

Help and Support for Young People and Parents

Action For Children - "2 Talk 2"

Provide a confidential counselling service to young people across Cardiff and also a text service where young people can text their name to request an appointment with a Counsellor.

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

029 2048 7356

Alcoholics Anonymous

Providing advice and assistance to young people who require support relating to alcohol

www.alcoholics-anonymous.org.uk/newcomer/youngpeople.shtml

National Helpline 0845 769 7555 24hr every day for the individual asking for help
General Service Office 01904 644026 for any other and general enquiries

Email

help@alcoholics-anonymous.org.uk for the individual asking for help

walesandborders-pilo@aa-email.org.uk for general public and professional information

BBC HEADROOM

www.bbc.co.uk/headroom/

Ruby Wax talks on short films about mental health issues.

Brook

Free and confidential sexual health advice and services specifically for young people under 25.

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

0808 802 1234

Bullies Out

Help, support and information to individuals affected by bullying

<http://www.bulliesout.com>

029 2056 8947

<http://www.bulliesout.com>

C.A.L.M. (Campaign against Feeling Miserable)

For young men, aged 15-35

www.thecalmzone.net

0800 58 58 58

Cardiff And Vale University Health Board – Family Planning Department

Confidential help and advice on contraception, sexual health, pregnancy testing and STI testing.

029 2033 5355

Cardiff Against Bullying

Provide help and support to anyone affected by bullying, including advice, information and face-to-face contact to help people feel confident and happier.

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

029 2062 9800

Cardiff Looked After Care/ Leaving Care and Related Services

Provides social work support regarding planning for looked after children, young people leaving care, accommodation, financial support, benefit claims, accessing education, training and employment and accessing health services.

029 2023 9827

C-Card Scheme

Provides free, quick, easy and confidential access to condoms as well as advice and help on sexual health and relationships for young people aged 13-25.

www.cardiffymca.co.uk

029 2046 5250

Children's Commissioner For Wales

Children's Champion for Wales. Promoting and safeguarding the rights and welfare of Wales' children and young people

www.childcomwales.org.uk

0808 801 1000

Childline – 0800 1111

www.childline.org.uk

www.TheSite.org – Advice on everything!

Dan 24/7

A free and bilingual telephone drug and alcohol helpline providing a single point of contact for anyone in Wales wanting further information or help relating to drugs or alcohol.

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

0808 141 0044

Eating Problems?

BEAT – Advice and support for people affected with eating disorders

www.b-eat.co.uk/YoungPeople/Home

0845 634 7650

Four Winds Centre

Open access drop-in and resource centre for anyone experiencing mental health difficulties.

http://www.cvmhdp.org.uk/content/public/online_directory/default.asp?id=110

029 2038 8144

Meic - information, advice and support for your life

Meic is a confidential and free helpline which can help you with a range of issues, such as: family/friend problems, housing issues, bullying, health and work worries, where to go for help in your area or as a place to get something off your chest.

0 - 25 / free / confidential / for you

Tel: 080880 23456

Txt: 84001

IM/web: www.meiccymru.org

Email: help@meiccymru.org

Mental Health helpline for Wales – 0800 132 737

Premier Lifeline – 0845 345 0707

(emotional, spiritual & prayer support from a Christian perspective)

NSPCC (National Society for the Protection of Cruelty to Children)

Tel: 0808 800 5000

www.nspcc.org.uk/default.html

(24 hour confidential advice. Can be anonymous)

Papyrus – Information, advice and support when you are feeling suicidal.

0800 068 41 41

www.papyrus-uk.org

Parentline – 0808 800222

www.parentlineplus.org.uk

24 hour confidential advice. Can be anonymous.

Samaritans

When you need someone to talk to. Open 24 hours.

08457 90 90 90

Self-Harming?

Self-Harming Network provides fact sheets and tips.

Tel: 0800 622 6000 (7pm-11pm)

www.nshn.co.uk

Shelter Cymru's Education Service

Advice on leaving home and living independently. Also provides links to support and emergency assistance should you find yourself homeless or at risk of becoming homeless.

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

017 9248 3002

The Amber Project

Offers counselling for self-harm in Cardiff and Cwmbran

www.churcharmy.org.uk

02920 344 776

Young Minds

Lots of great information and someone to talk to.

www.youngminds.org.uk/young-people

Mon-Fri 9.30am-4pm / parents@youngminds.org.uk / 11am-1pm weekdays

08088025544

Youth2Youth

The helpline is for any young person under the age of 19 years who feel they need emotional support - run by young people for young people.

<http://www.youth2youth.co.uk>

020 8896 3675