

in partnership with



Newsletter

With Spring in the air we are happy to see some lifting of the restrictions that are affecting our lives. We know that this has been such a difficult time, affecting us all in so many different ways. We also know that for some of you problems you may have already had may have become so much worse.

We want to remind you **we are here and can help you.**

As you return to the classroom we are able to meet with you directly at school or in the community.

However if you prefer we can still offer you a safe space to talk on the telephone, or a video call.

We can support you through some of those difficulties you have struggled with which may be affecting your thoughts, feelings or behaviour.

We are working on finding new ways to communicate with you too and would love your ideas on how we might be able to do this. Please send your ideas to our counselling service mailbox.

We look forward to hearing from you.



MEET THE TEAM

It might be helpful to see some faces of the Counselling Team so we start with the Team Manager, **Katrina**.

Some of you may recognise her from Llantwit High, Cowbridge Comp or the PRU where she was one of our Counsellors.



three fun facts!



Katrina loves emojis, a good quote and her boxer dog Albert



Parents, carers, professionals and young people can contact **Katrina** if they want more information about counselling.



You can contact her at valecounsellingservice@barnardos.org.uk or 07749437124

Contact us

Mobile/Text: 07738689262

Telephone:

02920 577074

Email: valecounselling@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/carer-professional-referral-form>

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

Supporting any young person (14-25) in Cardiff and the surrounding areas who has experience of self-harm.

Telephone: 029 2034 4776

Text/Phone 07905 905437

www.amberproject.org.uk

The Amber Project
Offering Support and Information



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



**Support to families and young people
affected by bereavement.
Telephone: 0800 02 888 40
Email support:
support@childbereavementuk.org
www.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
Email: helpline@cruse.org.uk
www.cruse.org.uk**



Dewis Cymru

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

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.

Email: help@hopesupportservices.org.uk
www.hopesupport.org.uk



Information, advice and advocacy for children and young people.

Text 84001

Freephone: 080880 23456

www.meiccymru.org



Support on a range of mental health issues.

Telephone:

0300 123 3393, Mon – Fri 9am – 6pm

Text: 86463



www.youngminds.org.uk

YOUNGMiNDS

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

www.mindhub.wales



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

Telephone: 0800 068 41 41

www.papyrus-uk.org



An organisation that provides confidential emotional support.

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

Email: jo@samaritans.org

Welsh language line:

0300 123 3011 open daily: 7pm – 11pm

The logo for Samaritans, featuring the word "SAMARITANS" in white, uppercase letters on a solid green rectangular background.

Text and email support for girls & young women up to age 24 affected by self-harm.

**Open Sun, Mon, Tues, Wed, Thurs and Fri
7pm - 9pm**

Text 0780 047 2908

www.selfinjurysupport.org.uk/tess-text-and-email-support-service

