

Mental and Emotional Support for children and young people – Websites, phone lines, text services.

Childline

Offering support to Children online, on the phone - Anytime **0800 1111**

'No worry is too big or too small'

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

<https://www.childline.org.uk/get-support/contactingchildline/contacting-childline-in-welsh/>

App also available: Childline For Me app

Intro Video: <https://youtu.be/OWPezz3UcA8>

Kooth

Free online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

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

MEIC

Bilingual online/phone/text support for young people - not counselling, but solution based support and advocacy.

Tel: 080 8802 3456

Text: 84001

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

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

Change Grow Live (CGL) – Cardiff and the Vale based

An Emotional Wellbeing service in Cardiff and the Vale of Glamorgan.

Telephone: 0800 008 6879

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

The Mix

Free helpline, email, crisis text line, one-to-one live messaging for under 25 year olds. Also information and sex and relationships on the website (and other topics)

Tel: 0808 808 4994

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

Chat Health – Cardiff and Vale based

If you're 11-19 years old text your school nurse on **07520 615718**. Text anytime. Team will reply Monday-Friday 8:30-4:30pm

Mind Hub

This hub has been created by young people for young people, it provides information and links to services in relation to emotional health and wellbeing.

<http://www.mindhub.wales/>

<http://hybmeddwl.cymru/>

MIND

Support and advice for young people struggling with their feelings.

<https://www.mind.org.uk/information-support/for-children-and-youngpeople/>

Young Minds

Advice and support for young people struggling with their mental health.

Currently focussing on the impact of the Coronavirus.

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

Mental Health Foundation

Access a free downloadable guide to help you overcome fear. Also available in Welsh.

<https://mentalhealth.org.uk/publications/overcome-fear-anxiety>

Samaritans

Supporting young people with their mental health.

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

GP

If you need to contact your GP out of hours, you can ring your GP surgery and they will have another number to call to see a GP immediately, or contact your local accident and emergency department if necessary

Amber project – Cardiff and surrounding areas

A service supporting any young person (aged 14-25) in Cardiff and the surrounding areas who has experience of self-harm.

Telephone: **029 2034 4776**

Text/Phone: **07905 905437**

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

Welsh Women's Aid

A support service for women and young people affected by domestic abuse.

<https://www.welshwomensaid.org.uk/what-we-do/children-and-youngpeople/>

TESS

Text and email support for girls & young women up to 24yrs in the UK affected by self-harm. Open Sun, Mon, Tues, Wed, Thurs and Fri 7pm - 9pm Text **0780 047 2908**

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

Child Bereavement UK

Offers support to families and young people affected by bereavement.

Telephone: **0800 02 888 40**

Email - support@childbereavementuk.org

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

Cruse

Offers support to anyone who has been bereaved. Also offers face to face local support.

Telephone: **0808 808 1677** (free)

Mon & Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.

Email: helpline@cruse.org.uk

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

Youth Work Support

This website is designed to bring together relevant advice, guidance, support and tools for youth workers, young people and organisations during the COVID 19 pandemic.

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

Further websites that are coronavirus related:

<https://www.ukyouth.org/2020/03/18/coronavirus-advice/>

<https://wearencs.com/blog/keeping-calm-through-coronavirus>

Information and support services for parents/carers

Government / Public Health England - Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak

<https://www.gov.uk/government/publications/covid-19-guidance-on-supportingchildren-and-young-peoples-mental-health-and-wellbeing/guidance-for-parentsand-carers-on-supporting-children-and-young-peoples-mental-health-andwellbeing-during-the-coronavirus-covid-19-outbreak>

Parenting for Lifelong Health

Parenting for Lifelong Health provides open-access online parenting resources during COVID-19.

<https://www.covid19parenting.com/>

Parent Zone

Online articles, guidance and resources to help parent/carers with children at home during this period. Currently Free membership.

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

NSPCC

Help and information about keeping children safe. Articles about reducing anxiety at home.

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

Parent Info

Tips for keeping everyone's spirits up as much as possible as we self isolate.

<https://parentinfo.org/article/how-to-look-after-your-family-s-mentalhealth-when-you-re-stuck-indoors>

Dewis Cymru

Information about well-being in Wales, and information about local organisations and services that can help.

<https://www.dewis.wales/>

Mind

Offers support on a range of mental health issues.

Telephone: **0300 123 3393**

Mon – Fri 9am – 6pm

Text: **86463**

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

Samaritans

An organisation that provides confidential emotional support.

Telephone: **116 123**

24 hours, 7days/week

Welsh language line: **0300 123 3011**

open daily 7pm – 11pm

<https://www.samaritans.org/?nation=wales>

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