

# CHILDREN & YOUNG PEOPLE'S Swansea Mental Health & Wellbeing Service Directory



## Local and national mental health & related services

**For more information on the Mental Health Development Service and to download mental health resources, please visit:**



[www.scvs.org.uk/mhds](http://www.scvs.org.uk/mhds)





# Children & Young People

This directory provides information on a variety of services that specifically support young people under the age of 18; however, some services are available to young people up to the age of 25 years.

*PLEASE ENSURE that you also check the relevant section in the Mental Health & Wellbeing Service Directory for Swansea.*

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## BENEFITS

Organisation	Age	How to Access
<p><b>Welfare Rights Unit</b> – offers advice, assistance and support on a range of benefit issues including: drafting letters; assisting with completion of forms; benefit checks.</p>	-	<p><b>This service and advice line can <u>ONLY</u> be accessed by Support Workers</b></p> <p><b>Tel: (01792) 637755</b></p> <p><b>When:</b> 9-10:30 &amp; 2-4pm – Mon &amp; Wed 9-12pm on Friday</p>

## BLACK & MINORITY ETHNIC

### General Advice

Organisation	Age	How to Access
<p><b>African Community Centre – The “I Can Project”</b> - seeks to encourage disadvantaged young people, particularly from refugee and asylum seeking backgrounds to come together and enjoy diverse activities in a safe environment. Activities include; Family Fun Days, Workshops on bullying, racism, stereotyping and careers advice etc.; revision sessions with personal tutors, activity days, including; Ten Pin Bowling, trips to theme parks and visits to the Gower; Beach Sports, Summer Camps, our annual Swansea’s Got Talent and much, much more.</p> <p>The I Can project also supports a parent and toddler group aimed at breaking down barriers within the community, arts and crafts, art therapy, play time, rhyme time and trips out.</p>		<p><b>Tel: (01792) 470298</b></p> <p><b>Email:</b> <a href="mailto:emily.dougherty@africancommunitycentre.org.uk">emily.dougherty@africancommunitycentre.org.uk</a></p> <p><b>Web:</b> <a href="http://www.africancommunitycentre.org.uk/projects/i-can-project">www.africancommunitycentre.org.uk/projects/i-can-project</a></p>
<p><b>Ethnic Youth Support Team (EYST) Bridging Cultures, Strengthening Families Project</b> - aims to work with young BME people up to the age of 18, and help them to overcome the cultural, linguistic, and generational gap which exists between them and their parents.</p>	18 max	<p><b>Tel: (01792) 466980</b></p> <p><b>Email:</b> <a href="mailto:Helal@eyst.org.uk">Helal@eyst.org.uk</a></p>

<p>We do this by providing mentoring, support, counselling, and family mediation to young people and their families who are experiencing cultural conflict. We also provide regular whole-family activities and events to prevent the breakdown of communication between children and parents and to keep families strong</p> <p><b>My Space Project</b> - is a Community resource project which aims to establish the EYST youth drop in centre in Swansea as an accessible, flexible and multi-functional community space offering a range of facilities to ethnic minority young people as well as linking them to the wider community including diverse groups in terms of age, gender, race, and faith. The aim is to equip the ethnic minority young people with the skills, opportunities and confidence to be active and integrated members of their community.</p>		<p><b>Tel: (01792) 466980</b>  <b>Project Coordinator Email:</b>  Shehla Khan <a href="mailto:manager@eyst.org.uk">manager@eyst.org.uk</a>  <b>Development Workers Emails:</b>  <a href="mailto:matthew@eyst.org.uk">matthew@eyst.org.uk</a>  <a href="mailto:Shahab@eyst.org.uk">Shahab@eyst.org.uk</a>  <b>Web:</b> <a href="http://www.eyst.org.uk/my-space-project">www.eyst.org.uk/my-space-project</a></p>
<p><b>Gypsy, Roma, Traveller Advice Line</b>  Travelling Ahead supports Gypsy, Roma and Traveller communities around Wales (children, young people and adults) with your rights and entitlements, make sure your voices are heard, you are treated fairly and to help challenge discrimination.</p>		<p><b>Tel: 08088 020025</b>  <b>Web:</b>  <a href="http://www.travellingahead.org.uk/rights-advice/wales-advice-advocacy-service">www.travellingahead.org.uk/rights-advice/wales-advice-advocacy-service</a></p>
<p><b>Asylum Seekers and Refugees</b></p>		
<p><b>Swansea Bay Refugee Matters / Circus Eruption</b> - A circus project for 11-18 year olds who are from families who are or have been refugees / asylum seekers. An opportunity to learn and develop a range of circus skills. There is funding to provide transport which needs to be arranged</p>	<p>11 – 18</p>	<p><b>Every Tuesday 6:45pm-8:45pm in Parc Tawe</b>  <b>Tel: 01792 795778</b>  <b>Email:</b>  <a href="mailto:contact@circuseruption.co.uk">contact@circuseruption.co.uk</a>  <a href="mailto:youthcircus@circuseruption.co.uk">youthcircus@circuseruption.co.uk</a></p>

beforehand so please contact. Young people can just turn up but a signature from an adult responsible for them is needed.		
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<b>CARERS</b>		
<b>Organisation</b>	<b>Age</b>	<b>How to Access</b>
<b>Babble</b> - is an online community for young carers and offers information, support and a safe online space for young carers.		<a href="http://www.babble.carers.org">www.babble.carers.org</a>
<p><b>Swansea Carer's Centre</b>  <b>Young Adult Carers Project</b>  Supporting young people who are unpaid carers/former carers on a 1-2-1/group basis to help improve wellbeing and resilience. This process helps the young people have a break from their caring role and opportunities to meet other in a similar situation.</p> <p><b>Parent Carers of young people (14-25) with a disability or illness</b>  This group is open to parent carers of a young person (14-25) with a disability or illness and who are moving from child to adult services in Swansea.</p>	<p>16 -25</p> <p>14-25</p>	<p>2 youth clubs a month based at the EYST office.  <b>Tel: 01792 653344</b>  <b>Email:</b>  <a href="mailto:alex@swansecarerscentre.org.uk">alex@swansecarerscentre.org.uk</a>  <b>Web:</b>  <a href="http://www.swansecarerscentre.org.uk">www.swansecarerscentre.org.uk</a>  <b>Address:</b> 104 Mansel Street  Swansea SA1 5UE  <b>Date &amp; Time:</b>  1st Tuesday of the month - 10am-2pm  <b>Venue:</b> Friends of the Young Disabled, Carmarthen Road, Cwmbwrla, Swansea  <b>Email:</b>  <a href="mailto:angela@swansecarerscentre.org.uk">angela@swansecarerscentre.org.uk</a></p>
<p><b>Swansea YMCA – YMCA Swansea Young Carers Service</b> supports young carers aged 8-25 to have a break from their Caring role.</p> <p><b>Young Carers Club –</b> provides information, peer-to-peer and professional support, activities and space to try new opportunities. They focus on four areas:</p>	<p>8-25</p> <p>8-18</p>	<p><b>Contact:</b> Egija Cinovska  <b>Tel: 07946348878</b>  <b>Email:</b>  <a href="mailto:egija@ymcaswansea.org.uk">egija@ymcaswansea.org.uk</a></p> <p><b>Every Wednesday 6:30pm – 8:30pm</b>  <b>Tel: (01792) 652032</b>  <b>Mob: 07946 348878</b></p>

