



Treorchy Comprehensive School

Supporting the Wellbeing of learners Directory

March 2021

Website

The following document is a comprehensive list of support services available to children and young people.

None of the Apps/websites listed are a substitute for professional mental health care, therapy or advice. If a child or adult is worried about any aspects of their mental health then they should approach a member of staff /professional.

Presenting Issue(s)	Useful Apps	Useful Websites
Abuse (including sexual)	Mindshift Mindful Gnats For Me (Childline)	<p>www.youngminds.org.uk crisis messenger: 85258 Office: 020 7089 5050</p> <p>www.newpathways.org.uk Phone: 01685 379 310 enquiries@newpathways.org.uk</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p> <p>www.rapecrisis.org.uk Helpline: 0808 802 9999 Online chat available (16+)</p> <p>www.NSPCC.org.uk Helpline: 0808 800 5000 (24hr) Email: help@nspcc.org.uk</p>
Academic	Headspace –has in app purchases Mindshift Exam Stress	<p>www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available</p> <p>www.childline.org.uk Helpline: 0800 1111</p>
Anger	Mindshift What's Up MiSpace (7-14yrs)	<p>www.youngminds.org.uk Office: 020 7089 5050</p> <p>http://www.valleyssteps.org/ (free courses in RCT for over 14's if accompanied by an adult or over 16's can go alone or with a friend) Phone: 01443 803048</p> <p>https://www.wicid.tv/</p> <p>www.mindmate.org.uk</p>
Anxiety	Mindshift Mindful Gnats Worry Tree (in app purchases) Clear Fear Catch It Combined minds Think Ninja MiSpace For Me (Childline) Samaritans (download via website)	<p>http://www.valleyssteps.org/ (free courses in RCT for over 14's if accompanied by an adult or over 16's can go alone or with a friend) Phone: 01443 803048</p> <p>www.mindfulgnats.com Email: info@peskygnats.com</p> <p>www.anxietycanada.com</p> <p>www.youngminds.org.uk crisis messenger: 85258 Office: 020 7089 5050</p> <p>www.oxfordmindfulness.org https://www.wicid.tv/</p> <p>www.healios.org.uk</p> <p>www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available</p>

		<p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p>
Behaviour	<p>Headspace</p> <p>Stop, Breathe & Think- (has in app purchases)</p> <p>Breathe2relax</p> <p>Well-mind (NHS)</p>	<p>https://www.wicid.tv/</p> <p>www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p>
Bereavement and Loss	<p>Apart of me</p> <p>Happify- has in app purchases</p> <p>Smiles & Tears</p> <p>Grief Support (11-25yrs)</p> <p>For Me (Childline)</p>	<p>www.cruse.org.uk RCT/Merthyr Phone: 01685 876020</p> <p>www.rd4u.org.uk Phone: 01685 876020</p> <p>www.hopeagain.org.uk Helpline: 0808 808 1677</p> <p>www.mariecurie.org.uk</p> <p>www.winstonswish.org.uk Phone: 08452 030405</p> <p>www.uksobs.org</p> <p>www.ifucareshare.co.uk Phone: 0191 387 5661</p> <p>www.childhoodbereavementnetwork.org</p> <p>www.childbereavementuk.org Phone: 01494 568900</p> <p>www.2wishuponastar.org Phone: 01443 853125</p> <p>https://www.mentallyhealthyschools.org</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p>
Bullying	Mindshift	<p>www.standuptobullying.co.uk www.kidscape.org.uk</p> <p>www.youngminds.org.uk crisis messenger: 85258 phone: 020 7089 5050</p> <p>https://www.wicid.tv/</p> <p>www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p>

<p>Caring Responsibility</p>	<p>Change4Life Smart Recipes</p>	<p>www.carers.org.uk</p> <p>www.rctcbc.gov.uk/EN/Resident/Childre nandFamilies/YoungCarersSupport/YoungCarersSupport.aspx</p> <p>Phone: 01443 425006.</p> <p>www.actionforchildren.org.uk</p> <p>RCT YC Phone: 01443 433 079</p> <p>www.barnardos.org.uk/what-wedo/services/merthyr-young-carersservice</p> <p>Phone: 01685 725171</p> <p>Email: linda.jones@barnardos.org.uk</p>
<p>Covid-19</p>	<p>ThinkNinja</p>	<p>www.mylockdowndiary.com</p> <p>www.nhs.uk/conditions/coronaviruscovid-19/</p> <p>https://tinyurl.com/mryra4th</p> <p>https://gov.wales/coronavirus</p> <p>www.healios.org.uk</p> <p>www.childline.org.uk</p> <p>Helpline: 0800 1111</p> <p>Online chat and messenger via website</p> <p>www.youngminds.org.uk</p> <p>crisis messenger: 85258</p> <p>phone: 020 7089 5050</p> <p>https://www.annafreud.org</p>
<p>Cyber Safety</p>	<p>Stay Alive</p>	<p>www.saferinternet.org</p> <p>www.internetmatters.org.uk</p> <p>www.youngminds.org.uk</p> <p>crisis massager: 85258</p> <p>phone: 020 7089 5050</p> <p>https://www.wicid.tv/</p> <p>www.ceop.police.uk/safety-centre/</p> <p>www.thinkuknow.co.uk</p> <p>www.themix.org.uk</p> <p>Helpline: 0808 808 4994 (3pm – 12am)</p> <p>Online Chat Available</p> <p>www.childline.org.uk</p> <p>Helpline: 0800 1111</p> <p>Online chat and messenger via website</p>
<p>Depression/ low mood</p>	<p>Well-mind (NHS)</p> <p>Self-Heal</p> <p>Cove: music for mental health</p> <p>Combined minds</p> <p>Think Ninja</p>	<p>www.youngminds.org.uk</p> <p>crisis messenger: 85258 phone: 020 7089 5050</p> <p>http://www.valleyssteps.org/</p> <p>(free courses in RCT for over 14's if accompanied by an adult or over 16's can go alone or with a friend)</p> <p>Phone: 01443 803048</p> <p>www.mindmate.org.uk</p>

