

Mental and Emotional Support for children and young people

Please find below a list of resources and support agencies which may help school staff, pupils, parents and carers during this time of self-isolation at home and social distancing.

(Based on a resource developed by the Cardiff Healthy Schools team and Central South Consortium and contributions from the North Wales Healthy Schools Teams and CAMHS Service)

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|  | <p>Childline Anytime 0800 1111</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><u>Kooth</u></p> <p>https://www.kooth.com/</p> |
|  | <p>MEIC</p> <p>Tel: 080 8802 3456 Text: 84001</p> <p>https://www.meiccymru.org/ https://www.meiccymru.org/cym/</p> |
|  | <p>Mind Hub</p> <p>http://www.mindhub.wales/</p> <p>http://hybmeddwl.cymru/</p> |
|  | <p>Stonewall (Young Stonewall)</p> <p>https://www.youngstonewall.org.uk/</p> |



MIND Cymru

Telephone: **0300 123 3393**

Mon – Fri 9am – 6pm

Text: **86463**

Email: **info@mind.org.uk**

<https://www.mind.org.uk/about-us/mind-cymru/>



Young Minds

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

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>



Mental Health Foundation

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



Samaritans

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



Papyrus

Telephone: **0800 068 41 41**

<https://papyrus-uk.org/>



Welsh Women's Aid

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

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|  | <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</p> <p>Telephone: 0800 02 888 40</p> <p>Email - support@childbereavementuk.org</p> <p>https://www.childbereavementuk.org/</p> |
|  | <p>Cruse</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</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>C.A.L.L. Community Advice & Listening Line</p> <p>Freephone: 0800 132 737 Text 'help' to 81066</p> <p>http://www.callhelpline.org.uk/</p> |