<ul style="list-style-type: none"> <li>- Support and advice</li> <li>- Family work</li> <li>- Health &amp; Wellbeing</li> <li>- Training &amp; education</li> </ul>	<p><b>Email:</b>  <a href="mailto:egija@ymcaswansea.org.uk">egija@ymcaswansea.org.uk</a></p> <p><b>Email:</b>  <a href="mailto:geraint@ymcaswansea.org.uk">geraint@ymcaswansea.org.uk</a></p> <p><b>Web:</b> <a href="http://www.ymcaswansea.org.uk">www.ymcaswansea.org.uk</a></p>
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DOMESTIC ABUSE		
Organisation	Age	How to Access
<b>Domestic Abuse One Stop Shop</b> – is a place where you can go for information, advice and support if you are affected by domestic abuse (or if you are at risk of domestic abuse)		<b>35-36, Singleton Street, Swansea. SA1 3QN</b> <b>Tel: (01792) 345750</b>
<b>Domestic Abuse Unit</b> – The <b>Swansea Police Domestic Abuse Unit</b> has specially trained police staff who are aware of the difficulties that you may be facing, and who can offer practical advice about how to stop the abuse, either for yourself or another.		<b>Tel: (01792) 562759 (office hrs)</b> In an emergency, always dial <b>999</b>
<b>Info Nation</b> – provide support to young people affected by domestic or dating abuse.	11-25	<b>Tel: (01792) 484010</b> <b>Mob: 07930328607</b> <b>Email:</b> <a href="mailto:info-nation@swansea.gov.uk">info-nation@swansea.gov.uk</a> <b>Address:</b> 47 The Kingsway, Swansea. SA15HG
<b>Live Fear Free Helpline</b> - is a bilingual information signposting service, to help and guide people with experience of domestic abuse or sexual violence, who are in need of information or access to support services. The helpline is free, 24 hours a day, 7 days a week.		<b>Tel: 0808 80 10 800</b>
<b>NSPCC</b> – offer information on a wide variety issues, such as; neglect, domestic abuse, FGM, sexual exploitation. <b>Speak Out, Stay Safe programme</b> (formerly Childline Schools Service) - uses specially trained volunteers to talk	5-11	<b>Web:</b> <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> <b>Helpline: 0808 800 5000</b>  <b>Web:</b> <a href="http://www.nspcc.org.uk/services-and-resources/working-with-">www.nspcc.org.uk/services-and-resources/working-with-</a>





<ul style="list-style-type: none"> <li>- you are aged 16 to 24 and not in employment, education or training</li> <li>- you live in the Western Bay area</li> <li>- you are in recovery from substance misuse and/or mental health issues</li> </ul>		
<p><b>Discovery</b> - Supported Volunteering Scheme provides volunteering placements for people with additional needs, including mental health issues, in order to make the benefits of volunteering accessible to everyone. Every volunteer gets a role developed for their interests, and whatever support is necessary for them to succeed within it.</p>	16+	<p>Email: <a href="mailto:discovery@swansea.ac.uk">discovery@swansea.ac.uk</a></p>
<p><b>Down to Earth Project</b> - provide vocational, practical and accredited skills training provided through courses and volunteer placements. Opportunities focus on construction, gardening and land management.</p>		<p>Course Enquiries: Tel: (01792) 391303  Email: <a href="mailto:jon@downtoearthproject.org.uk">jon@downtoearthproject.org.uk</a>  Volunteer Enquiries: Tel: (01792) 391303  Email: <a href="mailto:barney@downtoearthproject.org.uk">barney@downtoearthproject.org.uk</a></p>
<p><b>Info Nation</b> – free access to computers and the internet. Advice and support on education, employment and training opportunities.</p>	11-25	<p>Tel: (01792) 484010  Mob: 07930328607  Email: <a href="mailto:info-nation@swansea.gov.uk">info-nation@swansea.gov.uk</a>  Address: 47 The Kingsway, Swansea SA1 5HG</p>
<p><b>Rewise Foundation CIC</b> - aims is to increase social mobility for young people and adults, break down the barriers associated with entrenched poverty and to influence better life choices to benefit both individuals and their surrounding communities. They use a range of activities to engage participants and to teach life and employment skills.</p>		<p>Tel: 05603 684297  Email: <a href="mailto:info@rewisefoundationcic.org.uk">info@rewisefoundationcic.org.uk</a>  Address: 91a Newton Road, Mumbles, SA3 4BN</p> <p><b>N.B.</b> The focus is on working with adults and young people who are affected by poverty, social exclusion or lack of employment skills and</p>

<p>Courses combine informal lecturing, debates, question and answer sessions, song recording, games based learning and more.</p> <p>Participants work towards the attainment of nationally recognized qualifications in subjects such as:</p> <ul style="list-style-type: none"> <li>• Literacy and numeracy skills</li> <li>• Entrepreneurships and business</li> <li>• Coding</li> <li>• Digital Marketing</li> <li>•</li> </ul>		<p>Young people, who are NEET (not in education, employment or training), or at risk of becoming NEET.</p>
<p><b>SNAP Cymru</b> – staff and volunteers work with families and professionals, supporting children and young people to participate in planning and decision making which affects them, advocating where appropriate, and raising awareness of issues related to Special Educational Needs, Disability and other barriers to inclusion.</p>		<p><b>Helpline: 0845 1203730</b>  <b>Email: <a href="mailto:Swansea@snapcymru.org">Swansea@snapcymru.org</a></b></p>
<p><b>Swansea Community Farm</b> - The Child and Youth Project runs a number of different activities for children of all ages including Youth Committee, Organic Gardening, Animal Husbandry Training, Heathland Conservation, Play schemes, parties and two residentials a year.</p>		<p>To get involved for the first time, you need to attend a Gateway Activity either the Organic Living Day or Family Workday  Contact Alyson to discuss:  <b>Tel: 01792 578384 Email: <a href="mailto:alyson@swanseacommunityfarm.org.uk">alyson@swanseacommunityfarm.org.uk</a></b></p>
<p><b>Youth Volunteering – SCVS</b> – advice and guidance on volunteering opportunities available across the County.</p> <p><b>Directory of Volunteering Opportunities:</b>  <a href="http://www.volunteering-wales.net">www.volunteering-wales.net</a></p>	<p>11-25</p>	<p>Self, agency or representative.  <b>Address:</b> SCVS, 7, Walter Road, Swansea. SA1 5NF  <b>Tel: (01792) 544000</b>  <b>Web:</b>  <a href="http://www.scvs.org.uk/volunteering-for-under-25s">www.scvs.org.uk/volunteering-for-under-25s</a></p>

<b>HOUSING</b>		
<b>Organisation</b>	<b>Age</b>	<b>How to Access</b>
<b>Action for Children - Swansea Young Families Scheme</b> – provides support to young parents.	14-25	
<b>Bays Project</b> - The Barnardo's Youth Homeless Service provides both statutory and voluntary advice to young people aged 16 to 20 living in Swansea who are homeless or threatened with homelessness.	16-20	32 -36 High Street, Swansea. SA1 1LG <b>Tel: (01792) 455105</b> <b>Freefone: 0800 521 448</b> <b>Email:</b> <a href="mailto:Bayspartnership@barnardos.org.uk">Bayspartnership@barnardos.org.uk</a>
<b>Shelter Cymru</b> - provides housing support, information and advice		<b>Tel: (01792) 469400</b>
<b>Swansea Women's Aid - Supported Housing</b> – emergency safe, temporary accommodation for women (and their children), who are experiencing domestic abuse.	16+	<b>Tel: 01792 644683 (24hrs)</b> <b>Email: <a href="mailto:swa@swanseawa.org.uk">swa@swanseawa.org.uk</a></b>
<b>Swansea Young Single Homeless Project – SYSHP</b> – works with young people who need to find and maintain tenancies in Swansea. They help: find and keep a home; develop confidence, skills and opportunities; prevent homelessness and improve their physical and emotional well-being. Services range from specialist accommodation, specialist temporary accommodation, tenancy support, advocacy and engagement activities.	16-25	<b>Tel: (01792) 537530</b> <b>Email: <a href="mailto:administration@syshp.org.uk">administration@syshp.org.uk</a></b> <b>Web: <a href="http://www.syshp.org.uk">www.syshp.org.uk</a></b>
<b>Tenancy Support Scheme</b> - The TSU provide housing related support and advice to people in order to prevent homelessness and maintain independence. The service is free and available to anyone over the age of 16 who lives within the City & County of Swansea including home owners, housing association tenants, council tenants	16+	<b>Tel: (01792) 01792 774320 or 774360</b> <b>Email: <a href="mailto:tsu@swansea.gov.uk">tsu@swansea.gov.uk</a></b> <b>Address:</b> TSU, 17 High Street, Swansea, SA1 1LF. <b>Online Referral Form:</b> <a href="http://www.swansea.gov.uk/article/9304/The-Tenancy-Support-Unit-TSU">http://www.swansea.gov.uk/article/9304/The-Tenancy-Support-Unit-TSU</a>

and those who rent from the private sector.		
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## LEARNING & PHYSICAL DISABILITIES

