

**Wellbeing Directory**

**January 2021**

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| Support | Description | Contact details |
| Treorchy comp Logo copy | **General support from School** | [Support@treorchycomp.org.uk](mailto:Support@treorchycomp.org.uk)  Tel 01443 773128 |
| Image result for public health wales | **Public health Wales** | [**www.**phw.nhs.wales](http://www.phw.nhs.wales) |
| eye to eye logo transparent background | **Eye to Eye Counselling** | [www.eyetoeye.wales](http://www.eyetoeye.wales)  tel. 01443 202940 |
| B0230EB6 | **Childrens’ Services**  safeguarding support for Adults and Children | tel. 01443 742928 |
| B0230EB6 | **Educational Psychology** | [EPS@rctcbc.gov.uk](mailto:EPS@rctcbc.gov.uk) |
| **Childline** | **Childline**  ChildLine is a counselling service for children and young people up to their 19th birthday in the UK provided by the NSPCC | [www.childline.org.uk](http://www.childline.org.uk)  tel. 08001111 |
| Image result for Think you know | **Think you know**  Educational programme which protects children both online and offline | [www.thinkyouknow.com](http://www.thinkyouknow.com) |
| **Image result for nspcc logo** | **NSPCC**  National Society for the Prevention of Cruelty to Children. | [www.nspcc.org.uk](http://www.nspcc.org.uk) |
| Image result for meic | **Meic**  Meic is the helpline service for children and young people up to the age of 25 | [www.meicymru.org](http://www.meicymru.org)  Tel 080880 23456 |
|  | **Young Minds**  The is the UK’s leading charity fighting for children and young people's mental health | [www.youngminds.org.uk](http://www.youngminds.org.uk) |
|  | **Child Bereavement services** | [www.childbereavement.org](http://www.childbereavement.org)  Tel. 080002 888 40 |
| Cruse Bereavement Care | **Cruse**  Cruse is a service offering support for families facing tragic loss of life. | [www.cruse.org.uk](http://www.cruse.org.uk)  tel. 0808 8081677 |
| Image result for talk to FRANK | **Talk to Frank**  Talk to Frank support advice and facts on drugs and alcohol | [www.talktofrank.com](http://www.talktofrank.com) |

A Young Person’s Mental Health Toolkit can be found on Hwb. This comprises a variety of online resources, which can help them through lockdown and beyond. It contains information on websites, apps, helplines, and more, which support mental health and well-being:

* Anxiety [https://hwb.gov.wales/go/agg9pn](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhwb.gov.wales%2Fgo%2Fagg9pn&data=02%7C01%7CLaura.Cook%40gov.wales%7C0bb43facd006448f153408d8078509ea%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637267615259178288&sdata=z3iYmNqoEaiTObckjNC27%2FnT%2FTM75jqzsynB0%2BY9btE%3D&reserved=0)
* Coronavirus and your well-being [https://hwb.gov.wales/go/ffkbs1](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhwb.gov.wales%2Fgo%2Fffkbs1&data=02%7C01%7CLaura.Cook%40gov.wales%7C0bb43facd006448f153408d8078509ea%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637267615259178288&sdata=kvcqAPmp42SrHuhP9sEURsklMQIOkhFKYzPwxNNQTy4%3D&reserved=0)
* Crisis [https://hwb.gov.wales/go/4ypw1s](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhwb.gov.wales%2Fgo%2F4ypw1s&data=02%7C01%7CLaura.Cook%40gov.wales%7C0bb43facd006448f153408d8078509ea%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637267615259188281&sdata=FDsRAPqbw4dCMrhnIHBMCIpr%2FWVEgTjF2Wexmo%2FWYsM%3D&reserved=0)
* Keeping health [https://hwb.gov.wales/go/nz95en](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhwb.gov.wales%2Fgo%2Fnz95en&data=02%7C01%7CLaura.Cook%40gov.wales%7C0bb43facd006448f153408d8078509ea%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637267615259188281&sdata=eRNOLongJvjqpx4kbXNnZdDck7E7pqzK8taRe01riAI%3D&reserved=0)
* Loss [https://hwb.gov.wales/go/lvy6hx](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhwb.gov.wales%2Fgo%2Flvy6hx&data=02%7C01%7CLaura.Cook%40gov.wales%7C0bb43facd006448f153408d8078509ea%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637267615259198276&sdata=%2BSDW2ZL%2FhThcZzuBoO7JyiUH8KKyvSilNvChl5FBseI%3D&reserved=0)
* Low mood [https://hwb.gov.wales/go/bi4vbc](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhwb.gov.wales%2Fgo%2Fbi4vbc&data=02%7C01%7CLaura.Cook%40gov.wales%7C0bb43facd006448f153408d8078509ea%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637267615259198276&sdata=b3KgmseVSz8AWyFS6lNtzZgbvlv%2FQHWBqiQR1ZETMaQ%3D&reserved=0)