



**Please see list of services below that you might find helpful to contact if you need support**

**Amber project:** A service supporting any young person (aged 14-25) in Cardiff and the surrounding areas who has experience of self-harm.

**Telephone:** 029 2034 4776

**Text/Phone** 07905 905437

**Website:** [www.amberproject.org.uk](http://www.amberproject.org.uk)

**Change Grow Live (CGL):** An Emotional Wellbeing service in Cardiff and the Vale of Glamorgan.

**Telephone:** 0800 008 6879

**Website:** [www.changegrowlive.org](http://www.changegrowlive.org)

**Childline:** You can sign up for an account with Childline to email or chat 1-1 with a counsellor 24hours, 7days/week.

**Telephone:** 0800 1111

**Website:** <https://childline.org.uk>

**Child Bereavement UK:** Offers support to families and young people affected by bereavement.

**Telephone:** 0800 02 888 40

**Website:** [www.childbereavementuk.org](http://www.childbereavementuk.org)

**Email support:** [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

**Cruse:** Offers support to anyone who has been bereaved. Also offers face to face local support

**Telephone:** 0808 808 1677 (freephone). Mon & Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.

**Website:** [www.cruse.org.uk](http://www.cruse.org.uk)

**Email:** [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

**Dewis Cymru:** Information about well-being in Wales, and information about local organisations and services that can help.

**Website:** <https://www.dewis.wales/>

**GP:** If you need to contact your GP out of hours, you can ring your GP surgery and they will have another number to call to see a GP immediately, or contact your local accident and emergency department if necessary

**Hope Support:** Offers online support via Facebook or Skype to young people aged 11+ when a close family member is diagnosed with a terminal illness.

**Website:** <http://www.hopesupport.org.uk>

**Email:** [help@hopesupportservices.org.uk](mailto:help@hopesupportservices.org.uk)

**Meic:** Information, advice and advocacy for children and young people.

**Text** 84001

**Freephone:** 080880 23456.

**Website:** <https://www.meiccymru.org/>

**Mind:** Offers support on a range of mental health issues.

**Telephone:** 0300 123 3393, Mon – Fri 9am – 6pm

**Text:** 86463.

**Mind Hub:** This hub has been created by young people for young people, it provides information and links to services in relation to emotional health and wellbeing.

**Website:** <http://www.mindhub.wales/>

**Papyrus:** An organisation set up for the prevention of young suicide, and offers support to young people.

**Telephone:** 0800 068 41 41

**Samaritans:** An organisation that provides confidential emotional support.

**Telephone:** 116 123, 24 hours, 7days/week.

**Welsh language line:** **0300 123 3011** open daily: 7pm – 11pm.

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**TESS:** Text and email support for girls & young women up to 24yrs in the UK affected by self-harm. Open Sun, Mon, Tues, Wed, Thurs and Fri 7pm - 9pm

**Text** 0780 047 2908

**Website:** <http://www.selfinjurysupport.org.uk/tess-text-and-email-support-service>