Organisation	Age	How to Access
<b>BikeAbility Wales</b> – provides a cycling opportunity for everyone to enjoy. It was set up to enable people of all abilities to enjoy the pleasures of health benefits of cycling. BikeAbility holds cycle sessions each week, with bikes to suit all ages and abilities.		<b>Dunvant Rugby Club, Broadacre, Killay, Swansea. SA2 7RU</b> <b>Tel: 07584044284 or 07968109145</b> <b>Web: <a href="http://www.bikeabilitywales.org.uk">www.bikeabilitywales.org.uk</a></b>
<b>C&amp;YP’s Disability &amp; Family Development Service</b> - The Children and Young People Disability and Family Development Officer ensures that the needs of disabled children and young people and their families are met via the identification of gaps and representation at a strategic level. The main priorities for the post are: consultation & participation, information, development, 1to1 childcare referral scheme and the Swansea Parent Carer Forum.	Up to 25 yrs	<b>Tel: (01792) 544019</b> <b>Email: <a href="mailto:sandra_spratt@scvs.org.uk">sandra_spratt@scvs.org.uk</a></b> <b>Web: <a href="http://www.scvs.org.uk/cyp-disability-family-dev-service">www.scvs.org.uk/cyp-disability-family-dev-service</a></b>
<b>Disability Sport Wales</b> – are committed to providing a range of activities locally in an environment that is appropriate. Whether you wish to participate or compete in non-disabled or disability specific clubs/sessions Disability Sport Wales will help you find an opportunity.		<b>Tel: 0845 8460021</b> <b>Web: <a href="http://www.disabilitysportwales.com/lubs/category-swanea/">www.disabilitysportwales.com/lubs/category-swanea/</a></b>
<b>Diversity</b> – leisure opportunities for children with ASD/ADHD (Monday evenings)		<b>Amanda Lervy</b> <b>Email: <a href="mailto:amanda.lervy@swansea.gov.uk">amanda.lervy@swansea.gov.uk</a></b>
<b>Friends of the Young Disabled - FOYD</b> is a Swansea based charity, which provides a centre for the young disabled and other members of the		<b>Tel 01792 686637</b> <b>Email:</b> <b>Address: Gordon Moore Centre</b> <b>300 Carmarthen Road</b>

<p>community to meet and use its facilities to promote learning opportunities, engage in social activities and have fun.</p>		<p>Cwmbwrla Swansea SA5 8NJ</p>
<p><b>Interplay – Enabled Project</b> – provides youth clubs and events for 12-25 year olds with disabilities and mental health needs in Swansea. The project enables c&amp;yp to build friendships and social skills and to keep the skills that they learn. The clubs focus on social behaviour, independence skills, health lifestyles and emotional intelligence. We do this through discussion groups, gardening and growing own produce, visits to places of interest, shopping, sports, art &amp; craft and other activities that enable the young people to explore their own interests and understand their strengths. We tackle the issues that affect children and young people in a fun environment – such as Internet Safety, Cooking and independence skills, understanding budgeting, Travel Training, Media and Film making skills, Sexual Health and Relationships, support to find a job, join a club or start a hobby.</p>	<p>12-25</p>	<p><b>Tel: 01792 475938</b> <b>Email: <a href="mailto:pip@interplay.org.uk">pip@interplay.org.uk</a></b></p> <p><b>Web:</b> <a href="http://www.enabledproject.wordpress.com">www.enabledproject.wordpress.com</a></p> <p><b>Address:</b> 116 Walter Road Swansea SA1 5RE</p> <p><b>N.B. Youth Clubs run monthly in Gorseinon, Llansamlet, Blaenymaes and Swansea town centre.</b></p>
<p><b>Local Aid</b> - raises awareness of the needs and aspirations of young people with special needs. The organisation provides specialist equipment; arranges travel support, specialist services and activities for young people with severe learning disabilities and challenging behaviour in our local communities. The organisation supports young people with learning difficulties and physical disabilities, and promotes the</p>		<p><b>Tel: 01792 655771</b> <b>Mob: 07846204358</b> <b>Email: <a href="mailto:amanda@localaid.co.uk">amanda@localaid.co.uk</a></b> <b>Web:</b> <a href="http://www.localaid.co.uk/buddies.html">www.localaid.co.uk/buddies.html</a></p>

<p>rights of individuals to be supported to reach their potential. We actively support children and families in need.</p> <p><b>Buddies Project</b> - provides a Saturday club, outreach service, sibling group and youth volunteering opportunities.</p>		
<p><b>MIXTUP</b> – is a youth club for young people with mixed abilities. Sessions are held on the second Saturday of every month from 12-3pm.</p>	<p>11-25</p>	<p>EYST, 11 St Helen’s Road, Swansea.  <b>Tel: (01792) 466980</b>  <b>Email: <a href="mailto:director@eyst.org.uk">director@eyst.org.uk</a></b>  <b>Web: <a href="http://eyst.org.uk/mixtup/">http://eyst.org.uk/mixtup/</a></b></p>
<p><b>National Autistic Society – Swansea Support Group</b></p> <p>We would like to welcome all persons involved in the world of autism, whether you have autism and/or know somebody with autism and are looking for advice. We will hopefully be able to help you or at least point you in the right direction. Some of our branch members have children on the spectrum and are of different ages. Therefore, we would be happy to share our experiences so please feel free to ask us anything. The group caters to families/carers who have children with autism spectrum disorder (ASD), adults with ASD are welcome but there are no specific adult ASD sub groups:</p> <p>Activities; Training Days; Regular social group parent/carer and children; Play sessions for children; and Organised outside activities.</p>		<p>Claire Morris-Price, Branch Officer  <b>Tel: 07825 280274 (9am-5pm; outside hours by text only)</b>  <b>Email: <a href="mailto:NAS.SwanseaBranch@nas.org.uk">NAS.SwanseaBranch@nas.org.uk</a></b>  <b>Twitter: @NASSwansea</b>  <b>Facebook: <a href="http://www.facebook.com/groups/NASSSwansea">www.facebook.com/groups/NASSSwansea</a></b></p>
<p><b>Play and Leisure Opportunity Library</b> - are a registered charity providing specialist toys and leisure equipment for children and adults with a disability in a lending library service. For a small fee members can have access to a range of over 500 items including an extensive stock of multi sensory and</p>		<p><b>Tel: 07546267486</b>  <b>Email: <a href="mailto:admin@plol.org.uk">admin@plol.org.uk</a></b>  <b>Web: <a href="http://www.plol.org.uk">www.plol.org.uk</a></b>  <b>Twitter: @swanseaplol</b></p>

