

In an Emergency call 999

NHS Helpline

Get advice if you need help urgently for your mental health, but it's not an emergency.



111

Local Support

CAMHS

Child and Adolescent Mental Health Service referrals can come from a range of professionals including GP's, Children's Services and Paediatrics.

Barod

For confidential substance misuse advice and support for young people, concerned others and adults



03003330000



www.barod.cymru

Eye to Eye

Counselling Service which offers free and confidential counselling to young people aged 10 to 25 in Rhondda Cynon Taf



01443202940



www.eyetoeye.wales

Valley Steps

Promoting better wellbeing across Rhondda Cynon Taf, Merthyr Tydfil and Bridgend



01443803048



www.valleysteps.org

Parent/Carer Support

YoungMinds

Call the parent helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.



08088025544 (Available Mon-Fri, 9:30am - 4:00pm)



www.youngminds.org.uk

Help & Support for Young People's Mental Health

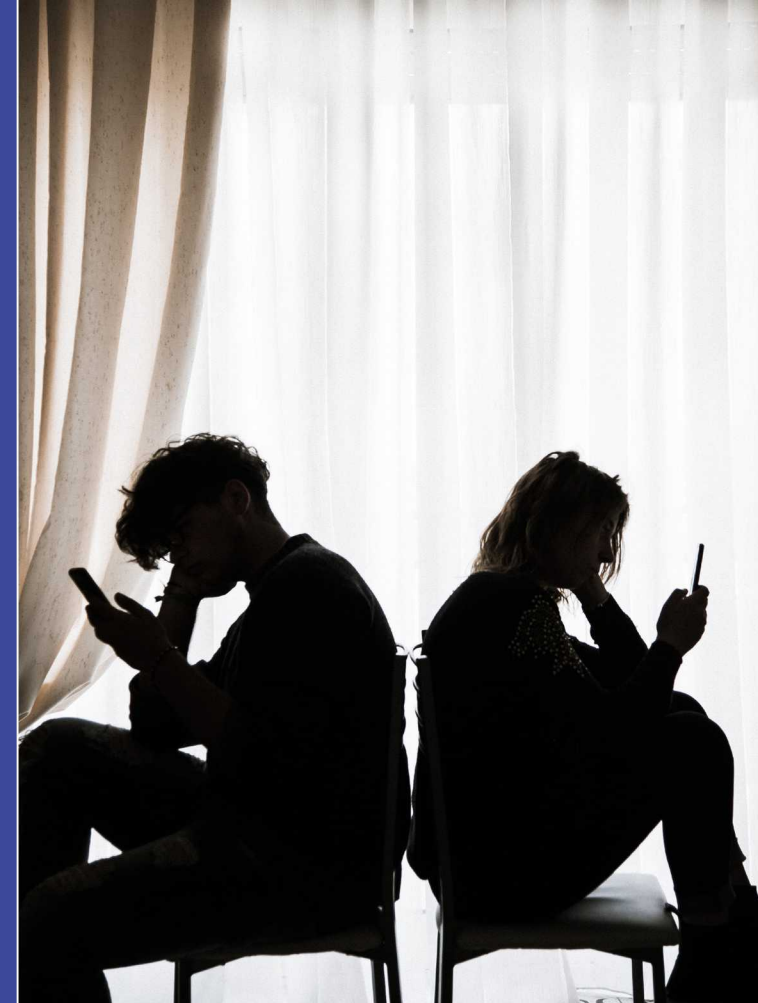


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GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board



GET THE RIGHT HELP FOR YOU

**There is more than one way
to get help for your Mental Health.**



Cwm Taf Morgannwg
Bwrdd Diogelu
Safeguarding Board

HELPFUL APPS



DistrACT

Quick and discreet access to information and advice about self-harm and suicidal thoughts



Chill Panda

Use breathing techniques to help you relax more, worry less and feel better



Calm Harm

Reduce urges to self-harm and manage emotions in a more positive way



Catch It

Learn to manage negative thoughts and look at problems differently



Silver Cloud

An eight-week course to help manage stress, anxiety and depression at your own pace



MEE TWO

A safe and secure forum for teenagers wanting to discuss any issue affecting their lives



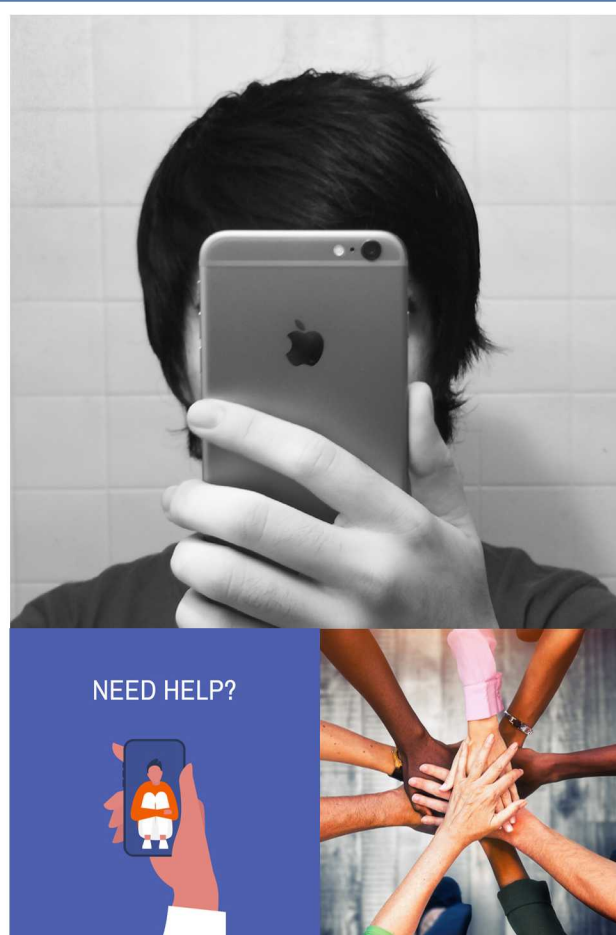
STAY ALIVE

A pocket suicide prevention resource, packed full of information to help you and others stay safe



THINK NINJA

ThinkNinja is an app that helps 10 to 18 year olds learn about and manage their mental health (Free during the COVID 19 crisis)



24/7 HELP IS AT HAND

TEXT, MESSAGE OR CALL

**Someone is always available to listen,
even if you are not ready to talk**

CONNECT WITH SOMEONE FOR HELP

Young Minds

A messenger providing free 24/7 support if you are experiencing a mental health crisis. Get urgent help by:



YM to 85258



www.youngminds.org.uk/find-help

Child Line

A free and confidential service available to anyone under 19, trained counsellors are here to support you anytime, day or night.



0800 111



www.childline.org.uk

Samaritans

A 24 hour support for anyone experiencing distress, despair or suicidal thoughts.



116123

Kooth.com

A free, anonymous, confidential online counselling service for those aged 11-19 years. You can talk about anything no matter how big or small.

Papyrus

Advice for young people at risk of suicide.



08000 684141

Shout

A 24/7 text service for anyone in crisis at anytime, anywhere. It's a place to go if you're struggling to cope and need immediate help.



85258

Meic Cymru

A free helpline service for anyone up to the age of 25 in Wales. You can call, text or instant message for support, advice and information.



08088023456



84001