



Wellbeing Directory

January 2021

| Support | Description | Contact details |
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|  | General support from School | Support@treorchycomp.org.uk Tel 01443 773128 |
|  | Public health Wales | www.phw.nhs.wales |
|  | Eye to Eye Counselling | www.eyetoeye.wales tel. 01443 202940 |
|  | Childrens' Services safeguarding support for Adults and Children | tel. 01443 742928 |
|  | Educational Psychology | EPS@rctcbc.gov.uk |
|  | Childline ChildLine is a counselling service for children and young people up to their 19 th birthday in the UK provided by the NSPCC | www.childline.org.uk tel. 08001111 |
|  | Think you know Educational programme which protects children both online and offline | www.thinkyounow.com |
|  | NSPCC National Society for the Prevention of Cruelty to Children. | www.nspcc.org.uk |
|  | Meic Meic is the helpline service for children and young people up to the age of 25 | www.meicymru.org Tel 080880 23456 |

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|  | <p>Young Minds This is the UK's leading charity fighting for children and young people's mental health</p> | <p>www.youngminds.org.uk</p> |
|  | <p>Child Bereavement services</p> | <p>www.childbereavement.org Tel. 080002 888 40</p> |
|  | <p>Cruse Cruse is a service offering support for families facing tragic loss of life.</p> | <p>www.cruse.org.uk tel. 0808 8081677</p> |
|  | <p>Talk to Frank Talk to Frank support advice and facts on drugs and alcohol</p> | <p>www.talktofrank.com</p> |

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>
- Coronavirus and your well-being <https://hwb.gov.wales/go/ffkbs1>
- Crisis <https://hwb.gov.wales/go/4ypw1s>
- Keeping health <https://hwb.gov.wales/go/nz95en>
- Loss <https://hwb.gov.wales/go/lvy6hx>
- Low mood <https://hwb.gov.wales/go/bi4vbc>