specialist equipment. Library stock can be borrowed for a month at a time but longer by arrangement. They offer a limited collection and delivery service to members living in the Swansea area. They also offer therapeutic play sessions		
<b>SNAP Cymru</b> – staff and volunteers work with families and professionals, supporting children and young people to participate in planning and decision making which affects them, advocating where appropriate, and raising awareness of issues related to Special Educational Needs, Disability and other barriers to inclusion.		<b>Helpline: 0845 1203730</b> <b>Helpline from mobile: 0345 120 3730</b> <b>Email: <a href="mailto:Swansea@snapcymru.org">Swansea@snapcymru.org</a></b>
<b>Spectrum</b> – is a group for children & young people with ASD and their families. They aim to provide a variety of social activities for their members to get involved in. They meet for surfing every Wednesday at Caswell Bay in the summer and the LC2 in the winter.		<b>Tel: (01792) 363438</b> <b>Web: <a href="http://www.spectrum-swansea.webs.com">www.spectrum-swansea.webs.com</a></b>
<b>Surfability</b> – the ASD group (including siblings) runs on a Monday evening at 5:30pm. Surfability provides all the necessary equipment and clothing.	8-19	<b>Cost: £5 per week payable in advance for the month.</b> <b>Email: <a href="mailto:karenza@mac.com">karenza@mac.com</a></b> <b>Mob: 07800900758</b> <b>Web: <a href="http://www.surfabilityukcic.org">www.surfabilityukcic.org</a></b>
<b>Whizz Kids</b> – supports disabled children by providing equipment, support and life skills to help reach their full potential.		<b>Tel: 020 7233 6600</b> <b>Email: <a href="mailto:info@whizz-kidz.org.uk">info@whizz-kidz.org.uk</a></b> <b>Web: <a href="http://www.whizz-kidz.org.uk">www.whizz-kidz.org.uk</a></b>

## LESBIAN, GAY, BISEXUAL & TRANSGENDER

Organisation	How to Access
<b>LGBT Cymru Helpline</b> – free, confidential service offering support, information and counselling to the	<b>Tel: 0800 840 2069</b> (between 7pm – 9pm Mondays and Wednesdays)

lesbian, gay, bisexual and transgender community.		<b>Web:</b> <a href="http://www.lgbtcymruhelpline.org.uk">www.lgbtcymruhelpline.org.uk</a> <b>N.B. There is a charge for face-to-face counselling.</b>
<b>YMCA Swansea</b> <b>LGBT Youth Club Good Vibes</b> – provides a safe environment for young people seeking guidance and advice. They offer: <ul style="list-style-type: none"> <li>- Youth workshops</li> <li>- LGBT+ awareness</li> <li>- Opportunity to make friends</li> <li>- 1 to 1 help &amp; support</li> </ul>	11-25	<b>Club - Every Thursday 6pm – 8pm</b> <b>Email:</b> <a href="mailto:carlie@ymcaswansea.org.uk">carlie@ymcaswansea.org.uk</a>  <b>Tel: (01792) 652032</b> <b>Web: <a href="http://www.ymcaswansea.org.uk">www.ymcaswansea.org.uk</a></b>

MENTAL HEALTH		
General Advice		
Organisation	Age	How to Access
<b>ABMU – Self Help Guides &amp; Resources</b> – is an electronic library offering a series of online self-help guides. It is designed to offer information and advice on a wide range of subjects, including social anxiety, dealing with bereavement and alcohol dependency.	-	<b>Web: <a href="http://www.selfhelpguides.nth.nhs.uk/abmu">www.selfhelpguides.nth.nhs.uk/abmu</a></b>
<b>Hafal Clic - Clic</b> provides people in Wales with a mental illness and their carers with a safe and secure place online to support each other, share experiences and build new relationships – in either English or Welsh. The site also signposts people to useful information, contacts, resources and local services.		<b>Web: <a href="http://www.hafal.org/clic/">http://www.hafal.org/clic/</a></b>
<b>MEIC Cymru</b> – provides information, advice and advocacy to children and young people via a helpline, text messaging or online chat.		<b>Helpline: 0808 80 23456</b> <b>Text: 84001</b> <b>Web: <a href="http://www.meiccymru.org">www.meiccymru.org</a></b>
<b>Mental Health Directory</b> - for an online/most up-to-date version of this directory.	-	<b><a href="http://www.scvs.org.uk/mhds">www.scvs.org.uk/mhds</a></b>

<b>Mind Cymru – Your Stories</b> Blogs and stories can show that people with mental health problems are cared about, understood and listened to.		<b>Web:</b> - <a href="https://www.mind.org.uk/information-support/your-stories/">https://www.mind.org.uk/information-support/your-stories/</a>
<b>MindEd</b> – is a free educational resource on children and young people’s mental health for all adults.	-	<b>Web:</b> <a href="http://www.minded.org.uk">www.minded.org.uk</a>
<b>NSPCC</b> – offer information on a wide variety issues, such as; abuse, neglect, self harm, sexual exploitation, bullying & cyberbullying, FGM		<b>Web:</b> <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> <b>Helpline: 0808 800 5000</b>
<b>Royal College of Psychiatry – Mental Health &amp; Growing Up Factsheet</b> – provides information on depression in young people/helping children to cope and is relevant for parents, carers and anyone who works with young people.		<b>Web:</b> <a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a>
<b>Swansea Mind</b> - Swansea Mind is a mental health organisation based in the city of Swansea. They aim to: Work towards a mental health service that is based on the wishes, needs and rights of people who use the service and support and empower people with mental health problems.		<b>Tel: 01792 642999</b> <b>Email:</b> <a href="mailto:admin@swanseamind.org.uk">admin@swanseamind.org.uk</a> <b>Web:</b> <a href="http://www.swanseamind.org.uk">www.swanseamind.org.uk</a>
<b>Young Minds</b> – helpline for parents/carers that have a concern about their child’s emotional problems or behaviour		<b>Parent’s Helpline:</b> <b>Tel: 0808 802 5544 (9:30am-4pm)</b> <b>Web:</b> <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Bereavement</b>		
<b>Organisation</b>	<b>Age</b>	<b>How to Access</b>
<b>British Heart Foundation – The Small Creature</b> – is a pack which complements their animation for children aged 3-8 who are coming to terms with the loss of a loved one. The resource helps adults to encourage children to express the sentiments that they never got the chance to say, as	3-8	<b>General Enquiries: 0300 330 3322</b> <b>Publication Orders: 0870 6000 6566</b> <b>Ready to use Resource:</b> <a href="http://www.bhf.org.uk/publications/children-and-young-people/the-small-creature---for-bereaved-children/">www.bhf.org.uk/publications/children-and-young-people/the-small-creature---for-bereaved-children/</a>

<p>well as learning how to hold onto the memories of those they loved.</p>		<p><b>Link to Animation:</b>  <a href="http://www.youtube.com/watch?v=Ks2DOoZtZ4A">www.youtube.com/watch?v=Ks2DOoZtZ4A</a></p>
<p><b>Co-operative Funeralcare</b> – has produced some animated short films to help children understand death and grief, available free to schools and community groups.</p>		<p><b>Web:</b> <a href="http://www.co-operativefuneralcare.co.uk/child-bereavement/">www.co-operativefuneralcare.co.uk/child-bereavement/</a></p>
<p><b>Cruse</b> – provide information on:</p> <ul style="list-style-type: none"> <li>• what you can do to help a child or young person who is grieving</li> <li>• how to understand the concept of loss in children and young people of different ages</li> <li>• how to recognise potential complicated grief</li> </ul> <p>The website <b>Hope Again</b> is a website designed for young people by young people. It includes information and message boards where young people can share their experiences. They offer a number of <b>leaflets and publications</b> to help children and young people. There are many fiction and non-fiction books aimed at helping children: check out their <b>recommended books for children and young people</b>.</p>		<p><b>Web:</b> <a href="http://www.cruse.org.uk/children">www.cruse.org.uk/children</a></p> <p>If you are a young person and someone you know has died you can send a private message to a trained volunteer at <a href="mailto:hopeagain@cruse.org.uk">hopeagain@cruse.org.uk</a> who will reply to you by email. If you want to talk to someone direct: <b>Helpline: 0808 808 1677</b>.</p>
<p><b>Help is at Hand Cymru</b> – a resource for people bereaved through suicide or other unexplained death, and for those helping them.</p>	-	<p><b>Web:</b>  <a href="http://supportaftersuicide.org.uk/wp-content/uploads/2016/10/Wales-HIAH.pdf">http://supportaftersuicide.org.uk/wp-content/uploads/2016/10/Wales-HIAH.pdf</a></p>
<b>Bullying</b>		
<b>Organisation</b>	<b>Age</b>	<b>How to Access</b>
<p><b>Bullies-Out</b> – is a dedicated anti-bullying charity. Its work is delivered</p>		<p><b>Web:</b> <a href="http://www.bulliesout.com">www.bulliesout.com</a></p>

