attend 6 week course includes a weekly one hour session with home assignments
- Results are then evaluated and shared

Email: blues@actionforchildren.org.uk

To contact manager for more information:
Phone number: 02920 228033

Website: <https://www.actionforchildren.org.uk/what-we-do/children-young-people/blues-programme/>



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BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It is a prescribed app.

It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

BlueIce was co-produced with young people with lived experience of self-harm and is intended to be used alongside traditional face-to-face mental health services. Blue Ice is available for iOS and Android

<https://www.oxfordhealth.nhs.uk/blueice/>



Bullies Out believe that young people have the power to Inspire Change and Make a Difference. However, we know that when a person is bullied, it impacts on their dreams and aspirations, their academic ability and their overall emotional well-being and this can have a major impact on their mental health.



mentorsonline@bulliesout.com

Their e-mentoring service is provided by trained mentors. Email the above address to start the conversation.



They also provide:

- Anti-bullying workshops and training programmes that are developed to reduce bullying in schools and the workplace
- Youth engagement programmes that encourage young people to take a stand against bullying and *Make a Difference* in their communities



<https://bulliesout.com/>

Their website also has help and information for CYP, Parents etc

Contact Details:

02920 492 169

mail@bulliesout.com

Unit T109, Titan House, Cardiff Bay Business Centre, Lewis Road, Cardiff CF24 5B



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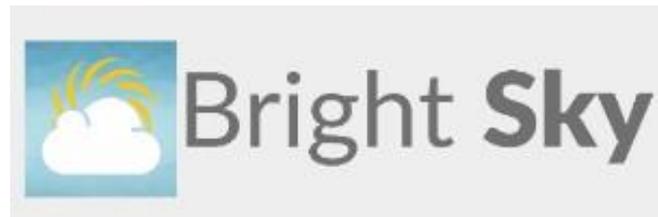
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Bright Sky is an app to help victims of domestic violence record evidence of their abusive relationships and seek professional help.

The app, called Bright Sky, encourages people experiencing domestic abuse to log private journal entries in the form of text, photos and videos, which are then sent to a designated email address. This information can be sent to the authorities at a later date.

The app also uses GPS to find help points nearby and offers advice for people in an abusive relationship, or for people who are concerned about someone else. The app offers users two options: "get help for myself" and "get help for someone else".

In the "get help for myself" section, users can answer questions which help them decide whether they are at risk.

There is also a journal section where people can record abuse and send it to a designated email address, an option to find help nearby using the map feature, and a section where users can read up on general advice and information. For safety purposes, every page on the app has a quick 999 button for emergency use.

Before downloading the app, users are urged to consider who can access it.

Bright Sky

Download the **Bright Sky** app for free information and support about domestic abuse, sexual consent, harassment and stalking

Download on the **App Store**

GET IT ON **Google Play**

The advertisement shows two smartphone screens. The left screen displays a menu titled "GET ADVICE FOR SOMEONE ELSE" with options: "FAMILY OR FRIEND AT RISK", "HOW CAN I HELP?", "SEXUAL CONSENT AND STALKING", "NATIONAL HELPLINES", "SPELLING MISC", and "DOMESTIC ABUSE RESOURCES". The right screen shows a "FIND HELP" section with a "USE CURRENT LOCATION" button, an "or" separator, and a "FIND OTHER LOCATION" button. Below these are fields for "Location (Post Code or Address)", "HOME", and "CALL 999".



Mental Health Helpline For Wales

Community Advice & Listening Line

Offering a confidential listening and support service

C.A.L.L. Helpline offers emotional support and information/ literature on Mental Health and related matters to people of Wales. Anyone concerned about their own mental health or that of a relative or friend, can access the service.

The C.A.L.L. Helpline offers a confidential listening and support service:



0800 132 737

Free to call, open 24 hours every day of the year.



Or text help to: 81066



<http://callhelpline.org.uk/Literature.asp>

CALL Helpline has access to nearly 2,000 leaflets that we can send out, free of charge, to anyone living in Wales. They cover a range of mental health and emotional wellbeing topics.



Calm is an app for Sleep, Meditation and Relaxation

The app promotes better sleep, lower stress, and less anxiety with their guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music.



<https://www.calm.com/>



Calm Harm is an app designed to help people manage the urge to self-harm. It's private and password protected and you can personalise the app if you so wish. You will be able to track your progress and notice change. Learn to ride the wave with the free Calm Harm app using these activities: Comfort, Distract, Express Yourself, Release, Random and Breathe. When you ride the wave, the urge to self-harm will fade.



<https://calmharm.co.uk/>



CAMHS Resources website was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being. The website was developed by an NHS professional from a CAMHS service in the UK.

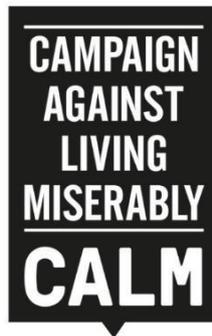
On the website you can find downloads, websites, video, apps and books.



<https://www.camhs-resources.co.uk/>

Contact Details:

resources.CAMHS@gmail.com



Campaign Against Living Miserably (CALM), and it is a leading movement against suicide, the single biggest killer of men under 45 in the UK and the cause of 18 deaths every day.



<https://www.thecalmzone.net/>

Their website provides information pages on a range of issues, as well as tips on how to help yourself or a friend.



0800 58 58 58 - Free, confidential helpline, open 5pm – midnight, 365 days a year



<https://www.thecalmzone.net/help/webchat/>



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Open 5pm – midnight, 365 days a year





Cardiff Family Advice and Support offers a range of information, advice and assistance for children, young people and their families in Cardiff. The team can provide information and advice on:

- Family life
- Child behaviour
- Childcare
- Parental support
- School attendance
- Employment, money and housing
- Information and signposting to other services



The service is made of 3 areas

Cardiff Family Gateway

A contact point for any professional, parent, child or young person to get the information, advice and assistance you need in Cardiff

Cardiff Family Help Team

An early intervention service offering high quality information, advice and assistance to children and young people ages 0-18 and their families living in Cardiff.

Support 4 Families

Would work with families facing more complicated issues. Family support workers can work together with parents, children and young people to find the right solutions for them and their family.

Contact Details:

Referrals or requests for information, advice and assistance can be made by professionals, parents, children and young people or members of the public by telephoning the Family Gateway on:



03000 133 133

Email Contact FAS@cardiff.gov.uk

Twitter: @CardiffCFAS



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<https://www.cardifffamilies.co.uk/>



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Cardiff Parenting

The aim of Cardiff Parenting 0-18 is to work in partnership with families living in Cardiff to improve parenting confidence and skills, strengthen relationships and nurture wellbeing and resilience.



Cardiff Parenting 0-18 are currently able to offer families:

- **GroBrain** - For expectant parents and parents with children aged 0-12 months
- **Parents as Partners** – For co-parents with at least one child aged under 11 years
- **Parent Nurturing Programme** – For Parents of children under 12 years
- **Strengthening Families Programme 10-14** – For parents and young people aged 10-14 years
- **Talking Teens** - For parents of pre-teens and teenagers aged 10 years and over
- **Teen Triple P** – For parents of children aged 12-18 years
- **Parents First** – 1:1 psychology-led bespoke parenting is available for parents with children aged 0-18 years.

Contact Details:

Referrals or requests for information, advice and assistance can be made by professionals, parents, children and young people or members of the public by telephoning the Family Gateway on:



03000 133 133

Email ContactFAS@cardiff.gov.uk



Gweithredu dros Iechyd Meddwl Caerdydd a'r Fro
Cardiff and Vale Action for Mental Health

Cavamh (Cardiff and Vale Action for Mental Health) is an umbrella organisation working with voluntary sector groups with an interest in mental health, mental health service users and carers in Cardiff and the Vale of Glamorgan.

They provide and share information through their websites, directories of service, newsletters, training, networking and forum / interest groups.



<http://www.cavamh.org.uk/>



ChatHealth

ChatHealth is a confidential SMS text messaging platform which is now being used in Cardiff and Vale to facilitate ease of access to the school nursing service for young people aged 11-19 yrs.

"Our aim is to provide a service that is quick and easy for young people to access and ChatHealth provides a great alternative to speaking to a school nurse face-to-face. It gives young people a voice to communicate confidentially via text messaging, with direct access to expert healthcare advice and support via their mobile phone or tablet."



Text: 07520 615 718

Monday to Friday, 8:30am – 4:30pm (except bank holidays). Response time: within 24 hours.



<https://www.nhs.uk/apps-library/chathealth/>

<https://www.healthforteens.co.uk/health/about-chathealth/>



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CHICKS is a national children's charity providing free respite breaks to children aged 8-17 from all over the UK who would really benefit from a break from their home lives.

We believe that every child has the right to make positive childhood memories. A CHICKS break inspires new confidence and gives children the chance to have fun, enjoy new experiences and relax. More than anything, it gives them the chance to just be children.

The children we help come from a variety of backgrounds. They might be living in poverty, be young carers, be victims of bullying or abuse, or have been bereaved. The one thing they all have in common is that they could really benefit from a week away from their circumstances.

Children are referred to us by professionals such as teachers and social workers, so we can help those who need our support the most.



One week respite which has a long-lasting impact.

Referrers frequently report that children have increased confidence and self-esteem, are more willing to try new activities, and have learnt new social skills.

Each week from February to December, sixteen children come to stay at one of our three retreats (Moorland in Devon, Coastal in Cornwall and Daleside in Derbyshire). Each break is divided into school key stage ages: KS2 (ages 8-11), KS3 (ages 11-13) and KS4 (ages 14-15). The children are accompanied by three fully-trained members of the CHICKS team and up to six adult volunteers.

Website: <https://www.chicks.org.uk/>

Referral Criteria and Form: <https://www.chicks.org.uk/refer-a-child/>

Contact Details:

Telephone: 01822 811020

Email: info@chicks.org.uk



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childline

ONLINE, ON THE PHONE, ANYTIME

Childline is a service provided by the registered charity NSPCC and is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.



0800 1111

Childline is free, confidential and available any time, day or night.



by email: <https://www.childline.org.uk/registration/>

Or through 1-2-1 counsellor chat: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>



<https://www.childline.org.uk/info-advice/>

Their website has lots of information and advice to help children and young people with a range of topics and issues.

