







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

	<p>Childline Offering support to Children online, on the phone - Anytime 0800 1111 'No worry is too big or too small'</p> <p>https://www.childline.org.uk/</p> <p>https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/</p> <p>App also available: Childline For Me app Intro Video: https://youtu.be/OWPezz3UcA8</p>
	<p>Kooth Free online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.</p> <p>https://www.kooth.com/</p>
	<p>MEIC Bilingual online/phone/text support for young people - not counselling, but solution based support and advocacy.</p> <p>Tel: 080 8802 3456 Text: 84001</p> <p>https://www.meiccymru.org/</p> <p>https://www.meiccymru.org/cym/</p>
	<p>Change Grow Live (CGL) – Cardiff and the Vale based An Emotional Wellbeing service in Cardiff and the Vale of Glamorgan.</p> <p>Telephone: 0800 008 6879</p> <p>https://www.changegrowlive.org/</p>






	<p>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)</p> <p>Tel: 0808 808 4994</p> <p>https://www.themix.org.uk/</p>
	<p>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</p>
	<p>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 well-being.</p> <p>http://www.mindhub.wales/</p> <p>http://hybmeddwl.cymru/</p>
	<p>Stonewall (Young Stonewall) Help, updates and guidance from the LGBT community for young people.</p> <p>https://www.youngstonewall.org.uk/</p>
	<p>MIND Support and advice for young people struggling with their feelings.</p> <p>https://www.mind.org.uk/information-support/for-children-and-young-people/</p>
	<p>Young Minds Advice and support for young people struggling with their mental health. Currently focussing on the impact of the Coronavirus.</p> <p>https://youngminds.org.uk/</p>

	<p>Mental Health Foundation Access a free downloadable guide to help you overcome fear. Also available in Welsh.</p> <p>https://mentalhealth.org.uk/publications/overcome-fear-anxiety</p>
	<p>Samaritans Supporting young people with their mental health.</p> <p>https://www.samaritans.org/wales/how-we-can-help/schools/young-people/</p>
	<p>Papyrus An organisation set up for the prevention of young suicide, and offers support to young people.</p> <p>Telephone: 0800 068 41 41</p> <p>https://papyrus-uk.org/</p>
	<p>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</p>
	<p>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.</p> <p>Telephone: 029 2034 4776 Text/Phone: 07905 905437</p> <p>https://www.amberproject.org.uk/</p>
	<p>Welsh Women's Aid A support service for women and young people affected by domestic abuse.</p> <p>https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/</p>

	<p>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</p> <p>https://www.selfinjurysupport.org.uk/</p>
	<p>Hope Support Offers online support via Facebook or Skype to young people aged 11+ when a close family member is diagnosed with a terminal illness.</p> <p>Email - help@hopesupportservices.org.uk</p> <p>http://www.hopesupport.org.uk/</p>
	<p>Child Bereavement UK Offers support to families and young people affected by bereavement.</p> <p>Telephone: 0800 02 888 40</p> <p>Email - support@childbereavementuk.org</p> <p>https://www.childbereavementuk.org/</p>
	<p>Cruse Offers support to anyone who has been bereaved. Also offers face to face local support.</p> <p>Telephone: 0808 808 1677 (free) Mon & Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.</p> <p>Email: helpline@cruse.org.uk</p> <p>https://www.cruse.org.uk/</p>
	<p>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.</p> <p>https://youthworksupport.co.uk/</p> <p>Further websites that are coronavirus related: https://www.ukyouth.org/2020/03/18/coronavirus-advice/ https://wearencs.com/blog/keeping-calm-through-coronavirus</p>

	<p>TheSprout – Cardiff based TheSprout is Cardiff’s online magazine and info site for 11-25’s, by 11-25’s and organisations that wish to support them.</p> <p>https://thesprout.co.uk/about-us/</p>
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[4. Information and support services for parents/carers](#)

	<p>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</p> <p>https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</p>
	<p>Parenting for Lifelong Health Parenting for Lifelong Health provides open-access online parenting resources during COVID-19.</p> <p>https://www.covid19parenting.com/</p>
	<p>Parent Zone Online articles, guidance and resources to help parent/carers with children at home during this period. Currently Free membership.</p> <p>https://parentzone.org.uk/</p>
	<p>NSPCC Help and information about keeping children safe. Articles about reducing anxiety at home.</p> <p>https://www.nspcc.org.uk/</p>
	<p>Parent Info Tips for keeping everyone’s spirits up as much as possible as we self-isolate.</p> <p>https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors</p>

	<p>Dewis Cymru Information about well-being in Wales, and information about local organisations and services that can help.</p> <p>https://www.dewis.wales/</p>
	<p>Mind Offers support on a range of mental health issues. Telephone: 0300 123 3393 Mon – Fri 9am – 6pm Text: 86463</p> <p>https://www.mind.org.uk/</p>
	<p>Samaritans An organisation that provides confidential emotional support. Telephone: 116 123 24 hours, 7days/week</p> <p>Welsh language line: 0300 123 3011 open daily 7pm – 11pm</p> <p>https://www.samaritans.org/?nation=wales</p>
	<p>Cruse Offers support to anyone who has been bereaved. Also offers face to face local support.</p> <p>Telephone: 0808 808 1677 (free) Mon & Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.</p> <p>Email: helpline@cruse.org.uk https://www.cruse.org.uk/</p>
	<p>Welsh Women's Aid A support services for women and young people affected by domestic abuse.</p> <p>https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/</p> <p>Live Fear Free helpline. Available 24 hours a day 7 days a week, confidential helpline 0808 80 10 800</p>

	<p>RISE Cardiff Cardiff's one stop specialist service for women experiencing violence against women particularly domestic abuse and sexual violence. Available 24/7 on 029 2046 0566</p> <p>https://rise-cardiff.cymru/ Website also has advice and contact details for agencies supporting male victims of domestic violence.</p>
	<p>Respect UK Advice and help for the perpetrators of domestic abuse.</p> <p>Freephone 0808 802 4040 Monday-Friday 9am-5pm</p> <p>http://respect.uk.net/</p>