through schools, colleges, youth and community settings. They also provide education, training and support to thousands of young people. If you are being bullied or concerned about someone who is, you can receive help and support from one of our trained Mentors.		<b>Email:</b> <a href="mailto:mentorsonline@bulliesout.com">mentorsonline@bulliesout.com</a>
<b>NSPCC</b> – offer information on bullying & cyber-bullying.		<b>Web:</b> <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> <b>Helpline:</b> 0808 800 5000
<b>Counselling</b>		
<b>Organisation</b>	<b>Age</b>	<b>How to Access</b>
<b>CISS (Cancer information &amp; Support Services)</b> – offer a counselling service to under 18s affected by cancer, whether they are a patient, relative or friend.		<b>Tel:</b> 01792 655025 <b>Email:</b> <a href="mailto:help@cancersupport.wales">help@cancersupport.wales</a>
<b>Cruse Bereavement Care Morgannwg</b> - offers support to children and young people following bereavement. This is offered through targeted information and advice, a dedicated website and helpline, one to one and group support.	4 - 18	<b>Tel:</b> 01792 462845 <b>Email:</b> <a href="mailto:morgannwgbranch@cruse.org.uk">morgannwgbranch@cruse.org.uk</a> <b>Web:</b> <a href="http://www.cruse.org.uk">www.cruse.org.uk</a> or our young person's site <a href="http://www.hopeagain.org.uk">www.hopeagain.org.uk</a> <b>Address:</b> 142 Walter Road, Swansea, SA1 5RW <b>Referrals taken over the telephone.</b>
<b>The Exchange Counselling Service</b> – offers face-to-face emotional and psychological support through counselling, play-therapy and group work. They also provide on-line and telephone support. The Exchange works collaboratively with schools and services which exist to support the wellbeing of children and young people.		<b>Online Chat and Telephone Helpline available 8:30am – 6:30pm Mon to Fri:</b> <a href="http://www.exchange-counselling.wales/livechat.html">www.exchange-counselling.wales/livechat.html</a> <b>Tel:</b> (01792) 346323 <b>Address:</b> The Exchange, 64 Mansel Street, Swansea. SA1 5TN <b>Web:</b> <a href="http://www.exchange-counselling.wales">www.exchange-counselling.wales</a> <b>N.B. Referrals are predominately made via a child's school.</b>

<p><b>Info Nation</b> – utilise the Exchange Counselling service.</p>	<p>11-25</p>	<p><b>Tel: (01792) 484010</b>  <b>Mob: 07930328607</b>  <b>Email: <a href="mailto:Info-nation@swansea.gov.uk">Info-nation@swansea.gov.uk</a></b>  <b>Address: 47 The Kingsway. SA1 5HG</b></p>
<p><b>Kids Cancer Charity</b> – offers free play therapy, counselling and bereavement groups for children who have cancer themselves, have a sibling or close relative with cancer or have been bereaved by cancer.</p>	<p>3-19</p>	<p><b>Tel: (01792) 480500</b>  <b>Email: <a href="mailto:Judith.may@kidscancercharity.org">Judith.may@kidscancercharity.org</a></b>  <b>Web: <a href="http://www.kidscancercharity.co.uk">www.kidscancercharity.co.uk</a></b></p>
<p><b>LGBT Cymru Helpline</b> - LGBT Cymru offers counselling and advice one to one or via email, telephone and instant messenger to lesbian, gay, bisexual or transgender individuals and their families and friends.</p>		<p><b>Tel: (0800) 840 2069</b>  <b>(Mondays and Wednesdays 7pm-9pm)</b>  <b>Local Office: (01792) 828057</b>  <b>Email: <a href="mailto:line@lgbtcymruhelpline.org.uk">line@lgbtcymruhelpline.org.uk</a></b>  <b>Web: <a href="http://www.lgbtcymruhelpline.org.uk">www.lgbtcymruhelpline.org.uk</a></b></p>
<p><b>New Pathways</b> – offer counselling to children and young people for support with sexual abuse and assault in addition to any other issue.</p>	<p>3-18</p>	<p><b>Tel: (01685) 379310</b>  <b>Email: <a href="mailto:enquiries@newpathways.org.uk">enquiries@newpathways.org.uk</a></b>  <b>Web: <a href="http://www.newpathways.org.uk">www.newpathways.org.uk</a></b></p>
<p><b>African Community Centre</b> – Reach Project provides play therapy/counselling to children aged 3 – 18 years registered with a GP in the LLwchwr Cluster.</p>		<p><b>Referral by GP only from the following surgeries:</b></p> <ul style="list-style-type: none"> <li>• Ty’r Felin</li> <li>• Pen Y Bryn</li> <li>• Tal Y Bont</li> <li>• Gowerton</li> <li>• Penclawdd</li> <li>• Princess Street</li> </ul>

## Eating Disorders

Organisation	Age	How to Access
<p><b>B-Eat</b> – is a charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. There is dedicated support for under 25 year olds who can also text or chat online to a member of the youth team.</p>	<p>Under 25 years</p>	<p><b>Tel: 03456 347650</b>  <b>Email: <a href="mailto:fyp@b-eat.co.uk">fyp@b-eat.co.uk</a></b>  <b>Web: <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a></b></p>

## Helplines

Organisation	Age	How to Access
<p><b>Childline</b> – provides emotional support and advice to children regarding a wide variety of issues</p>		<p><b>Tel: 0800 1111</b></p>
<p><b>Live Fear Free Helpline</b> - is a bilingual information signposting service, to help and guide people with experience of domestic abuse or sexual violence, who are in need of information or access to support services. The helpline is free, 24 hours a day, 7 days a week.</p>		<p><b>Tel: 0808 80 10 800</b></p>
<p><b>NSPCC</b> – worried about a child – call a trained counsellor for 24/7 help, advice and support.</p>		<p><b>Tel: 0808 800 5000</b>  <b>Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a></b></p>

## Self-Harm

Organisation		How to Access
<p><b>Harmless</b> – a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals.</p>		<p><b>Web: <a href="http://www.harmless.org.uk/">www.harmless.org.uk/</a></b></p>
<p><b>Heads above the Waves</b> – A not for profit organisation that raises awareness of depression and self-harm in young people.</p>		<p><b>Web: <a href="http://www.hatw.co.uk">www.hatw.co.uk</a></b>  <b>Facebook: <a href="https://www.facebook.com/headsabovethewaves">/headsabovethewaves</a></b>  <b>Instagram: <a href="https://www.instagram.com/headsabovethewaves">@headsabovethewaves</a></b>  <b>Twitter: <a href="https://twitter.com/hatw_uk">@hatw_uk</a></b></p>