<https://www.childline.org.uk/toolbox/> Online 'toolbox' with resources and videos and links to the 'Calm Zone'



CONCERN CYMRU

SOMEWHERE TO TURN

Concern Cymru is a charitable counselling service run by Christians. Services are delivered by the charity's team of 30 volunteer counsellors and psychotherapists, each of whom is professionally qualified.

As a registered charity, we do not charge for counselling, but rely on donations. The average cost of each counselling session costs around 25 pounds. If people can contribute towards these costs, we gratefully accept. If not, this does not hinder the service that we offer to each person.



COUNSELLING SERVICES INCLUDE:

- Depression, anxiety or stress
- Relationship/marital problems
- Bereavement
- Eating disorders
- Sexual or other addictions
- Adolescent problems
- Anger management
- Self-esteem
- Debt
- Violence and abuse
- Family/related issues
- Trauma



02920 664410

Open Monday – Friday 9-6pm and Saturday 10 – 7pm



Text the word 'counselling', followed by your name, to

07765 199725.

Website: <https://concerncymru.co.uk/>

Contact Details: Cardiff Concern, Regal House, Gelligaer Lane, Cardiff
CF14 3JS



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Cruse Bereavement Care offer support, advice and information to children, young people, and adults when someone dies.



<https://www.cruse.org.uk/>

Their website provides helpful information around bereavement



08088081677

Free to call, open Monday – Friday 9:30 – 5pm

Email: cardiff@cruse.org.uk



Dan 24/7 is a free and confidential drugs and alcohol helpline. Calls from public telephone boxes are free of charge. Calls from a mobile phone may incur a charge from your network. Dan 24/7 telephone number will NOT appear on your home itemised bill. Bilingual – Welsh and English



08088082234



81066

Text DAN followed by your question

Services Provided Include:

- Initial assessment to establish an individual's needs
- Referral to local and regional drug and alcohol services
- Information on drugs and alcohol, and their effects
- Information and contact details for local GPs, needle exchanges, dentists and other associated health services
- Information on other suitable helplines
- A wide range of brief interventions including motivational interviewing, harm reduction and overdose management



<http://www.dan247.org.uk/>

The website has a range of search engines to find support or information,



and it also has literature section where you can order information leaflets.



DEAL: Developing Emotional Awareness and Listening

SAMARITANS

DEAL: Developing Emotional Awareness and Listening

DEAL is a free resource for teachers and other professionals designed to help build resilience in children and young people. It includes lesson plans, hand outs, activities, digital resources, and staff training materials which can all be accessed and downloaded from the following website:



<https://www.samaritans.org/wales/how-we-can-help/schools/deal/>

DEAL Resources

The resources are split into four themes:

- [Emotional Health](#) - This section helps students explore what is meant by emotional health, what can affect our emotional health and how to recognise signs of poor emotional health.
- [Coping Strategies](#) - This theme focuses on how students can learn to cope and build resilience, as well as what can influence how we cope throughout certain life events.
- [Dealing with Feelings](#) - This contains sessions exploring people's feelings and how people can feel differently in certain situations throughout their lives.
- [Connecting with Others](#) - This section focuses on supporting children to ask for help.

All resources contain support plans and activities that fit into the four themes above.

How to use DEAL?

The link below explains how school staff can use DEAL, where to start and staff training resources: <https://www.samaritans.org/wales/how-we-can-help/schools/deal/how-deal-works/>

It also includes assessment ideas so staff can track the young people's progress which can be downloaded here - [DEAL ideas for assessment](#)





Diet or Disorder is an App is aimed at young people and their parents as well as adults and provides tools to support and empower sufferers and carers in a portable format. It has:

- a simple screening tool to help people to identify whether they or someone they care about may have an eating disorder; psychoeducation about eating disorders and their symptoms;
- simple self-help strategies and links to resources;
- hints and tips for how to successfully seek help in primary care;
- and a single page format for presenting concerns to primary care professionals.

This app was made by the NHS, available in Welsh and English and Free.



Apple <https://apps.apple.com/gb/app/diet-or-disorder/id1220894592>

Android <https://play.google.com/store/apps/details?id=uk.co.rolleragency.swansea>

Digital ASD and ADHD
resources for
children, young people
and their parents/carers



Digital ASD and ADHD resources

This is a PDF resource created by the Tertiary Neurodevelopmental service in the Aneurin Bevan health board; CARIAD.



<http://www.1000livesplus.wales.nhs.uk/sitesplus/documents/1011/You%20tube%20leaflet.pdf>

It contains links to educational and helpful You Tube clips for children with ASD and ADHD.

The videos cover topics on Post Diagnosis, Toileting, Sleep, Myth Busting, personal stories and more.



Elevate is a coaching and mentoring charity that works with young people to improve their self-concept, raise their aspirations and help them build skills, whilst reducing their levels of disengagement with education and society.



Interventions available:

'C-Do' Project

An early intervention project, supported by 'The Big Lottery Fund', aimed at young people who are at risk of not attending secondary school, due to lacking confidence or ongoing difficulty with the transition process. C-Do = "Can-DO"

Near Peer Coaching

A near peer coaching approach is when a more experienced student acts as the coach and collaborates with their coachee from a position of knowledge and experience, enhancing coachee engagement.

How to get involved:

Fill out the contact form on the Elevate website



<https://elevate.community/>

Contact details:

The Business Centre, Cardiff House, Cardiff Rd, Barry, Vale of Glamorgan, CF63 2AW

Telephone: (+44) 1446 400794

Email: info@elevate.community

Twitter: [@youthcoaching1](https://twitter.com/youthcoaching1)





Ely & Caerau Children's Centre offer a diverse range of activities and a comprehensive array of family support opportunities, including groups for parents to attend with their children for those living in the Ely and Caerau area.



The services they offer include:

- Baby massage
- Baby club
- Dads group
- Tiny tots
- Building their language sessions

Contact Details:

Ely & Caerau Children's Centre, Michaelston Road, Ely, Cardiff, CF5 4SX

Telephone: 02920 671486 (Monday – Friday, 9am – 6pm)



<http://www.elyandcaerauchildrencentre.co.uk/>

EMPIRE FIGHTING CHANCE

Empire Fighting Chance's aim is "to give as many people as possible a fighting chance to succeed", so in 2013 they created the charity Empire Fighting Chance.

They work with young men and women aged 8 to 25 from deprived communities with a range of behavioural and emotional issues. They work across south west England and south Wales. They offer interventions in Cardiff and the Vale of Glamorgan.



They offer the following support to young people:

- Non Contact Boxing
- Mentoring
- Education
- Therapy
- Careers

Contact Details:

0117 908 6655 / info@empirefightingchance.org

To refer a young person email the above address



<http://www.empirefightingchance.org/>



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EYST (Ethnic Minorities & Youth Support Team Wales) have a team of trained and experienced youth workers from diverse minority backgrounds themselves, who have the skills to support children and young people.

Our youth workers currently work in most of the secondary schools in Swansea and many of those in Cardiff.



In Cardiff, our youth workers undertake:

- Street based and community outreach and deliver group workshop sessions
- Homework Club offering free one-to-one tuition by volunteers
- One-to-one mentoring & support to help with a range of issues

Contact Details:

Telephone: 02922407601

Email: support@eyst.org.uk

Address:

1st Floor, St Paul's Church, South Loudoun Place, Cardiff, CF10 5JA



<http://eyst.org.uk/index.php>



Families First Advice Line offers advice, support and guidance for families and professionals in the Vale of Glamorgan. Available for families in the Vale of Glamorgan with children aged 0-18 years old. The Advice Line is available to professionals to discuss services for families they are supporting.

The service will aim to:

- Listen and provide advice on how you can meet your family's needs
- Listen and help you identify and access services for your family in the Vale of Glamorgan
- Listen and provide emotional support and practical guidance to help you resolve your family concerns, worries and issues

If they are unable to answer your questions or resolve your concerns they will make every effort to identify a service that can.

The Advice Line is the first point of contact for Young Careers assessments, Vale Parenting Service and Vale Youth Wellbeing service.

Contact Details



0800 0327 322 (Weekdays 9am-12pm and 1pm-4:30pm)

Email: familiesfirstadvice@valeofglamorgan.gov.uk

Twitter: @FFALVALE



https://www.valeofglamorgan.gov.uk/en/living/social_care/children_and_young_people/families_first/Families-First-Advice-Line.aspx



Family Lives

A national family support charity providing help and support to families who are struggling.

Their websites advice for different aspects of family life, including:

- Early Years development
- Primary and Secondary age
- Teenagers
- Bullying
- Divorce and Separation

They also offer a free and confidential helpline for families, which can provide emotional support, information, advice and guidance on any aspect of parenting and family life. It is open 9am-9pm Monday to Friday and 10am-3pm Saturday and Sunday.



0808 800 2222

Email: askus@familylives.org.uk



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The Family Wellbeing Service delivers targeted wellbeing support and interventions to families and individuals within families who live in the Cardiff area (or whose children live in Cardiff) and whom are identified as requiring support for their emotional and mental health and wellbeing. Interventions provided include counselling, play therapy and other therapeutic interventions and wellbeing group work.



All Referrals and enquiries should be directed through the Cardiff Family Advice and Support referral gateway:



03000 133 133

E-mail: ContactFAS@cardiff.org.uk

Families can self-refer or professionals can refer on behalf of families (with consent).

Contact Details:

Email: cardifffamilywellbeing@barnardos.org.uk

Telephone: 02920577074

(Monday – Thursday 9am-5pm, Friday 9am-4:30pm)

<https://www.barnardos.org.uk/wales>



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Flying Start, is part of Families First and is a Welsh Government funded programme for children under 4 and their families in certain areas of Cardiff.



Flying Start provides a range of services:

- Part time child care for 2-3 year olds
- Play groups
- Enhanced health visiting service
- Speech, Language and Communication
- Parenting support

The staff are all registered nurses/midwives with several years hospital experience who have completed a one year specialist community public health nurse course and also have Flying Start specific training in baby massage, neonatal assessment and childhood developmental assessment.



<https://www.flyingstartcardiff.co.uk/what-we-do/>

Their website has lots of helpful information and advice.

