

Cylchlythyr Newsletter

Barnardo's Vale of Glamorgan School and Community Based Counselling Service

The holidays are coming and Christmas is almost here. It will be a very different celebration this year, due to the pandemic but we hope you have a wonderful time.

What we understand is that this time of year may not be the most wonderful time for everyone and it can in fact be a very difficult and sometimes sad time.

We have a team of counsellors who can offer you a safe space to talk, this can be face to face at school or in the community, we can also offer telephone or video counselling. **Contact us:**

Mobile/Text: 07738689262
Telephone: 02920 577074
Email:
valecounsellingservice@barnardos.org.uk

Online Self-Referral Form
<https://www.barnardos.org.uk/what-we-do/services/vale-school-and-community-based-counselling-service/self-referral-form>

Online Parent/Carer or Professional Referral Form
<https://www.barnardos.org.uk/what-we-do/services/vale-school-and-community-based-counselling-service/carers-professional-referral-form>

We will be back in your school in January. If you need to speak with someone urgently please speak to someone you trust, your GP or in an emergency get help to access the accident and emergency unit.

To help you through some tough, stressful situations this video from StandForKind may be helpful
<https://www.youtube.com/watch?v=8IM8pgMgjEs>

We also have a new service for children young people and families

See, Hear, Respond

The See, Hear, Respond Partnership is a new service funded by the Department for Education. With your help, the See, Hear, Respond Partnership will quickly identify and support children, young people and families who are struggling to cope with the impacts of coronavirus
<https://www.barnardos.org.uk/see-hear-respond-wales>

See, Hear, Respond

will ensure vulnerable children, young people and families who are at risk, don't slip through the cracks.

www.barnardos.org.uk/see-hear-respond



Services below might be helpful to contact whilst you wait to meet with one of our counsellors:

The Amber Project

Offering Support and Information



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



Change Grow Live, Emotional Wellbeing Service in Cardiff and the Vale of Glamorgan. **Telephone:** 0800 008 6879

Website: www.emotionalwellbeingservice.org.uk



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>



Support to families and young people affected by bereavement.

Telephone: 0800 02 888 40 **Website:**

www.childbereavementuk.org

Email support:

support@childbereavementuk.org



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

Email: 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



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



Information, advice and advocacy for children and young people.

Text 84001 **Freephone:** 080880 23456

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



Support on a range of mental health issues.

Telephone: 0300 123 3393, Mon – Fri 9am – 6pm **Text:** 86463.



Created by young people for young people, provides information and links to services in relation to emotional health and wellbeing.

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



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

Telephone: 0800 068 41 41

Website https://www.papyrus-uk.org/?gclid=EAIaIQobChMI4IjOjKm87QIVjbTtCh2yrwkUEAAYASAAEgJt5_D_BwE

SAMARITANS

An organisation that provides confidential emotional support.

Telephone: 116 123, 24 hours, 7 days a week.

Email: jo@samaritans.org

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



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>

YOUNG MINDS

www.youngminds.org.uk