## Specialist Services

Organisation	Age	How to Access
<p><b>Advocacy Support Cymru (ASC)</b> – provide Independent Mental Health Advocacy - If you are involved with CAMHS you can get an ASC advocate to help you speak up about the things that are important to you.</p>	Under 18	<p><b>Tel: 029 20 54 0444</b>  <b>Email: <a href="mailto:info@ascymru.org.uk">info@ascymru.org.uk</a></b>  <b>Web: <a href="http://www.ascymru.org.uk">www.ascymru.org.uk</a></b></p> <p><b>N.B. the service is FREE and CONFIDENTIAL</b></p>
<p><b>Child &amp; Adolescent Mental Health Service (CAMHS)</b> – are specialist NHS children and young people’s mental health services. If a child needs more help than friends, family, school and GPs can give then a referral to CAMHS may be made. CAMHS provides assessment, treatment and support for young people who have emotional, behavioural or mental health difficulties. Normally young people will be referred to CAMHS by their GP, but other health and social care professionals can also make a referral.</p>		<p><b>Tel: 01792 582139</b>  <b>Address: Trehafod Child and Family Clinic, Cockett, Swansea, SA2 0GB.</b></p> <p><b>Resource of information: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></b></p>
<p><b>CREST – Young People’s Group</b> – part of services provided by the City and County of Swansea Social Services Department. A wide range of activities and facilities are offered for people with mental health problems.</p>	18-25	<p><b><u>N.B. Referrals only rcvd from CMHT.</u></b></p> <p><b>Tel: (01792) 652101</b>  <b>Web: <a href="http://www.swansea.gov.uk/crest">www.swansea.gov.uk/crest</a></b>  <b>Weekly Meetings</b></p>
<p><b>Local Primary Mental Health Support Service - Living Life Well Programme Stress Control and ACTivate Your Life</b> – are two taught wellbeing courses open to anyone interested in getting information and advice for managing emotional difficulties. The courses are run on a rolling programme throughout ABMU health board. They are based on psychological therapies; Stress Control – Cognitive Behavioural Therapy (CBT) and</p>	Min – 13/14	<p><b>Tel: 07967612246</b>  <b>Email: <a href="mailto:living.lifewell@wales.nhs.uk">living.lifewell@wales.nhs.uk</a></b>  <b>Web: <a href="http://www.abm.wales.nhs.uk/livinglifewell">www.abm.wales.nhs.uk/livinglifewell</a></b></p> <p><b>N.B. Most under 18s are accompanied by an adult, as long as they can sit through the session and take on board the</b></p>

ACTivate Your Life – Acceptance and Commitment Therapy (ACT).		information then they would be welcome. <b>N.B. Individuals are given materials to compliment the course content.</b>
<b>The Families Together Project - Play therapists</b> - offers children specialist play therapy sessions to assist them explore and express emotional issues.	3-11	<b>Tel: 02920 789732</b> <b>Email: <a href="mailto:famiestogether@family-action.org.uk">famiestogether@family-action.org.uk</a></b>
<b>Tourettes Action</b> - A support group for parents of children and young people with TS. Meet ups are in Newport, South Wales.		<b>Email: <a href="mailto:rachel.williams23@yahoo.com">rachel.williams23@yahoo.com</a></b> <b>Web: <a href="http://www.tourettes-action.org.uk">www.tourettes-action.org.uk</a></b>

### Suicide Prevention

Organisation	Age	How to Access
<b>Papyrus</b> – suicide prevention line/campaign for young people		<b>Tel: 0800 068 4141</b> <b>Text: 07786209697</b> <b>Web: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></b>
<b>Save a life</b> - free online training on suicide prevention.		<b>Web: <a href="http://www.zerosuicidealliance.com">www.zerosuicidealliance.com</a></b>

### PREGNANCY/POSTNATAL

Organisation	Age	How to Access
<b>Action for Children Swansea SAIL</b> - provides bespoke person centred support, advice, informal advocacy and life coaching to parents between the age of 14 and 25 living in Swansea. They offer one to one support, support to couples or within a small group with either a life coach or systemic therapist. Support can be for wellbeing, self-esteem, confidence, isolation- through to liaising and working with other professionals such as social services. Couples can access support whether they are pregnant or whether or not their child is living with them – including when a	14-25	<b>Tel: (01792) 585425</b> <b>Email: <a href="mailto:swanseasail@actionforchildren.org.uk">swanseasail@actionforchildren.org.uk</a></b> <b>Web: <a href="http://www.swanseasail.com">www.swanseasail.com</a></b> <b>Address: Suite 14, Henley House, The Queensway, Fforestfach, Swansea, SA4 5DJ</b>

<p>child has been adopted. Swansea SAIL offers non-professional sexual health advice, condoms and pregnancy tests as well as a first response service in the early stages of pregnancy to support decision making</p>		
<p><b>PRAMS (Perinatal Response and Management Service)</b> – is a specialist NHS team. They work with women with significant stress and other mental health problems around pregnancy and up to a year after birth. They provide assessment and treatment of anxiety, depression and distress following traumatic births as well as supporting women with more serious mental illnesses such as Manic Depression. They can give advice on and prescribe medication, provide talking therapies, meet partners, run support groups, and will work midwives, health visitors and GPs to come up with a plan that the woman feels comfortable with.</p>		<p><b>Referrals are made through a person’s midwife, health visitor or GP. If they are already known to a psychiatrist, they can make the referral too.</b></p>

<b>REPRESENTATION, ENGAGEMENT &amp; CAMPAIGNS</b>		
<b>Organisation</b>	<b>Age</b>	<b>How to Access</b>
<p><b>Time to Change Wales</b> – is a national campaign to end the stigma and discrimination faced by people with mental health problems. The Young Person’s Pilot Programme aims to increase young people’s awareness and understanding of mental health problems, reduce the stigma, discrimination and social isolation experienced by those with mental health problems and improve wellbeing.</p>		<p><b>Web:</b>  <a href="http://www.timetochangewales.org.uk">www.timetochangewales.org.uk</a></p>

SEXUAL HEALTH		
Organisation	Age	How to Access
<p><b>Info Nation</b>  <b>C Card Scheme</b> – provides free condoms and is available Tuesday - Saturday from 1- 5pm.  <b>Integrated Sexual Health Drop In</b> - every Friday afternoon staffed by NHS workers. Offering a range of services.</p>	11-25	<p><b>Tel: (01792) 484010</b>  <b>Mob: 07930328607</b>  <b>Email: <a href="mailto:Info-nation@swansea.gov.uk">Info-nation@swansea.gov.uk</a></b>  <b>Address: 47 The Kingsway, Swansea SA1 5HG</b></p>
<p><b>Live Fear Free Helpline</b> - is a bilingual information signposting service, to help and guide people with experience of domestic abuse or sexual violence, who are in need of information or access to support services.</p>	-	<p><b>Tel: 0808 80 10 800</b>  The helpline is free, 24 hours a day, 7 days a week.</p>
<p><b>New Pathways</b>  provide a <b>SARC</b> (Sexual Abuse Referral Centre) and an <b>ISVA</b> (Independent Sexual Violence Advocate) service  <b>Parents of Abused Children</b> – peer support group every Friday (12:30pm – 2:30pm) in their head office in Merthyr.</p>		<p><b>Tel: (01685) 379310</b>  <b>Email: <a href="mailto:enquiries@newpathways.org.uk">enquiries@newpathways.org.uk</a></b>  <b>Web: <a href="http://www.newpathways.org.uk">www.newpathways.org.uk</a></b></p>
<p><b>NSPCC</b> – provide information and support on harmful sexual behaviour. If you are worried about a child trained helpline counsellors are able to offer advice and support 24/7.</p>	-	<p><b>Tel: 0808 800 5000</b>  <b>Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a></b>  <b>Web: <a href="https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/harmful-sexual-behaviour/">https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/harmful-sexual-behaviour/</a></b></p>