Contact Details:

Telephone: 029 2035 1380



Free 2 Bee is a service that supports young people aged 7-16 years who are asylum seekers or refugees. The service supports young people who have experienced trauma and loss which is having an impact on their mental health.



They use creative activities such as art, music, drama and media to help them explore their identity and develop their life story. They also carry out informal groups with parents and carers such as family days and a parent nurture programme.

Contact Details:

Telephone: 02920 577074
Email: sarah.payne@barnardos.org.uk

Sara Payne, Children's Service Manager

Ely Family Centre, 87A Grand Avenue, Ely, Cardiff, CF5 4LE



Gender Spectrum provide an array of resources designed to help families, schools, professionals, and organisations understand and address concepts of Gender identity and expression.

From how-to guides to sample training materials, they provide you with the tools to create gender inclusive environments in your homes, offices, and communities.



<https://www.genderspectrum.org/>

Contact Details:



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Email: info@genderspectrum.org



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*dros adferiad
o afiechyd
meddwl difrifol*

hafal

*for recovery
from serious
mental illness*

Hafal is Wales leading charity for people with serious mental health illnesses and their carers. Their services use their underpinning 'Recovery Programme', which uses the concepts of self-management and empowerment. Hafal's programme offers their client's strategies towards their recovery by improving all areas of their lives.



Hafal's services in **Cardiff** for clients and families include:

- Employment and Vocational Training (referral access only)
- Integrated Family Support Service (referral access only)
- Carers Participation/Involvement Project
- Carers Advocacy
- General Support
- Information
- Carers and Families support Group
- A voice in planning



Hafal's services in the **Vale** for clients and families include:

- Family Support Service
- Breaks for Carers
- General Support
- Information
- Advice
- Groups
- Befriending
- A voice in planning



<http://www.hafal.org> - Their website has information and resources around mental health and recovery

Contact Details for **Cardiff**:

c/o Museum of Welsh History, St Fagan's, Cardiff, CF5 6XB

Lydia Williams, Practice Leader

Telephone: 07974175189 Email: Lydia.williams@hafal.org

Nerys Mainwaring, Cardiff Family Support Worker

Telephone: 07985163343 Email: nerys.mainwaring@hafal.org

Contact Details for **Vale**:

Lydia Williams, Practice Leader

Telephone: 07974 175189 Email: valeofglamorgan@hafal.org



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HEADS ABOVE THE WAVES



Heads Above The Waves is a not-for-profit organisation that raises awareness of depression and self-harm in young people. We promote positive, creative ways of dealing with the bad days. We want to make it easier for people to talk honestly and openly about self-harm, without fear of stigma or ignorance. But more than that, we want to make it easier for people to talk about anything that's bothering them, and to realise that if it's bothering you, then it's an important issue, and it's worth talking about, and doing something about.



<https://hatw.co.uk/>

Their website provides information on positive coping mechanisms and help & advice.



Heads Above The Waves run workshops that introduce creative coping techniques as an alternative to self-harm. Aimed at students in years 7-11, this set of 4 workshops will introduce the concept of positive alternatives to self-harm, encourage honest and open conversation, and plant the seeds for self-help.

Contact Details:

Contact is made through the website at <https://hatw.co.uk/contact-us/>

Headroom – Cardiff & Vale UHB Youth Psychosis Service

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mewn plant
Believe in
children



Barnardo's
Cymru

Headroom

A First Episode Psychosis Service, which is in partnership with the NHS and provides support to young people aged 14-25.

These individuals must not have previously been provided with a full early intervention in the past. Referrals can be made by secondary mental health services as long as the young person has a co-ordinator.



The service includes:

- Specialist assessment,
- Interventions such as CBT and goal orientated support,
- Support getting back into education,
- Support groups and consultation.

Contact Details:

Cardiff: Global Link, Dunleavy Drive, Cardiff. CF11 0SN
Telephone: 02921832249

Vale: Early Intervention in Psychosis Service,
Avon House, Stanwell Road, Penarth, Vale of Glamorgan, CF64 2EZ
Telephone: 02921 824227



<http://www.psychosis.wales/contact-cv-uhb/>

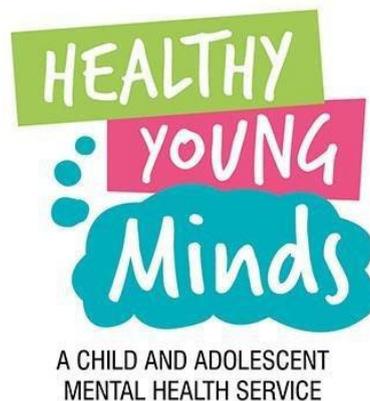


Headspace is an app which provides mindfulness and meditation activities.

It is your guide to health and happiness. It's the simple way to let go of stress and get a better night's rest. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day.



<https://www.headspace.com/>



Pennine Care's **Healthy Young Minds** services (previously known as CAMHS) is a service in Greater Manchester, but has resources that can be used for anyone anywhere.

They positively aim to promote the emotional and psychological wellbeing of our children and young people.



<https://healthyyoungmindspennine.nhs.uk/>

Their resource centre has easy to navigate apps, external links, guides and videos all freely available.



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Home Start is an independently registered charity, set up and run by local staff and volunteers. The services provided are free, confidential and non-judgemental. The only criteria needed for a referral to our services is that you have to have at least one child under the age of five. All our staff and volunteers are DBS checked.

Specially trained volunteers with first hand parenting experience are carefully matched with families who are visited in their own homes.



They can offer:

- Support, friendship and practical assistance
- Reassurance to parents that their childcare problems are not unusual or unique
- Encouragement to strengthen parents' emotional well-being for the ultimate benefit of their children
- Help to put the fun back into family life
- Help to increase the confidence and independence of families
- Precious time for listening and talking
- Help with the children
- A break for parents
- Support to use local services and resources
- Our support is free, confidential and non-judgemental.

You can Self refer on the website or a professional can referral you



<https://homestartcardiff.org.uk/>

Contact Details:

Rainbow House, 1 Newwent Road, St Mellons, Cardiff, CF3 0BL

Telephone: 02920 360 876 or 02920 630 903

Email: admin@homestartcardiff.org.uk



INSIGHT
Peace in our Timer

Insight Timer is a free meditation app with a large library of more than 30k guided meditations, 4.8k teachers & the world's most loved meditation Timer.

The app is free and available to download on smartphones and online for meditation. The app features guided meditations, music and talks posted by contributing experts.

Invisible Walls Accord toolkit

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children
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Who we are

Working closely with children, young people, parents, schools, community support and the prison estate across south Wales, the **Invisible Walls Accord Service Toolkit** has been developed to:

- Increase the confidence of teaching and support staff to recognise and support families affected by parental imprisonment
- Provide resources for enabling effective support via a whole-school approach, to promote citizenship and the creation of an environment where differences are embraced and stigma reduced
- Provide schools with the knowledge and tools to ensure that children, young people and families are recognised and effectively engaged in that Team Around the Family approach envisaged by Welsh Government in the implementation of its policy, procedure and guidance



<https://www.barnardos.org.uk/invisible-walls-accord-toolkit>

The tool kit is downloadable via this link on the Barnardo's website

Resources within the toolkit are in line with the National Curriculum, to allow teachers to seamlessly integrate the session plans into their lessons. Alternatively, they can be used during PSE or one-to-one sessions



The Jacob Abraham Foundation aim to help prevent suicide through direct intervention with vulnerable people, raise awareness on mental health/suicide issues, promote positive mental health and support people bereaved through suicide in South Wales.

Our foundation seeks to protect vulnerable people and to educate and assist the local communities. Through a series of fund-raising events, the Foundation aims to raise funds in an accountable manner to support the communities who kindly donate.



Services they provide include:

- 1:1 counselling for anybody who is experiencing suicide thoughts, ideations or have made attempts.
- Educate communities on the issues surrounding suicide, including leaflets, posters and signposting.
- Free Suicide Brief Intervention Training, in association with NewLink Wales and Comic Relief.
- Workshops in education settings for young people under the age of 18.
- Support for anyone who has been affected by suicide: We offer immediate support, advice and monthly support groups.



<https://www.jacobsfoundation.org.uk/#>

The website provides information about the charity as well as self help tips and advice

Contact Details:

02921 323433 or 07553118479 (NB: the Foundation is closed on a Thursday)



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Cardiff Integrated Health & Social Care Partnership
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NewLink Wales, Meridian Court, North Rd, Cardiff CF14 3BE



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Cardiff & Rhondda Cynon Taf



Free, safe and anonymous
online support for young people

Kooth provides free, safe and anonymous online support for young people.

Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

For more information about XenZone, please visit [XENZONE.COM](https://www.xenzone.com). If you're a parent looking for more information about Kooth, please email PARENTS@XENZONE.COM



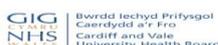
<https://www.kooth.com/>

Their website has articles related to mental health, an online community and a provision where you can write a daily journal



The main feature of Kooth is its online counselling messaging service.

It's open Monday – Friday, 12 – 10pm and weekends 6 – 10pm





LGBT Cymru

The LGBT Cymru Helpline & Counselling Service is a free, professional and caring service for the LGBT+ community in Wales. Providing general information, advice and confidential support in many areas of life and various issues that LGBT people, their family, and friends may experience.

Qualified staff and trained volunteers are happy to help with all LGBT matters. You don't have to be a lesbian, gay, bisexual or trans+ to call. If you have questions or concerns about a child, parent, sibling, or you may even wish to talk about a friend, partner or spouse.



Helpline: 0800 980 4021

Every Monday, between 7pm-9pm. Please leave a voicemail outside of these times, they're checked regularly, we aim for you to have a response within 48 hours!

The helpline can offer advice on the following;

- General Information and Advice
- Counselling Service
- Relationship Mediation Service
- Coming Out
- LGBT-Friendly Listings

Email: info@lgbtcymru.org.uk



<https://www.lgbtcymru.org.uk/>



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Llamau is a Welsh homeless charity that supports vulnerable young people and women. They are most known for working with domestic abuse victims, care leavers, those involved in the criminal justice system and those who have a disadvantaged and chaotic lifestyle. Llamau workers support them to build skills to live independently within the community.



