

## REFERRALS

Referrals can be made by parents, schools and professionals by telephoning the Families First Advice Line on **0800 0327322**.

Factors which may cause a young person to need referral may include:

- Bullying
- Exposure to adverse experiences
- Negative influences from peer groups
- Poor family relationships
- Poor support networks outside of the family
- Poverty
- Poor mental health
- Poor school attendance and attainment
- Poor social and emotional wellbeing
- Tendency towards risky behaviours
- Those at risk of teenage pregnancy

Please contact  
Families First  
Advice Line  
For further information

**0800 0327322**

Families First Advice Line is  
open  
Monday to Friday  
9am to 12 noon  
and  
1pm to 4.30pm



Lles Ieuencid  
Youth Wellbeing



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Youth Wellbeing

## A GUIDE TO THE YOUTH WELLBEING SERVICE

A project funded by  
Families First in the  
Vale of Glamorgan



Llywodraeth Cymru  
Welsh Government





The Youth Wellbeing Service will offer targeted support for young people who have faced adverse childhood experiences which are significantly affecting their wellbeing. The main focus will be to support young people from ages 10 to 16 years in the Vale of Glamorgan. The core aims of support are to increase confidence, develop resilience and improve their wellbeing.

The service will work in collaboration with other services and key partners to ensure young people reach their potential.

## The service aims to:

- Improve social and emotional wellbeing.
- Increase confidence and resilience.
- Empower young people to become active and productive participants in society.
- Improve the life chances of young people.
- Build the capacity of young people to consider risk, make reasoned decisions and take control.
- Develop positive attitudes, behaviour and aspirations.
- Develop the ability of young people to manage personal and social relationships.
- Prevent needs from escalating.

## Services that may be offered to young people:

- 1:1 Mentoring Support
- Group Support
- Workshops at schools or youth groups
- Information and Advice Services
- Advocacy