SOCIAL/LEISURE/CLUBS		
Organisation	Age	How to Access
<p><b>BikeAbility Wales</b> – provides a cycling opportunity for everyone to enjoy. It was set up to enable people of all abilities to enjoy the pleasures of health benefits of cycling. BikeAbility holds cycle sessions each week, with bikes to suit all ages and abilities.</p>	-	<p><b>Dunvant Rugby Club, Broadacre, Killay, Swansea. SA2 7RU</b>  <b>Tel: 07584044284 or 07968109145</b>  <b>Web: <a href="http://www.bikeabilitywales.org.uk">www.bikeabilitywales.org.uk</a></b></p>

<p><b>Circus Eruption</b> – promotes the social inclusion and integration of young people aged 3-19 years through the medium of circus skills.</p> <p><b>Youth Group</b> - A circus project for 11-18 year olds who are from families who are or have been refugees / asylum seekers. An opportunity to learn and develop a range of circus skills. There is funding to provide transport which needs to be arranged beforehand so please contact. Young people can just turn up but a signature from an adult responsible for them is needed.</p>	<p>3-19</p> <p>11-18</p>	<p><b>Tel: (01792) 795778</b></p> <p><b>Facebook:</b>  <a href="http://www.facebook.com/groups/5004889545/">www.facebook.com/groups/5004889545/</a></p> <p><b>Every Tuesday 6:45pm-8:45pm in Parc Tawe</b></p>
<p><b>CCof S Young People’s Service</b> - Evolve offers a range of services for young people, and their families:  Support from a lead worker, in times of difficulty / Specialist support in areas such as sexual health, domestic abuse, risk taking behaviour and safety online / Opportunities for young people that require additional support to get in, and stay in, employment, education or training  Youth Clubs take place in: <b>Blaenymaes, Central, Clydach, Gendros, Gorseinon, Landore, Morriston, Pontarddulais, Rhossilli, St Thomas, Stadwen and Townhill.</b></p>		<p><b>Tel: 01792 633954</b></p> <p><b>Email:</b>  <a href="mailto:youth.service@swansea.gov.uk">youth.service@swansea.gov.uk</a></p>
<p><b>CCofS Children’s Play Team</b> – provide free play sessions all year round to improve physical and mental health. For more information about their Play on Wheels and Open Access sessions see their website.</p>	<p>5-14</p>	<p><b>Tel: 01792 635480</b></p> <p><b>Email:</b> <a href="mailto:play@swansea.gov.uk">play@swansea.gov.uk</a></p> <p><b>Web:</b>  <a href="http://www.swansea.gov.uk/article/7602/The-Childrens-Play-Team">http://www.swansea.gov.uk/article/7602/The-Childrens-Play-Team</a></p>
<p><b>YMCA Swansea</b>  <b>Y HUB</b> - an open access youth club that supports young people aged 11-25 to access information and support through</p>	<p>11-25</p>	<p><b>Drop-In - Monday to Friday – 10am to 3pm</b></p> <p><b>Email:</b> <a href="mailto:info@ymcaswansea.org.uk">info@ymcaswansea.org.uk</a></p>

<p>workshops, youth workers and peer to peer support.</p> <p><b>Volunteering</b> – Y-Engage supports young people and adults to access accredited volunteering opportunities. Volunteering hours are accredited through Millennium volunteers (if eligible).</p> <p><b>LGBT Youth Club Good Vibes</b> – provides a safe environment for young people seeking guidance and advice. They offer:</p> <ul style="list-style-type: none"> <li>- Youth workshops</li> <li>- LGBT+ awareness</li> <li>- Opportunity to make friends</li> <li>- 1 to 1 help &amp; support</li> </ul>		<p><b>Tel: (01792) 652032</b>  <b>Web: <a href="http://www.ymcaswansea.org.uk">www.ymcaswansea.org.uk</a></b></p>
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SUBSTANCE MISUSE		
Organisation	Age	How to Access
<p><b>Barod (formerly drugaid) – Choices</b> – provides drug and alcohol information &amp; advice to any young people under 25 years. Young people can seek support from Choices regarding: their own substance use; someone else’s drug and alcohol use; or if they would like more information about specific substances. Choices provide a harm reduction approach to all young people who wish to engage with the service. Choices offer a wide range of provisions including:</p> <ul style="list-style-type: none"> <li>- A comprehensive assessment of their substance use; competence and any child protection concerns</li> <li>- One-to-One appointments</li> <li>- Advice and information on safer sex; Blood Borne Viruses and</li> </ul>	<p>11 – 25</p>	<p><b>Tel: 01792 472002</b>  <b>Web: <a href="http://www.choices.cymru/">http://www.choices.cymru/</a></b>  <b>Address: Info-Nation, 47 The Kingsway, Swansea, SA1 5HG</b></p> <p><b>Referrals can be taken over the phone or email a referral form to a member of the Choices team.</b></p>

<p>medical interventions (such as substitute prescribing)</p> <ul style="list-style-type: none"> <li>- Diversionary activities</li> <li>- Outreach services</li> <li>- A comprehensive substance misuse education and prevention programme that is currently delivered in all secondary schools in and around Swansea</li> </ul>		
<p><b>DAN 24/7</b> – provide information via a leaflet for families where a parents/carers substance misuse/use is impacting on family functioning and where the health and development of children and young people is affected.</p>	-	<p><b>Web:</b>  <a href="http://www.dan247.org.uk/Literature.asp">www.dan247.org.uk/Literature.asp</a></p>

<b>Support for SCHOOLS</b>		
<b>Organisation</b>	<b>Age</b>	<b>How to Access</b>
<p><b>Boing Boing</b> – provides opportunities to learn about resilience.</p>		<p><b>Web:</b>  <a href="https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/">https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/</a></p>
<p><b>Childline Schools Service – NSPCC</b> – provides a free service talking to primary school children about abuse in all its forms. The delivery model is in two stages. Firstly, we deliver a 30-minute assembly to Y5 and 6 pupils to inform children of the different types of abuse and where they can go to seek help. The second stage, which happens approximately 1-2 weeks later, is an interactive classroom-based workshop lasting up to 1 hour, to reinforce the assembly messages and encourage discussion and questions.</p>		<p><b>Contact: Natalie Evans</b>  <b>Email:</b> <a href="mailto:Natalie.evans@nspcc.co.uk">Natalie.evans@nspcc.co.uk</a>  <b>Web:</b>  <a href="http://www.nspcc.org.uk/childlineschoolservice">www.nspcc.org.uk/childlineschoolservice</a></p>

<p><b>Cruse Bereavement – Hope Again -</b> Trains and equips the school by getting it 'bereavement ready'. They have specialist schools packs and training for staff.</p>		<p><b>Tel: 01792 462845</b> <b>Web: <a href="http://www.hopeagain.org.uk">www.hopeagain.org.uk</a></b> <b>Web: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a></b></p>
<p><b>Hafan Cymru – Spectrum Project</b> - is funded to raise awareness of Domestic Abuse and associated issues in all secondary and primary schools in Wales. All Spectrum sessions:</p> <ul style="list-style-type: none"> <li>• Promote the importance of healthy relationships and raise the awareness of children, young people and adults about the issues of Violence against Women, Domestic Abuse and Sexual Violence (VAW, DA or SV).</li> <li>• Are delivered by qualified and experienced teachers. Sessions can be delivered in Welsh or English and all resources are bilingual.</li> <li>• Are cross curricular and are designed to promote peer discussion, using a range of techniques.</li> <li>• Use materials that are thought provoking, but are not designed to be so emotive as to cause distress, including the concept of “The Safety Zone”.</li> <li>• Are designed to promote discussion not disclosure.</li> <li>• Conclude with information for young people on where they can access help and support both inside and outside the school.</li> </ul> <p>The Project also delivers training for all school staff and for parents on:</p>		<p><b>Tel: 01267 266924</b> <b>Email: <a href="mailto:Carys.Sexton@hafancymru.co.uk">Carys.Sexton@hafancymru.co.uk</a></b></p> <p><b>Ready to use resources:</b> There are free on-line resources available for teachers to use in class that can be downloaded from the Spectrum website or via HWB. They fit into two main categories:</p> <ul style="list-style-type: none"> <li>• Follow on resources for children of all ages to undertake once Spectrum sessions have been completed in school.</li> <li>• Stand-alone activities based on themes discussed in sessions (i.e. VAW, DA or SV.) These include, for example, 5 minute lesson plans, games, short activities, ideas for assemblies or “Thought for the Day” suggestions.</li> </ul>