<https://www.llamau.org.uk/>

The website provides information on how to get support for yourself or someone else if they are a woman or a young person:



The services Llamau provide include:

- **Ending the cycle of abuse** - Their DV services support women to understand the impact of the abuse on themselves and their children. They have two programmes that women can engage in:
 - ADaPT Programme - Works with young people, who have experienced abuse or at risk of abuse, to teach them about healthy relationships
 - Freedom Project - helps them understand what has happened to them and their children, and how to stay safe in the future.
 - Our You and Me - this is a project for mums to help them understand the impact abuse has had on them as a parent and their children. It focuses on helping mums rebuild positive relationships with their children.
 - Llamau also works with men who have been victims of domestic violence.
- **Safe accommodation** - <https://www.llamau.org.uk/safe-accommodation>
- **Domestic Abuse Refuges** - To access the refuges call the Live Fear Free Helpline on 0808 80 10 800 or email info@livefearfreehelpline.wales
- **Gender-specific support** - Aimed at women who have experienced abuse in the past and are not comfortable in mixed gender environments. They support these women in a range of accommodation services. <https://www.llamau.org.uk/gender-specific-support>
- **Skills to move forward** - They have various services to provide support for young people to gain skills and qualifications to move forward with their lives:



- Learning 4 Life projects - Reintroduce young people to education



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- Moving Forward Project - Works with young people who have been in care or who have offended, to secure employment. They work with employers all over South Wales to find young people six-months of paid work with the aim for them continuing the work after the 6-month period is complete.
- **Support in the home** - Help individuals who already have accommodation to learn how to budget, pay bills etc. They also support with issues such as offending and substance misuse.



Youth Homelessness Helpline: 0800328 0292

Monday – Thursday 5pm – 9am, and 24 hours/day Friday - Sunday

Contact Details:

Phone: 02920 239585

Email: enquires@llamau.org.uk

Address: Llamau, 23 Cathedral Road, Cardiff, CF11 9HA



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maketime2play knows how important play is to a child's development.

Their mission is to help with ideas and inspiration to get your children playing.



<http://www.maketime2play.co.uk/>

The maketime2play facebook page, app and website are updated regularly with play activities for kids that encourage imaginative and exploratory play.

They want to enable you to use toys and playtime to build your child's:

- self-esteem,
- their sense of wonder
- and to help them understand the world around them.

Their website has a facility to search play ideas called 'Play Right Now':

A screenshot of the 'Play Picker' search interface. The header is yellow with 'Play Picker' on the left and 'Find The Right Play Ideas For Your Kids' on the right. Below the header are three columns: 'Play Benefit' with radio buttons for Physical, Creative, Behavioural, Emotional, Social, and Inquisitive; 'Age' with radio buttons for 0-2, 8+, 2+, and 10+; and a 'Get your Play Ideas' button with a box icon. Instructions are provided below each column: 'Select the play benefit that is most important', 'Select the most appropriate age category', and 'Get your Play Ideas'.

And will then list ideas relevant to your specifications.

The website also has a discussion forum called 'Play Chat', information on the benefits of Play, and 'Fun Forever' which is an age guideline to how the child benefits and interacts with play and suitable suggestions.



The app form is free to download on iphone or android and has the same resources and information as the website.

<https://apps.apple.com/us/app/time2play/id481607382>



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Marie Curie offers a range of advice, information and support for people living with a terminal illness and their families. Some support services they offer are;



Support Line: 0800 090 2309

The support line is open seven days a week. You can speak to a trained support line officer or a nurse for practical or clinical information and emotional support.

Online chat (the link can be found by going to the website)



<https://www.mariecurie.org.uk/help>

Contact Details for Marie Curie's Cardiff and Vale Hospice:

Marie Curie Hospice, Cardiff and the Vale, Bridgeman Road, Penarth CF64 3YR

Telephone: 029 2042 6000

Email: penarth.hospice@mariecurie.org.uk

<https://www.mariecurie.org.uk/help/hospice-care/cardiff>



Meddwl.org . 'Meddwl' is the Welsh word for both 'mind' and 'thought' and meddwl.org is a website providing a space to learn about different mental health conditions and to find support and information on where to obtain further assistance – all through the medium of Welsh.



<https://meddwl.org/pobl-ifanc/>

Email: Post@meddwl.org



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MeeTwo is an award winning free fully moderated app for teenagers, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines. MeeTwo is a neutral space which allows young people to experiment with what it feels like to open up without drawing attention to themselves while positive

feedback and social support builds confidence, increases wellbeing and promotes emotional resilience. It's an NHS approved app for young people's Mental Health



<https://www.meetwo.co.uk/>



Meic is a helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will. We won't judge you and will help by giving you information, useful advice and the support you need to make a change.



08088023456

The helpline is free and open everyday 8am – Midnight



84001

They have a text line on this number

They also have an online chat service from 8am – Midnight



<https://www.meiccymru.org/>

Their website also has useful links & articles for children and young people



Mental Health Foundation Since 1949, the Mental Health Foundation has been the UK's leading charity for everyone's mental health. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems so that people and communities can thrive.



In Wales they have a variety of projects;

- **Standing together Cymru** – aims to improve mental health wellbeing and build community connections
- **Peer Education Project** – aims to give young people the skills and knowledge they need to safeguard their mental health
- **Single Parents Wellbeing** – provides a compassionate, proactive and empowering approach to being a single parent.
- **Resilience Project** – aims to build resilience with children, families, teachers and other staff that work with children and young people
- **'Perthyn' – Women's Refugee and Asylum Seeker Project** – year long project to recruit and train refugee and asylum seeker peer leaders to lead groups themselves
- **'Kicking off Fatherhood' – New Dads and Football Project** – aims to engage new Dads in research and build peer support

Their website has a variety of advice, information, videos, podcasts and resources on a wide range of mental health topics.



<https://www.mentalhealth.org.uk/Wales>

Contact Details:

Workbench, 16 Neptune Court, Cardiff, CF24 5PJ

Email: walesMHF@mentalhealth.org.uk

Telephone: 02921 679 400



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Mentally Healthy Schools brings together quality assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing. Our aim is to increase staff awareness, knowledge and confidence, to support your pupils.



<https://www.mentallyhealthyschools.org.uk/>

The site's resources are divided into four sections:

- **Teaching resources:** quality-assured lesson plans, assembly plans and PSHE resources to support and assist in teaching and learning about general mental health and wellbeing.
- **Risks and protective factors:** a look at the issues which can undermine a child's mental health, including bullying, family breakdown and more. Includes information on identifying pupils who may be at risk and practical resources to help support and build resilience.
- **Mental health needs:** focuses on children who are struggling or are mentally unwell. It helps schools understand your role and how you can help promote your pupils' recovery.
- **Whole-school approach:** helps school leaders develop the wider support across the school to help children, families and staff thrive.

Most of the resources are free, and all have been quality-assured by experts. However, there are a small number of evaluated, mostly licensed programmes that carry a fee, but have strong evidence of benefiting children – either through promoting children's social and emotional skills, or preventing or helping children recover from poor mental health.

Contact Details:

Email: mhs@annafreud.org

NB: There is also the **Anna Freud - Schools in Mind** network that provides up-to-date resources and information for school staff and other linked agencies to support the mental health and wellbeing of pupils. Here is the link to sign up <https://www.annafreud.org/what-we-do/schools-in-mind/sign-up-and-information/>



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Mermaids is passionate about supporting children, young people, and their families to achieve a happier life in the face of great adversity.

We work to raise awareness about gender nonconformity in children and young people amongst professionals and the general public. We campaign for the recognition of gender dysphoria in young people and call for improvements in professional services.



<https://www.mermaidsuk.org.uk/>

Their website has a lot of resources on issues relating to gender and identity.

Their resources are split into those for Children and Young People, Parents and Professionals as well as others.



0808 801 0400

Their Helpline is Open Monday - Friday; 9am - 9pm

Contact Details:

Email: info@mermaidsuk.org.uk

Address: Suite 4, Tarn House, 77 the High Street, Yeadon, Leeds, LS19 7SP



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Mind are a mental health charity that provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.



<https://www.mind.org.uk/>

The website has a lot of resources about Mental Health conditions, and how to support yourself or someone else.



0300 123 3393

Helpline is free and open Monday – Friday, 9am – 6pm



68463

Text Line is open Monday – Friday, 9am – 6pm

Cardiff Mind is the local mind, which provides services for those over the age of 18 years.



Services they provide:

- [Day services](#) - Some groups are available within Cardiff to receive support identifying goals and creating person centred plans. This service is only available for those over the age of 16. They can contact here <http://www.cardiffmind.org/contact-us/index> to enquire about the service.
- [Counselling](#) - This service is available in some areas of Cardiff. Contact Cardiff Mind on 02920 402040 for more information.
- [Supported Accommodation](#) for those with complex mental health needs and do not have their own tenancy.
- [Community Support](#) provides support to individuals to help them keep their own tenancy by supporting them to carry out their responsibilities as a tenant.
- [Domiciliary Support](#) that supports them to continue living in their own homes or with family members and be involved in their community.

Contact Details:

Telephone: Cardiff 02920402040

Email: admin@cardiffmind.org

Address: Cardiff Mind Ltd 166 Newport Road, Cardiff CF24 1DL



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Mind Hub has been created by young people for young people, it provides information and links to services in relation to your emotional health and well-being.

Mind Hub was created as a partnership between Cardiff Youth Council and Cardiff & Vale University Health Board



<http://mindhub.wales/>

The website has information and signposting on many issues from Bullying to PTSD.



MindShift App was designed to help teens and young adults cope with anxiety. It is CBT based and aims to help teens and young adults cope with stress and anxiety by facing it, rather than avoiding it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.

It's an NHS approved, free app available on Android, Apple and Online



<https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en>



MindUP

The signature program of The Goldie Hawn Foundation, a not-for-profit organisation created in response to the global epidemic of childhood aggression, anxiety, depression and suicide. Based firmly in neuroscience, MindUP gives children the knowledge and tools they need to manage stress, regulate emotions and face the challenges of the 21st century with optimism, resilience and compassion.

The website offers a range of resources, for schools, teachers and families. Including videos, lessons, activities and training.

