**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)

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| Childline              | Anytime 0800 1111  
  https://www.childline.org.uk/  
  App also available: Childline For Me app  
  Intro Video: https://youtu.be/0WPezz3UcA8 |
| Kooth                  | https://www.kooth.com/                                                              |
| MEIC                   | Tel: 080 8802 3456  
  Text: 84001  
  https://www.meiccymru.org/  
  https://www.meiccymru.org/cym/ |
| Mind Hub               | http://www.mindhub.wales/  
  http://hybmeddwl.cymru/ |
<p>| Stonewall (Young Stonewall) | <a href="https://www.youngstonewall.org.uk/">https://www.youngstonewall.org.uk/</a>                                           |</p>
<table>
<thead>
<tr>
<th>Organization</th>
<th>Contact Information</th>
<th>Links</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIND Cymru</td>
<td>Telephone: <strong>0300 123 3393</strong> Mon – Fri 9am – 6pm Text: <strong>86463</strong> Email: <strong><a href="mailto:info@mind.org.uk">info@mind.org.uk</a></strong></td>
<td><a href="https://www.mind.org.uk/about-us/mind-cymru/">https://www.mind.org.uk/about-us/mind-cymru/</a></td>
</tr>
<tr>
<td>Young Minds</td>
<td></td>
<td><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus</a></td>
</tr>
<tr>
<td>Mental Health Foundation</td>
<td></td>
<td><a href="https://mentalhealth.org.uk/publications/overcome-fear-anxiety">https://mentalhealth.org.uk/publications/overcome-fear-anxiety</a></td>
</tr>
<tr>
<td>Samaritans</td>
<td></td>
<td><a href="https://www.samaritans.org/wales/how-we-can-help/schools/young-people/">https://www.samaritans.org/wales/how-we-can-help/schools/young-people/</a></td>
</tr>
<tr>
<td>Papyrus</td>
<td>Telephone: <strong>0800 068 41 41</strong></td>
<td><a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a></td>
</tr>
<tr>
<td>Welsh Women’s Aid</td>
<td></td>
<td><a href="https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/">https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/</a></td>
</tr>
</tbody>
</table>
### 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/](https://www.selfinjurysupport.org.uk/)

### 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.

Email - help@hopesupportservices.org.uk


### Child Bereavement UK

Telephone: 0800 02 888 40

Email - support@childbereavementuk.org

[https://www.childbereavementuk.org/](https://www.childbereavementuk.org/)

### Cruse

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/](https://www.cruse.org.uk/)

### Youth Work Support

[https://youthworksupport.co.uk/](https://youthworksupport.co.uk/)

Further websites that are coronavirus related:
[https://www.ukyouth.org/2020/03/18/coronavirus-advice/](https://www.ukyouth.org/2020/03/18/coronavirus-advice/)
[https://wearencs.com/blog/keeping-calm-through-coronavirus](https://wearencs.com/blog/keeping-calm-through-coronavirus)

### C.A.L.L. Community Advice & Listening Line

Freephone: 0800 132 737
Text ‘help’ to 81066