<ul style="list-style-type: none"> <li>• Raising awareness of domestic abuse</li> <li>• Understanding the effects of domestic abuse on a child</li> <li>• A whole school approach to tackling VAW, DA or SV.</li> </ul>		
<p><b>Heads above the Waves</b> - a not for profit organisation that raises awareness of depression and self-harm in young people by promoting positive, creative ways of dealing with the bad days. Can deliver workshops for schools.</p>		<p><b>Web:</b> <a href="http://www.hatw.co.uk">www.hatw.co.uk</a>  <b>Facebook:</b> <a href="https://www.facebook.com/headsabovethewaves">/headsabovethewaves</a>  <b>Instagram:</b> <a href="https://www.instagram.com/headsabovethewaves">@headsabovethewaves</a>  <b>Twitter:</b> <a href="https://twitter.com/hatw_uk">@hatw_uk</a></p>
<p><b>HWB Abertawe – (Health &amp; Well Being)</b>  Abertawe is a project offering practical support and advice about healthy eating. Experienced Healthy Lifestyle Officers will work with families /individuals/community settings/schools to co-design their healthy lifestyle programme, ensuring it's both achievable and tailored to meet their needs.</p>		<p><b>Contact: Amanda Edwards</b>  <b>Tel: 01792 544006</b>  <b>Email:</b>  <a href="mailto:Amanda_edwards@scvs.org.uk">Amanda_edwards@scvs.org.uk</a>  <b>Web:</b> <a href="http://www.scvs.org.uk/hwb-abertawe">www.scvs.org.uk/hwb-abertawe</a></p>
<p><b>Mentally Healthy Schools</b>  Mentally Healthy Schools brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing. Our aim is to increase staff awareness, knowledge and confidence to help you support your pupils.</p>		<p><b>Web:</b>  <a href="https://www.mentallyhealthyschools.org.uk/">https://www.mentallyhealthyschools.org.uk/</a></p>
<p><b>Mindfulness In Schools Project (MiSP)</b> - is a charity whose aim is to inform, create, train and support the teaching of secular mindfulness to young people and those who care for them.  <b>paws .b</b> is a twelve session mindfulness course for primary schools, based on six themes, and ideally taught to 7 – 11</p>		<p><b>Contact: Gareth Clode</b>  <b>Mob: 07960 329 766</b>  <b>Email:</b> <a href="mailto:gareth@learning2b.co.uk">gareth@learning2b.co.uk</a>  <b>Web:</b>  <a href="http://www.mindfulnessinschools.org">www.mindfulnessinschools.org</a></p>

<p>year olds. It is adapted from the <b>.b mindfulness</b> curriculum for secondary schools, as well as influenced by adult mindfulness courses.</p>		<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">         paws .b Flyer.pdf     </div> <div style="text-align: center;">         .b Foundations Flyer.pdf     </div> </div>
<p><b>NSPCC – Speak Out, Stay Safe Programme</b> – is a UK wide NSPCC programme offering biannual visits to all primary school. The objectives of the rights based schools service are that children:</p> <ul style="list-style-type: none"> <li>- Understand abuse in all its forms</li> <li>- Learn how to protect themselves from all forms of abuse.</li> <li>- Recognise both how to get help and the sources of help available to them including trusted adults and Childline.</li> </ul> <p>Foundation Phase Assembly suitable for Years 1 &amp; 2 @ 20 Mins        Key Stage 2 Assembly suitable for Years 3-6 @ 30 Mins        Year 5 &amp; 6 Workshops @ 45-60 Mins per class.</p>		<p><b>Contact: Natalie Evans, Area Coordinator, Schools Service South Wales.</b>  <b>Tel: 07500 122 509</b>  <b>Email: <a href="mailto:natalie.evans@nspcc.org.uk">natalie.evans@nspcc.org.uk</a></b>  <b>Resource Link:</b>  <a href="https://www.nspcc.org.uk/service-s-and-resources/working-with-schools/speak-out-stay-safe-service/">https://www.nspcc.org.uk/service-s-and-resources/working-with-schools/speak-out-stay-safe-service/</a></p> <p><b>N.B.</b> Additionally, NSPCC can offer advice / guidance to primary schools about relevant NSPCC products and services which are relevant to schools, children and families. They offer a limited number of Online Safety Workshops for parents/carers in school settings.</p>
<p><b>Place2Be</b> - a children's mental health charity providing school-based support and in-depth training programmes to improve the emotional wellbeing of pupils, families, teachers and school staff.</p>		<p><b>Web:</b>  <a href="https://www.place2be.org.uk/">https://www.place2be.org.uk/</a></p>
<p><b>SYSHP</b> (Swansea Young Single Homeless Project) – <b>Regenerate Project</b> can deliver the 6 week STAR programme (Safety, Trust and Respect) at Secondary Schools, age 13 +.</p>		<p><b>Contact: Nia Williams, Project Coordinator</b>  <b>Tel: 01792 537530</b>  <b>Email: <a href="mailto:N.Williams@syshp.org.uk">N.Williams@syshp.org.uk</a></b></p>
<p><b>Time to Change</b> – a national campaign to end the stigma and discrimination by people with mental health problems; Provides resources for teachers and schools.</p>		<p><b>Web: <a href="https://www.time-to-change.org.uk/get-involved/get-involved-in-schools">https://www.time-to-change.org.uk/get-involved/get-involved-in-schools</a></b></p>

<p><b>Twinkl</b> – Mental Health resources</p>		<p><b>Web:</b>  <a href="https://www.twinkl.co.uk/">https://www.twinkl.co.uk/</a>  Search Mental Health</p>
<p><b>Voice Collective</b> - is a UK-wide, London-based project that supports children and young people who hear voices, see visions, have other ‘unusual’ sensory experiences or beliefs. We also offer support for parents/families, and training for youth workers, social workers, mental health professionals and other supporters”.</p>		<p><b>Web:</b>  <a href="http://www.voicecollective.co.uk/">http://www.voicecollective.co.uk/</a>  <b>Email:</b> <a href="mailto:info@voicecollective.co.uk">info@voicecollective.co.uk</a>  <b>Tel:</b> 0207 911 0822</p>
<p><b>YMCA</b> – Swansea YMCA PSE Raising Awareness sessions in schools across Swansea to raise awareness of the issues that young carers face in primary, comprehensive and colleges.</p>		<p><b>Contact:</b> Egija Cinovska  <b>Tel:</b> 07946348878  <b>Email:</b> <a href="mailto:egija@ymcaswansea.org.uk">egija@ymcaswansea.org.uk</a></p>

# NOTES

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Last updated: 07.05.19

**PLEASE NOTE:**

**The information provided in this booklet is intended to help you make an informed decision in relation to your own circumstances. You must consider whether you feel they are the right options for you. This is a list of useful organisations for your reference. This list is by no means exhaustive.**

For further information, or if you would like to add or amend an entry please contact the  
**SCVS Mental Health Development Service:**

**Beth Preston, Mental Health Information Officer –**

**[beth\\_preston@scvs.org.uk](mailto:beth_preston@scvs.org.uk)**

**Tel: 01792 544030**

You can download this directory from the SCVS Mental Health Development Service webpage:

**[www.scvs.org.uk/mental-health-development-service](http://www.scvs.org.uk/mental-health-development-service)**

Or from the QR code below:



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