Contact details:

Email: info@mindup.org.uk



<https://mindup.org.uk/>



Moodfit App is your companion to help you achieve your goals and improve your mood. Moodfit is mainly aimed at managing the symptoms of stress, anxiety or depression. Moodfit tracks your mood and helps you gain actionable insights into what brings you up and down like sleep, exercise, medications and more. Also, learn gratitude and mindfulness meditation.



https://play.google.com/store/apps/details?id=com.robleridge.Moodfit&hl=en_US



MoodMission App helps you learn new and better ways of coping with stress, low mood, depression, and anxiety. Tell MoodMission how you're feeling and it will give you a tailored list of 5 Missions that can help you feel better and improve your wellbeing.

Missions are CBT informed mental health strategies that are quick, easily achievable, and evidence based.

Free app, available for Android or iPhone



<http://moodmission.com/>



Moodpath App is your personalized mental health companion and supports you in phases of stress, depression, and anxiety.

Moodpath does a mental health assessment, to track and reflect on your mood, and take a break from negative thoughts and overwhelming emotions.

Free to download on iPhone or Google Play



<https://mymoodpath.com/en/>



New Pathways is a registered charitable company that provides a range of specialist counselling and advocacy services for women, men, children and young people who have been affected by rape or sexual abuse.



Services New Pathways provide:

- **Sexual Assault Referral Centre (SARC)** - For victims of immediate or recent rape or sexual assault, providing advice and help including forensic medical examination and access to crisis workers.
<http://www.newpathways.org.uk/our-services/sexual-assault-referral-centre>
- **Counselling and Therapy**- For victims who have a history of rape or sexual assault, providing 1:1 and group work
<http://www.newpathways.org.uk/our-services/counseling-and-therapy>

New Pathways provide **counselling for children and young people** including the use of play and art therapy. Counselling for under 18s is more generic than the adults services. They can provide counselling for a range of reasons including:

- Parental separation
 - Being bullied
 - Past trauma
 - Sexual issues
 - Taking drugs
 - Self-harm/suicidal thoughts
 - Worry about school work and/or exams
 - Bereavement
- **Group Therapy**
 - Themed workshops - <http://www.newpathways.org.uk/themed-workshops/> These are carried out over the summer months.
 - Family Therapy - <http://www.newpathways.org.uk/support-for-parents/> Parents of a child who has been sexually assaulted can receive support through a parent group drop in Fridays from 1pm-2.15pm in their Merthyr Tydfil office.

- **Advocacy and Support** - Children and Young People who have experienced sexual violence and have reported to the police can access Independent Sexual Violence Advocate (ISVA). ISVA's provide support leading up to, and including, any impending court case. They are not counsellors but are specially trained to emotional support young people and provide them with coping strategies as well a reliable person to discuss any feelings with. The support is face to face and over the telephone. The aim is to take pressure off the client and allow them to focus on getting better. Once the court case is finished the client can access counselling.
- **Training** - <http://www.newpathways.org.uk/training/> They provide training courses for businesses and organisations.



Hear to Listen Project - Provides counselling and support by telephone or via Skype online to those who have been affected by sexual abuse or rape. This service is for those are unable to access counselling face to face.

- Telephone - These sessions are usually carried out weekly for 30-40 minutes. Weekend and evening sessions are available in order to make the sessions accessible to everyone. Clients can also call for free from a BT landline to 0800 111 4626.
- Skype - Skype sessions are usually weekly and last around 40-50 minutes. In order to access this service clients will have to have internet and a laptop with a webcam.



<http://www.newpathways.org.uk/>

Their website has all the up to date information on what they do and how to access their support.

Contact Details:

To self-refer or refer others:

- Telephone: 01685 379310
- or download a referral form from the website and return it by email or post

Email: enquiries@newpathways.org.uk

Head Office Address: Willow House, 11 Church Street, Merthyr Tydfil CF47 0BW.



The Orange Wallet Scheme is a collaborative project with Transport For Wales and funded by the Welsh Government as part of the All Wales ASD strategy. It's for anyone who may find it difficult to communicate their needs when travelling on public transport.

Who it's for

The Orange Wallet is for anyone who would like support to communicate with staff when travelling by bus or train. It's particularly designed for passengers with an Autism Spectrum Disorder.

How it works

The wallet has plastic pockets where you can put words and pictures to help you communicate your needs to transport staff across Wales. Show it to the station and on board staff when you're travelling or buying a ticket. They're trained to recognise the wallet and provide appropriate help.

Get your Orange Wallet

Contact Transport For Wales with your address and we'll post a wallet to you:

- **By phone:** call us on 03333 211 202
- **Email:** Community@tfwrail.wales
- **In person:** you can pick up a wallet from some local libraries - for details visit the ASD info Wales Website: https://www.asdinfo.wales.co.uk/home.php?page_id=8251



<https://tfwrail.wales/accessible-travel/initiatives/orange-wallet-scheme>

The website has more information on how to access and use it. It also has a PDF template for the cards you could print off and put in your Orange Wallet:

 Please cut along the dotted line...

<p>What's the cheapest single ticket to...</p> <div style="border: 1px solid black; width: 100px; height: 30px; margin: 5px auto;"></div> <p style="text-align: center;">thank you.</p>	<p>What's the cheapest return ticket to...</p> <div style="border: 1px solid black; width: 100px; height: 30px; margin: 5px auto;"></div> <p style="text-align: center;">thank you.</p>
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Our Time helps young people dealing with parental mental illness. They make sure they get the support they need and have their voices heard.

As a charity they are based in London and work throughout the UK but not yet in South Wales. They run workshops called 'Kids Time' and an Educational Programme to schools called 'Who Cares?'.



<https://ourtime.org.uk/>

Their website has lots of resources, which are freely available for anyone.

Their resources are divided according to who they're for:

- Schools
- Professionals
- Young People
- Parents

The Young People's resources cover topics such as what does it mean to have a parent with a mental illness, how do you get a mental illness, and feeling alone, etc. They also have videos of young peoples stories and experiences.

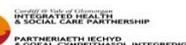
The other resources cover topics such as explaining mental illness to a under 11s, how to set up a young carers group, strengthening resilience, parenting with a mental illness etc.

They also have a page of Frequently Asked Questions

Contact Details:

Email: contact@ourtime.org.uk

Or fill out the contact form on the website: <https://ourtime.org.uk/contact/>





The Prison Advice and Care Trust (Pact) is a national charity that provides support to prisoners, people with convictions, and their families. We support people to make a fresh start, and minimise the harm that can be caused by imprisonment to people who have committed offences, to families and to communities.



Services Include;

- **Court:** Pact's Court Volunteers provide emotional support to family members throughout the court process.

Crucially Pact's court service acts as a gateway to other Pact services:

- **The Befriending Service**
- **Peer Support Group**
- **Community Family Support**
- **Mentoring Services**
- **Family Engagement Service**

A defendant's family having access to these services helps enable family links to be maintained should a loved one be sentenced to custody, which is proven to reduce the risk of a prisoner self-harming, of suicide, and violence, and improve outcomes for both the family and prisoner.

Pact is available in a multitude of prisons nation wide, but in Cardiff & The Vale its available at: HMP Swansea, HMP Cardiff, HMP Eastwood Park, HMP Usk and HMP Prescoed.



<https://www.prisonadvice.org.uk/>

Their website has a lot of resources for families & children of all ages

Contact Details: *To access any of these supports*

Telephone: 0808 808 3444 (Free to call)

Email: befriending@prisonadvice.org.uk



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PAPYRUS is the national charity dedicated to the prevention of young suicide.

- **SUPPORT:** We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.
- **EQUIP:** We engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff with suicide prevention skills.
- **INFLUENCE:** We aim to shape national social policy and make a significant contribution to the local and regional implementation of national suicide prevention strategies wherever we can.

The following services are open on:

Weekdays from 9am – 10pm, Weekends & Bank Holidays from 2pm – 10pm

They provide confidential support and practical advice and are available for Children and Young People, but also Families, Friends, Care professionals and Teachers etc who are concerned for a young person (<35 years).



08000684141



Text: 07786209697

Email: pat@papyrus-uk.org



<https://papyrus-uk.org/help-advice-resources/>

Their website has lots of easily accessible & helpful resources.



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Partners to Parents is a website that provides practical tips for new parents and parents-to-be, to help you support one another and reduce your chance of depression and anxiety.

Partners to Parents teaches you simple strategies to strengthen your relationship with your partner when you become parents. Having a strong, healthy relationship benefits the well-being of your whole family.



<http://www.partnerstoparents.org/>

The website has lots of help, advice and resources.

Topics include:

- How to stay connected to your partner
- How to work together as a team
- What to do if you think you or your partner is struggling
- How to communicate with your partner when you are feeling stressed
- Understanding how your sexual relationship may change when you have a baby

This website was developed by a team of researchers and psychologists at the Australian Catholic University. The content was endorsed by an international panel of more than 50 parents, researchers, and perinatal health professionals, including psychiatrists, nurses, and counsellors.



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Place2Be is a children's mental health charity that provides school-based support for pupils and staff. They deliver therapeutic support in 294 schools across the UK. Schools in Wales Place2Be are currently supporting are:

- Gabalfa Primary School
- Grangetown Primary School
- Moorland Primary School
- Peter Lea Primary School
- St Mary The Virgin CW Primary School
- Tredegarville C.I.W. Primary School
- Windsor Clive Primary



The support Place2Be offers schools includes:

For Children:

- One-to-One Counselling
- Lunchtime self-referral service – 'Place2Talk'
- Group work – themed sessions e.g. exam stress, transitions to secondary school, bereavement

For Parents/ Carers:

- Counselling and support services which help them...
 - Become more at ease in their parenting roles
 - Develop more self- confidence
 - Develop positive relationships with their children

For Staff:

- Place2Think – consultations to provide staff with the strategies to support children more effectively
- Training
- Safeguarding – advice and support



Their website has lots of resources including a blog where Professionals also share their experiences and offer advice around early mental health interventions: <https://www.place2be.org.uk/our-story/blog.aspx> and mental health week resources: <https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

Contact Details:

To get support for a School: fill out the enquiries form at:



<https://www.place2be.org.uk/place2be-services-in-your-school.aspx>



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Pride Cymru is a volunteer led charity that works to promote the elimination of discrimination be it on the grounds of sexual orientation, gender, race, religion or ability. They work to support all areas within the LGBT+ community throughout Wales and by engaging and partnering with other organisations, they strive towards acceptance and respect for all.

