



Sources of Support



NHS 111 *Wales*

This is the home of health advice for anyone living in Wales.
Call **111** /
www.111.wales.nhs.uk



You can talk to childline about anything. No problem is too big or too small.
Call on **0800 1111** /
www.childline.org.uk



Fearless is a dedicated young person's charity where you can get info and give info about crime 100% anonymously.
Call **0800 555 111** /
www.fearless.org



Helping children feel safe.
Call: **029 2057 7074** /
www.barnardos.org.uk/wales



ACT is an organisation providing information and advice for people with concerns about radicalisation.
Call **0800 011 3764** /
www.actearly.uk



Are you, or is a young person you know, not coping with life?
Call: **0800 068 41 41** /
www.papyrus-uk.org



Umbrella Cymru is a gender and sexual diversity support service that works in Wales.
Call **0300 302 3670** /
www.umbrellacymru.co.uk



Whatever you're going through, a Samaritan will face it with you, 24 hours a day, 365 days a year.
Call any time: **116 123** /
www.samaritans.org



Advocacy support and advice.
Call: **029 2039 6974** /
www.tgpcymru.org.uk



For sexual advice including testing in Wales.
www.friskywales.org



Mental Health support for the agricultural sector.
Call **0800 587 4262**
text **07860 048799** /
www.thedpjfoundation.co.uk



If you're thinking about stopping smoking, there's no better time to quit than now.
Call **0800 085 2219** /
www.helpmequit.wales



Dan 24/7 is a free and confidential drugs helpline.
Call **0808 808 2234** or
text **DAN to 81066** /
www.dan247.org.uk



For help with your career, preparing to get a job, and finding and applying for the right apprenticeships, courses and training.
www.careerswales.gov.wales



An organisation dedicated to give advice on all things concerning alcohol.
Call **0300 123 1110** /
www.drinkaware.co.uk



Barod specialises in substance misuse support for both adults and young people in S Wales.
Call **0333 3202751** /
www.barod.cymru



Supporting trans, non-binary and gender-diverse children, young people.
Call - **08088010400** /
www.mermaidsuk.org.uk



For advice on homelessness in Wales.
Call: **08000 495 495**
www.sheltercymru.org.uk



Are you affected by low mood, depression and suicidal thinking.
www.studentsagainstdepression.org



Meic is the helpline service for children and young people up to the age of 25 in Wales.
Call **08088023456** or
text **84001** /
www.meiccymru.org



Mind is a mental health charity that is committed to improve the mental health of the nation.
Call **0300 123 3393** /
www.mind.org.uk



For any online sexual abuse make a report to CEOP using:
www.ceop.police.uk/Safety-Centre



An organisation dedicated to eradicate all forms of racism.
Call **02920 236 057**.
www.theredcard.org



To report a hate crime use the online form on
www.report-it.org.uk



Live Fear Free.
For confidential advice or support around domestic violence, sexual violence or violence against women call
0808 8010800 /
www.welshwomensaid.org.uk



The Children's Commissioner works for every child in Wales.
Call **01792 765600** /
www.childcomwales.org.uk



Use BBC Bitesize to help with your homework, revision and learning.
www.bbc.co.uk/bitesize