	<p>Samaritans (download via website)</p> <p>For Me (Childline)</p> <p>MiSpace</p>	<p>https://www.wicid.tv/</p> <p>www.kooth.com</p> <p>www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available Crisis messenger: THEMIX to 85258</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p> <p>www.samaritans.org Phone: 116 123 Email: jo@samaritans.org SHOUT: Crisis text: 85258</p> <p>CALM (Males 15+) Helpline: 0800 132 737 Text: 81066</p>
<p>Domestic Abuse</p>	<p>Bright Sky</p>	<p>www.womensaid.org RCT: ww.wa-rct.org.uk Phone: RCT 01443 400791 / Pontypridd 01443 491528</p> <p>www.thehideout.org.uk</p> <p>www.newpathways.org.uk Phone: 01685 379 310 Email: enquiries@newpathways.org.uk</p> <p>www.galop.org.uk Helpline: 0800 999 5428 Online chat available (wed/thus)</p> <p>DYN Project: Helpline: 0808 801 0321 Email: support@dynwales.org www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p>
<p>Eating Disorders</p>	<p>Mindful Eating</p> <p>Recovery Record</p> <p>Change4Life Smart Recipes</p> <p>Combined minds</p>	<p>www.beateatingdisorders.org.uk BEAT Youth Line: 0808 801 0711</p> <p>www.bodygossip.org</p> <p>www.seedeatingdisorders.org.uk Helpline: 01482 718130</p>

Family	Mindshift Self-Heal	www.kidshealth.org.uk https://www.wicid.tv/ www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website
OCD (coping strategies)		www.youngminds.org.uk Phone: 020 7089 5050 www.braininhand.co.uk www.ocdaction.org.uk Phone: 0845 390 6232
Offending	Aim for Anger Management	https://www.wicid.tv/
Relationship (Others)	Worry Tree For Me (Childline)	https://www.wicid.tv/ www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website
School Refusers/Poor attendance	Worry Tree	https://www.wicid.tv/
Self-Harm	Self-Heal Calm Harm Combined minds disACT	www.selfinjurysupport.org.uk Phone: 0117 927 9600 https://hatw.co.uk www.amberproject.org.uk Phone: 02920 344776 https://www.wicid.tv/ www.mindmate.org.uk https://harmless.org.uk/ https://www.lifesigns.org.uk/ www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am)

<p>Self-Worth</p>	<p>Self-Heal Mindshift Worry Tree MiSpace</p>	<p>https://www.wicid.tv/ www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website www.bodygossip.org</p>
<p>Sexual (including orientation)</p>	<p>Bright Sky</p>	<p>www.stonewallcymru.org.uk Phone: 0800 502020 www.cwmtafuhb.wales.nhs.uk/contraception-and-sexual-health-services www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available https://switchboard.lgbt/ www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website https://www.wicid.tv/</p>
<p>Stress</p>	<p>Exam Stress Well-mind (NHS) Worry Tree App Self-Heal Mindful gnats Smiling mind For Me (Childline) MiSpace</p>	<p>http://www.valleyssteps.org/ (free courses in RCT for over 14's if accompanied by an adult or over 16's can go alone or with a friend) Phone: 01443 803048 https://www.wicid.tv/ https://www.mentallyhealthyschools.org http://www.nhs.uk/Livewell/youth-mentalhealth/Pages/Youth-mental-healthhelp.aspx(for over 16's) www.youngminds.org.uk crisis messenger: 85258 phone: 020 7089 5050</p>
<p>Suicide</p>	<p>Stay Alive disTRACT Samaritans (download via website)</p>	<p>www.samaritans.org Phone: 116 123 Email: jo@samaritans.org www.papyrus-uk.org Phone: 0800 068 4141 Text: 07860 039967 Email: pat@papyrus-uk.org (helpline up to age 35 for those considering suicide, concerned others and those that have been affected by suicide and need debriefing) www.youngminds.org.uk crisis messenger: 85258 phone: 020 7089 5050 www.themix.org.uk</p>

		<p>Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available Crisis messenger: THEMIX to 85258</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p> <p>SHOUT: Crisis text: 85258</p> <p>www.uk-sobs.org.uk 0844 561 6855</p> <p>https://hatw.co.uk/straight-up-advice/</p> <p>https://www.wicid.tv/</p> <p>www.stayingsafe.net</p>
Transgender Issues	For Me (Childline)	<p>www.stonewallcymru.org.uk Phone: 0800 502020</p> <p>www.mermaidsuk.org.uk Helpline: 0808 801 0400</p> <p>www.lgbt.foundation</p> <p>https://www.wicid.tv/</p>
Trauma	<p>For me (NHS)</p> <p>Worry Tree</p> <p>Samaritans (download via website)</p> <p>Combined minds ThinkNinja</p>	<p>www.youngminds.org.uk crisis messenger: 85258 phone: 020 7089 5050</p> <p>www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available Crisis messenger: THEMIX to 85258 www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</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>