Their website has a signposting list of websites and charities where people can get support:



<https://www.pridecymru.com/support-services/>

Contact Details:

Fill in the enquiry form to contact <https://www.pridecymru.com/contact/>

Facebook: PrideCymru / Twitter: @PrideCymru



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The National **Prisoners' Families Helpline** & website provides advice and support to families who have come into contact with the Criminal Justice System. We understand it can be a difficult and often distressing time. We offer information and support from arrest through to release and beyond.

The National Prisoners' Families Helpline is operated by the Prison Advice and Care Trust under contract to Her Majesty's Prison & Probation Service and provides information and support for families across England and Wales.

Pact is a national charity which provides support to prisoners, people with convictions and their families. We support people to make a fresh start, and minimise the harm that can be caused by imprisonment to people who have committed offences, to families and to communities.



0808 808 2003 (Prisoner's Families Helpline)

Monday to Friday from 9am to 8pm, Saturday and Sunday 10am - 3pm.



You can also email the helpline team on info@prisonersfamilies.org.



<https://www.prisonersfamilies.org/about-us/>

The website provides information on the Criminal Justice system and all steps involved in the process.

Reading Well supports you to understand and manage your health and wellbeing using helpful reading. The books are all endorsed by health experts, as well as people with living with the conditions covered and their relatives and carers. You can be recommended a title by a health professional, or you can visit your local library and take a book out yourself.

There are currently four book lists available:

- Reading Well for mental health
- Reading Well for young people
- Reading Well for Long Term Conditions
- Reading Well for dementia

Reading Well Books on Prescription for Mental Health

Launched in Wales on 26 June 2019. The books are now available to borrow from Welsh libraries.

Reading Well for mental health provides helpful information and support for managing common mental health conditions, or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with or caring for someone with mental health needs.



Reading Well for Young People

Recommends expert endorsed books about mental health, providing 13 to 18 year olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams.

The books have all been recommended by young people and health professionals, and are available to borrow for free from public libraries.



 <https://reading-well.org.uk/wales>

The website is easily navigable and contains links to the books, resources and a blog section.



RISE is part of Women's Aid and work's with women who are experiencing or escaping violent and/or abusive relationships.

Starting the healing process with women, and their children, is the foundation of change that lasts. RISE offers women the tools to continue their recovery from any form of violence against women. All RISE specialists are trained Independent Domestic and Sexual Violence Advocates, and also have expertise in all forms of violence against women.

RISE can help with:

- Physical, sexual and psychological violence/abuse
- Sexual harassment and intimidation
- Sexual exploitation including prostitution, pornography or being trafficked
- Dowry related violence
- Forced and child marriages
- Honour crimes
- Female Genital Mutilation
- Coercive and controlling behaviour



RISE can provide:

- Advocacy at the point of crisis, especially for our high risk service users is a critical function of our core direct services.
- Crisis support: on duty staff available 24/7
- Accommodation
- Aftercare & Recovery
- Support with Legal Issues
- Support with parenting
- Children & Young People Services



02920460566 Contact Line open 24 hours a day

Contact Details:

Email: reception@rise-cardiff.cymru

Address: Angelou Centre, 30- 32 Cowbridge Road East, Canton, Cardiff: open 9am – 7pm Monday – Friday and Saturday mornings 9am – midday. - 7 p m
M o n - F r i > S a t u r d a y m o r n i n g s 9 a m – m i d d a y

<https://www.cardiffwomensaid.org.uk/>





Safe As is Women's Aid's dedicated service for children and young people who are currently experiencing domestic violence/abuse.

On top of the specific projects of work themes described below our core work is primarily taken up with referrals for children in high risk and who are in need from our Women's Centre team and Social Services.



Services Safe As Offers Include:

- One to one work that is age appropriate
- Work with parents/carers to help them understand what their children are experienced and how best to help them
- Group work is also delivered from a therapeutic perspective and is focused on helping children caught up in the devastating experience of living within a violent and/or abusive family understand what is happening and build resilience.



<https://www.cardiffwomensaid.org.uk/who-we-are/safeas/>

Information is on the Cardiff Women's Aid website

Contact Details:

Address: 16 Moira Terrace, Cardiff, CF24 0EJ

Telephone: 029 2046 0566

Email: reception@cardiffwomensaid.org.uk





Samaritans

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Every six seconds, we respond to a call for help. No judgement. No pressure. We're here for anyone who needs someone.



116 123

Helpline: Free to phone, open 24 hours every day

What happens when you call us on the Helpline?

1. **A volunteer will answer:** If you phone us, we will answer with something like "Samaritans, can I help you?"
2. **You talk, we listen:** We listen to you and help you talk through your concerns, worries and troubles.
3. **We give you space to be yourself:** We'll focus on your thoughts and feelings, and may ask questions to help you explore how you feel.
4. **We won't tell you what you should do:** We won't make decisions for you, our advice or opinions are not important for the call.



jo@samaritans.org

Email: Open 24 hours a day

Writing an email can be a calm and safe way to work through what's on your mind. Especially if it feels too upsetting to talk about on the phone.

OR write a letter to: Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, Stirling, FK8 2SA



<https://www.samaritans.org/wales/how-we-can-help/contact-samaritan/>

Their website has a lot of information and resources for anyone, any age.



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Cardiff & Vale of Glamorgan
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Caerdydd & Bro Morgannwg

Samaritans Schools talks

SAMARITANS

Samaritans branches have trained teams of volunteers, who can visit a school, college or youth group to give a talk to young people.

In 2015, Samaritans volunteers visited over 600 schools and youth groups, talking to 40,000 young people. Our volunteers use a range of pre-prepared talks, lessons and workshops which are aimed at different age groups from primary upwards. These can be adapted to meet the needs of the school, college or youth group. The visit could be an information-giving talk to a large group, or interactive activities and can be delivered to smaller groups.

Our talks can be about:

- Emotional health,
- The value of listening,
- Coping strategies (including self-harm)
-

Or about Samaritans and the importance of accessing support and where it can be found.



<https://www.samaritans.org/wales/how-we-can-help/schools/samaritans-schools-talks/>

Compassion in Education

Compassion in Education

They also have a tool kit to help schools, colleges and universities look after this community by adopting a compassionate approach to the emotional and mental health needs of pupils, students and staff.

Compassion in Education has been designed to provide staff with facts and information, alongside real tips and actions which can be used in daily working life. This toolkit can assist staff when talking to or helping pupils, students or staff who are experiencing emotional distress. It also promotes a preventative approach to poor mental health in pupils, students and staff, which is a core focus of Samaritans work.

The Tool Kit is free to download as a PDF which is accessible on their website:
<https://www.samaritans.org/wales/how-we-can-help/schools/compassion-education/>



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Cardiff Integrated Health & Social Care Partnership
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Sesame Street in Communities provides Resources, Strategies, and Support for children, families and professionals.

Here, you'll find hundreds of bilingual multi-media tools to help kids and families enrich and expand their knowledge during the early years of birth through six, a critical window for brain development. Resources are on topics such as: Asthma, Autism, Divorce, Eating well, Family caregiving, Resilience, Maths and Literacy... Each topic has a range of related resources, including videos, workshops and activity books.

All free to access and use.



<https://sesamestreetincommunities.org>

Some helpful topics include:

- Coping with imprisonment: The incarceration of a loved one can be overwhelming for both children and caregivers. Because of the feeling of stigma, it takes special effort to start important conversations and answer kids' questions. But parents can comfort children and guide them through difficult moments just by talking. With love and support, the family can cope with the challenges of incarceration together.
<https://sesamestreetincommunities.org/topics/incarceration/>
- Parental Addiction: When a family member struggles with addiction, the whole family struggles. Children often think it's their fault; they feel shame, embarrassment, guilt, and loneliness; they may feel invisible. It takes special effort to start important conversations and answer children's questions. But parents, teachers, caregivers, and other caring adults can comfort children and guide them through difficult moments. With love and support, the family can cope with the challenges of addiction together.
<https://sesamestreetincommunities.org/topics/parental-addiction/>
- Traumatic Experiences: When a child endures a traumatic experience, the whole family feels the impact. But adults hold the power to help lessen its effects. Several factors can change the course of kids' lives: feeling seen and heard by a caring adult, being patiently taught coping strategies and resilience-building techniques, and being with adults who know about the effects of such experiences. Here are ways to bring these factors to life.
<https://sesamestreetincommunities.org/topics/traumatic-experiences/>



Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.



If you need immediate support, you can text SHOUT to 85258 and chat by text.

The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.



<https://www.giveusashout.org/>



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SHOT: Healthy Relationship Service

SHOT is a confidential service for young people aged 11-25 in the Cardiff area. It is funded by Families First and aims to support and educate young people about sexual health and positive relationships.

It is carried out by Cardiff YMCA who provide young people with confidential, tailored sexual health service. They can also provide support to organisations and schools across Cardiff. This includes sexual health training, and advice on how to support young people about sexual health and relationships.



The SHOT team are trained to provide sessions in the following areas:

- Contraception information
- Sexually transmitted infections awareness
- Identifying positive relationships
- Peer influences regarding sexual health
- Pregnancy testing
- Understanding consent
- Sexual risk taking
- Inappropriate sexual language/behaviour
- Online safety and pornography
- General sexual health knowledge
- Puberty and growing up
- Sex and the Law

SHOT can support young people to access contraception through the sexual health clinics across Cardiff.

SHOT Referral Pathway

Referrals can be made by young people, professionals, parents or carers.

To make a referral contact the Service by:

Email: SHOT@ymcacardiff.wales

Phone: (029) 2046 5250

One-to-one and group referrals can be downloaded online:



<http://www.ymcacardiff.wales/?s=+SHOT&Submit=Go>

This link also provides more information about the service.



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Sibs is a UK charity for children and adults who are growing up with or have grown up with a disabled brother or sister.

They provide information, support and training on sibling issues for adult siblings, young siblings, parents and professionals.

