

NSPCC 
HELPLINE
0808 800 5000
help@nspcc.org.uk

barod
 Single Points of Contact
 DDAS - 03303 639 997
 Choices (Young Person's Service, Dyfed) - 01554 755779
 Swansea - 01792 472002
 Cwm Taf - 0300 333 0000
 GDAS (Gwent) - 0333 999 3577
 N-Gage (Young Person's Service, Gwent) - 0333 3202751
 DAN 24/7 National Helpline - 0800 633 5588

**UNDER 25?
 NEED CONFIDENTIAL
 ADVICE ABOUT
 SEX AND
 RELATIONSHIPS?**

Brook can help with that

brook.org.uk 
 

LGBT Cymru Helpline & Counselling Service
0800 980 4021
 Every Monday 7pm-9pm
info@lgbtcymru.org.uk

**Credwch
 mewn plant
 Believe in
 children**

 **Barnardo's
 Cymru**

Careers
 Gyrfaoedd


 ddylai nisb yng Nghymru fod yn unig
 no one in Wales should be alone


 h a f a l
 INVESTORS
 IN PEOPLE

nyas 
 giving a voice to
 children, young people
 and vulnerable adults


mind
 for better mental health

**"It's alright to
 ask for help"**

SAMARITANS

 **116 123**

YOUNGMINDS
 fighting for young people's mental health

**proud to support
 time to change**

let's end mental health discrimination



meic
rhywun ar dy ochr di
someone on your side

rhedffôn/freephone
0800 8802 3456

testun/text
84001

gwe/lm/web
www.meic.cymru



Umbrella Cymru

www.umbrellacymru.co.uk | 0300 3023670
07860 039527 | info@umbrellacymru.co.uk
Pŵl Eusan Gortrestedig | Registered Charity Number | 1160809




Cruse
Bereavement
Care




Am I a Young Carer?
Help you, to help yourself
01226 770619

Believe in children
Barnardo's



No Panic
National Organisation for Phobias, Anxiety, Nervousness, Panic Attacks and OCD
Helping you break the chains of anxiety disorders

Are you between 13 & 20 years old and suffer with:

- Anxiety Disorders
- Panic Attacks
- Phobias
- OCD
- Exam Stress
- Family Anxiety?

For help & support, call No Panic
between 3pm & 6pm Monday to Friday.

Youth Helpline
0330 606 1174

For help outside these times please call
01753 840393
(calls charged at local rate)

Don't suffer alone, pick up the phone!

info@nopanic.org.uk www.nopanic.org.uk
@charitynopanic No Panic

For more information about our services and how we can help please contact
our head office on 01753 880660

Registered Charity Number 517014

Feeling the pressure?
Don't suffer in silence.



divorce
KNACKERED MONEY
WORRIED
LONELY
BURNT OUT
STRESSED
TRUMP REALITY
GUILT
ANGRY
NEGLECTED
INSECURE
BEREAVEMENT

"I was in a really dark place. Talking helped me realise things would get better."

0800 107 0160
releasethepressure.uk



Crisis
Together
we will end
homelessness



Llamau

The Amber Project
Offering Support and Information



Amber Project exists to support any young person (aged 14-25) in Cardiff and the surrounding areas who has experience of self-harm.