Children and young people growing up with a disabled brother or sister often get less attention from parents and have more worries and responsibilities than their peers. Many young siblings experience daily challenges in their lives such as public prejudice and finding it hard to get schoolwork done. They also need recognition for the positive aspects of their family lives, such as learning new skills and being supportive of their brothers' and sisters' needs.



Direct support for young siblings

- Online support and information service for children and young people aged 7-17, who have a brother or sister who is disabled, has special educational needs or a serious long-term condition.
www.youngsibs.org.uk



Help for others to support young siblings

- Training for professionals to run sibling support groups for children
- Training for primary school staff to deliver our Sibs Talk support intervention.



<https://www.sibs.org.uk/>

Their website has information for parents and professionals on supporting siblings. They cover a range of topics from giving attention, to talking about disability and assessing young siblings etc.

Contact Details:

Contact can be made through their online contact form:

<https://www.sibs.org.uk/contact/>



SNAP Cymru provides information, advice and support for parents, children and young people who have, or may have, special educational needs or disabilities.



They provide the following impartial, confidential and free services:

- Helpline Advice and Support
- Specialist Casework
- Independent Specialist Advocacy
- Disagreement Resolution

Help for Young People:

- if you're excluded from school
- if you're being bullied
- if you are moving between schools or college and want advice on choices
- to know about your rights and want support to have your views listened to
- to make decisions and to make sure that people understand your wishes and feelings
- sort out a disagreement or complaint with your school
- by providing a case friend to appeal against a decision made about you

08088010608



Information and Advice Line for Young People and Families

Open Monday – Friday 9:30 – 4:30



<http://www.snapcymru.org/>

The website has lot of easily accessible information and resources.



SODA project: Survivors Of Domestic Abuse

This project is designed for teenagers who are using self-harm and experiencing suicide ideation to deal with the trauma of living, or having lived previously, with domestic violence/abuse. In working with young people we recognised that we had a continual and significant number who were presenting with high risk behaviours and mental health issues.

Despite services dedicated to young peoples mental health provided through the health service the ongoing issues with these services and their seeming inability to deal with the underlying issues (stemming from domestic violence/abuse) we designed our own service and with funding from Children in Need we are piloting a programme we hope to be able to use as a template for similar services across Wales and further afield.



<https://www.cardiffwomensaid.org.uk/who-we-are/safeas/>

To contact the SODA team contact Cardiff Women's Aid:

16 Moira Terrace, Cardiff, CF24 0EJ

Telephone: 029 2046 0566

Email: reception@cardiffwomensaid.org.uk



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St Giles Trust is a charity that works across Wales to help people overcome barriers and get the support they need to move forward with their lives. By enabling people in local communities to become empowered and get the skills they need to transform their lives, we are able to help others make the same changes.

In Cardiff they provide:



Peer Hubs

Funded through The National Lottery Community Fund, the Peer Hubs offer a structured package of training and support through the Peer Advisor Programme to people who have overcome adversity to help them build skills to access employment opportunities and help others make the same positive progress. By harnessing their lived experience, coupled with professional training, we can offer highly credible services which are able to engage excluded individuals and communities.

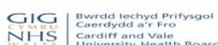
Contact Details:

St Giles Trust Cymru, Unit 8 Coopers Yard, Curran Road, Cardiff, CF10 5NB

Telephone: 02920 496 363



<https://www.stgilestrust.org.uk/what-we-do/st-giles-cymru>





Step by Step provides practical support to schools to help them prepare for and recover from attempted suicide.

They aim to:

- Provide information to schools to help them come to terms with what happened and reduce stigma and isolation that can occur in school and the wider community.
- Help schools to reduce the risk of further suicide
- Reach out to those who are considered high risk to reduce further suicide

The service is run by a team of trained volunteers called "Postvention Advisors". The Advisors can adapt the support to fit the needs of the school in the hope to prevent further deaths or suicide attempts.

As described in a recent evaluation of their service, 'Step by Step is there to reassure senior leadership teams that what they are doing is right for the school and advise them on what they feel works best throughout the incredibly difficult first few weeks.'



<https://www.samaritans.org/wales/how-we-can-help/schools/step-step/>

Contact details:

Freephone: 0808 168 2528

Or contact here <https://www.samaritans.org/wales/how-we-can-help/schools/step-step/contact-step-step-team/>

If you have any questions about the school services Samaritans provides you can contact them here:

<https://www.samaritans.org/wales/how-we-can-help/schools/contact-samaritans-education-team/>





Tenovus Cancer Care

For anyone affected by cancer. Their mission is to bring practical advice, emotional support and treatment to where it matters most; the heart of the community. They help people with cancer and their loved ones cope, and through their vital research, they offer hope.

They offer a free support line. Open 9am – 5pm Monday to Friday, and 10am – 1pm on weekends and public holidays.



0808 808 1010



<https://www.tenovuscancercare.org.uk/>



The Student Health App provides easy access to more than 900 pages of reliable health information all in one place. The content has been created for university students by NHS doctors and is regularly updated.

Use the app to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student.

The app is free & available on iPhone and Google play



<https://www.nhs.uk/apps-library/student-health-app/>





Switched On is an information, education and advice service for anyone under the age of 25. Whether they're worried about their own experiences with substance misuse, concerned about a friend or relative, or just simply want to get their facts straight, Switched On can help young people stay informed.

The Switched On team also work extensively with those who educate young people, such as teachers, parents and carers, to help prevent young people from developing problematic substance or alcohol usage. Their work is backed up by an innovative new Peer Education programme that sees young people learning from each other, too.

Here is a link to website page with the sessions, toolkits and resources that Switched On currently provides:

<https://switchedon.org.uk/session-types/>



Their website contains signposting and advice <https://switchedon.org.uk/>

Contact details:

Email: PublicHealthWales.SwitchedOn@wales.nhs.uk

Telephone: 02921832147

Twitter: @switchedonlearn



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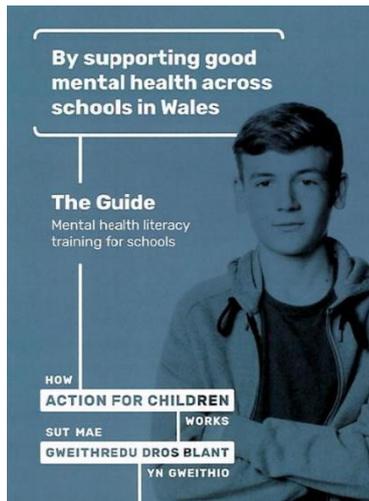
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The Guide is a mental health literacy programme designed by Action For Children to aid students and their teachers to improve their mental Health knowledge, reduce stigma, and increase help seeking behaviours.

“Empowering teachers to support young people with their mental wellbeing”

What is The Guide Cymru?

The Guide Project in Wales has been adapted to be delivered to 13-15 year olds (year 9 pupils) and consists of three aspects;

- 1 - Go-To Educator training - comprehensive 2-day Mental Health Literacy training for up to 3 teachers per secondary school.
- 2 - Teacher Resources - comprehensive online and self-study resources for teachers to aid knowledge and delivery.
- 3 - The Mental Health & High School Curriculum Guide - a six module evidence-based classroom programme designed to be taught to year 9 pupils. The Curriculum Guide is proven to increase the understanding of mental health and mental disorders, decrease the stigma of mental illness and increase help seeking efficacy, amongst both students and teachers.

For more information follow the link bellow to see the website:



<https://www.actionforchildren.org.uk/what-we-do/our-work-in-wales/the-guide-cymru/>

Contacts details:

St David's Court, 68A Cowbridge Road East, Cardiff, CF11 9DN

Telephone: 02920 222 127 (open 9.00am to 5.00pm, Monday to Friday)

Email: ask.us@actionforchildren.org.uk



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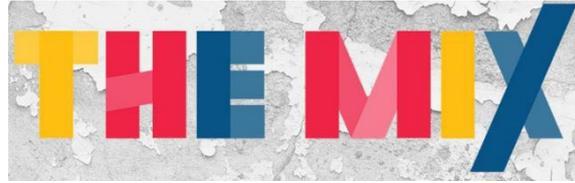
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The Mix provides free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs.

Mental Health: Understanding mental health can be tricky but The Mix is here to make sure you don't have to do it alone. Whether you're worried about your mental health, or someone else's.



<https://www.themix.org.uk/>

Their website has lots of resources, information, advice and signposting on a large variety of topics. There are articles on everything from Body Positivity, to PTSD, Sex and Relationships to crime and safety.

They have a range of support services including:



Messaging Options: <https://www.themix.org.uk/get-support/speak-to-our-team>

- Support Chat – online chat group to talk about anything that's on your mind. A judgement-free zone to get and give advice within a group. Sun to Thu at 8 - 9.30pm
- General Chat - A light-hearted chat for fun, distraction and a chance to unwind. Sun to Thu at 8 - 9.30pm
- Discussion Boards
- Email Helpline:
- Crisis Messenger – The text messaging support service is free, open 24 hours a day, 7 days a week. and for any issue. We provide in-the-moment support and problem solving when you need it most. text THEMIX to 85258.
- One to one chat - Live message our trained helpline supporters about any issue that is troubling you. We're open from 4pm to 11pm every day.



Phoning Options: <https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>

- Counselling Services - Short-term help with your mental health and emotional wellbeing is available to young people aged 25 years old and under. Our counsellors aim to support by listening to your problems and helping you find ways to cope in a confidential, safe space.



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The Sleep Council's vision is to raise the profile of sleep as a major factor for health and wellbeing and to be recognised as the third pillar of good health alongside diet and exercise.

A good night's rest is essential to a healthy lifestyle – protecting you physically and mentally as well as boosting your quality of living. We want sleep to be taken seriously and to champion better sleep health for everyone



<https://sleepcouncil.org.uk/>

Their website provides Advice and Information in the forms of articles, blogs, videos etc

Their Sleep Advice:

- Sleep Hygiene
- Sleep Advice Scenarios
- 7 Steps To A Better Night's Sleep
- Perfect Sleep Environment
- How much sleep do we need?
- Teen Sleep
- Still not sleeping?
- Where to get help
- FAQs

Sleep Tools

- 30 Day Better Sleep Plan
- Sleep Diary
- Nodcasts
- Helpful Leaflets
- Stress Test
- Bed MOT
- Sleep Calculator



Thrive App is an app that helps you prevent and manage stress, anxiety and related conditions.

Thrive uses games to track your mood and teach you methods to take control of stress and anxiety and relax. The Game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress free life.

The app is free to download and NHS approved



<https://app.thrive.uk.com/#1>



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TGP Cymru is a leading independent Welsh children’s charity working with some of the most vulnerable and marginalised children, young people and families in Wales. They may be experiencing difficulties in accessing appropriate services in health, education or social care – these include children with disabilities, children with emotional health needs and children seeking asylum.



Their services in Cardiff and Vale include:

Restorative Approaches Veterans and Family Services

Support veterans/service leavers and their families where relationships are impacted by/impacting on the mental health of the Veteran and their families.

You can access our services if you meet the following criteria:

1. You are a veteran or service leaver suffering a ‘service related’ mental health problem and you are engaged with support through Veterans NHS Wales (Cardiff & Vale).
2. You have identified with your Veterans NHS therapist that you are experiencing difficulties/conflict in family relationships which are impacting on or being affected by your mental health.
3. There is at least one child that is a member of your family-whether you live with them or there is separation

Project contact details:

Kiln House, 3rd Floor, The Maltings, East Tyndall St, Cardiff, CF24 5EA

Telephone: 02922 676600

Email: ravfs@tgpcymru.org.uk



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Travelling Ahead: Wales Gypsy, Roma and Traveller Advice and Advocacy

Advice, support and individual and community advocacy working alongside Gypsy, Roma and Traveller families on issues such as accommodation, sites, planning, rights and accessing services. We run youth forums, support to report hate crime and discrimination and we can offer training to improve services.

Project contact details:

Telephone: 01633 509 544

Email: travellingahead@tgpcymru.org.uk

Freephone number: 0808 802 0025

TGP Cymru Contact Details:

12 North Road, Cardiff, CF10 3DY

Telephone: 02920396974

Email: admin@tgpcymru.org.uk



Vale Family Information Service

For information on childcare, activities and services for children and young people and family support in the Vale of Glamorgan.

Contact Details:

Telephone: 01446 704 704

Email: fis@valeofglamorgan.gov.uk

Twitter: @VALEFIS

Facebook: Vale Family Information Service



https://www.valeofglamorgan.gov.uk/en/living/social_care/children_and_young_people/Family-Information-Service/Family-Information-Service.aspx



YOUNGMINDS

Young Minds are fighting for a future where all young minds are supported and empowered, whatever the challenges. They aim to make sure children and **young** people get the best possible mental health support and have the resilience to overcome life's difficulties.



<https://youngminds.org.uk/>

Their website provides useful information and resources for Children and Young People, Parents and Professionals.

Under the tab 'Find Help' you can find information for CYP on conditions, symptoms, and support available. There is also the link to information for Parents here aswell.

Under the tab 'Professionals' there is information on Training, Consultancy, 360 schools and Projects.

Their projects include:

- Addressing Adversity – Trauma informed practice
- Finding your feet – Mental Health Training
- Young Minds Welcome – Mental Health for Refugee and Asylum Seeking Children
- Building Pupil Resilience in Schools
- No Harm Done - Tool kits, videos & guides on self harm
- And more!

<https://youngminds.org.uk/youngminds-professionals/our-projects/?page=1#listing>



0808 802 5544

Parent Helpline



Text YM to 85258

Free 24/7 support in the UK if you are experiencing a mental health crisis.



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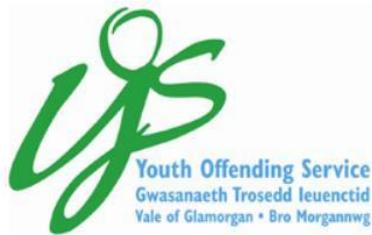
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Youth Offending Service (YOS)

Cardiff YOS is a partnership between different organisations to provide intervention and support for young people and their families. The aim of the partnership is to prevent anti-social behaviour, offending and re-offending by young people aged 10-17. It also offers support to victims of youth crime and anti-social behaviour.

Contact Details for Cardiff:

The John Kane Centre, 213a North Road, Gabalfa, Cardiff, CF14 3GH

Email: finn.madell@cardiff.gov.uk

Phone: 02922 330 355

Fax: 02920 827 419

Website: <https://www.cardiff.gov.uk/ENG/resident/Social-Services-and-Wellbeing/Children/Cardiff-Youth-Offending-Services/Pages/default.aspx>

Vale of Glamorgan YOS works with young people aged between 8 and 17 years who are offending or at risk of offending and the victims of their crime.

YOS deal with a variety of issues including social work, probation, drugs and alcohol abuse, education, health. It is committed to a multi-agency approach in order to improve the life opportunities of the young people it works with in order that they can lead offending-free lives.



For information on interventions, visit the website below.

Contact Details for Vale of Glamorgan:

Tel: 01446 745820

Email: ebarrett@valeofglamorgan.gov.uk

Website: https://www.valeofglamorgan.gov.uk/en/living/youth_service/Youth-Offending-Service.aspx





The Youth Wellbeing Service offers targeted support for young people who have faced adverse childhood experiences which are significantly affecting their social and emotional wellbeing.



The main focus will be supporting young people from ages 10 to 16 years in the Vale of Glamorgan.

The core aims of support are to increase confidence; develop resilience; improve emotional and social wellbeing and protection from further adverse childhood experiences.

Contact Details:

Civic Offices, Holton Road, Barry, Vale of Glamorgan CF63 4RU
01446 709401
KWelsh@valeofglamorgan.gov.uk

The project will be taking referrals through the Families First Advice Line
Telephone: 0800 0327322.

Website: https://www.valeofglamorgan.gov.uk/en/living/youth_service/Youth-Wellbeing-Service.aspx

YMCA

YMCA Cardiff offer a range of advice, support and services for young people and families across Cardiff and the Vale of Glamorgan.

More information on the services they offer can be found on their website:



<http://www.ymcacardiff.wales/about/what-we-do/>



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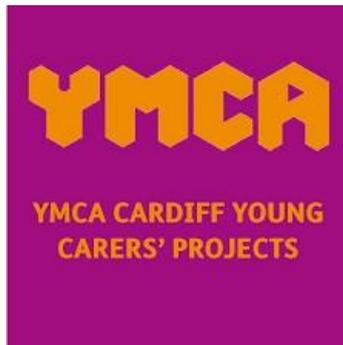
Resilience
Project
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Llywodraeth Cymru
Welsh Government



Partneriaeth Iechyd
& Gofal Cymunedol Integredig
Cardiff a'r Fro
Partnership
Integrated Health
& Social Care Partnership
Cardiff and Vale



YMCA Young Carers

YMCA Cardiff has two young carers projects throughout Cardiff and the Vale:

- **'TIME 4 ME' Young Carers Project**

This project provides support for young carers. It provides them with a break and the opportunity to make friends with other young carers. The projects work with young carers aged 7-18 who help care with a family member who lives with them.

This project is funded by BBC Children in Need, the Waterloo Foundation, Garfield Weston Foundation and The Welsh Government Families First Programme.

- **'Time for More' Adult Young Carers Project**

The project support young adult carers aged 17-25 years who live in Cardiff or the Vale. They can help young adult carers access support in areas such as education, employment or training, and respite activity sessions which can be 1-2-1 or group.

This project has been funded by Lloyds Bank Foundation



<https://www.ymcacardiff.wales/about/what-we-do/family-work/young-carers/>

Contact details:

Telephone: 02920 465250 Ext 211

Cardiff email: cardiffyoungcarers@ymcacardiff.wales

Vale E-mail: valeyongcarers@ymcacardiff.wales



GIG
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Cardiff and Vale Integrated Health
& Social Care Partnership
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& CIPWAL CYWRETHASOL INTEGREDIG
Cardiff a'r Fro Integredig

WINSTON'S WISH **WW**

Giving hope to grieving children

Winston's Wish supports bereaved children, young people, their families, and the professionals who support them. They offer advice, support and information to anyone seeking it.



The service provides:

- Helpline
- ASK email service
- Online chat
- Support information
- Publications and Resources
- Useful links

(Face to face support is not available in Wales)



Their Freephone National Helpline (UK) is free to call on **08088 020 021** and offers therapeutic advice on supporting a grieving child or young person after the death of a loved one.

Email: Ask@winstonswish.org



<https://www.winstonswish.org/>



2 Wish Upon a Star provides bereavement support for families who have suddenly and traumatically lost a child or young adult aged 25 years and under.

Their emphasis is on bereavement support for parents after losing their child suddenly and traumatically

They currently work across all health boards in Wales excluding Betsi Cadwaladr.



The service provides:

- One to one counselling for adults and children who have experienced a sudden bereavement.
- Befriending services and support groups for parents and grandparents who have lost a child.



<http://2wishuponastar.org/>

Their website provides helpful information on what they do as a service, and the stories of families that have used them.

How to refer?

This is a self-referral service, however any professional can refer with consent from the client.

Contact details:

2 Wish Upon A Star, Ground Floor, Unit 7 Magden Park,
Llantrisant CF72 8XT

Telephone: 01443 853125 / 07833528578 Julie Hart

Email: support@2wishuponastar.org





3H Helping Hands for Holidays have built an enviable reputation over many years for providing subsidised group holidays for the physically disabled at well researched venues – giving their carers a valuable period of respite at the same time.

Many have thought that it was just not possible to get away but with the wealth of experience in organising accommodation, transport, activities, 3H can make it happen.



<https://www.3hfund.org.uk/>

Their website contains information on the service they provide, how to access it, fees and stories from those who have.

Their Holiday locations are Bendrigg Trust, Kendal and Calvert, Keswick in the Lake district.

Grants:

Every year, 3H run a programme offering grants to assist disabled people and their families on low income to organise a UK holiday for themselves.

The grants are given for the accommodation part of the holiday and are paid direct to the chosen venue. The charity liaise with social workers and caring organisations to assist applicants and to identify those needing assistance. Carers can also be awarded a grant for a holiday away from their caring role.

Contact Details:

3H Fund, (Helping Hands for Holidays), B2 Speldhurst Business Park, Langton Road, Speldhurst, Tunbridge Wells, Kent TN3 0AQ

Telephone: 01892 860207

E-mail: info@3hfund.org.uk

