

## Pupil Information



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

Due to the Corona Virus we have adapted our counselling service and we now offer counselling over the telephone or online.

Until we return to usual service delivery we will provide:

13 years and above - counselling available

Under 13 years we will provide you with supportive wellbeing advice

Even though **ALL** sessions will be confidential between you and the counsellor, we will need your parents to know you are receiving a service in case of an emergency whilst you are not at school.

If you would like to access counselling or wellbeing advice during this difficult time we require **consent** from you to communicate with you.

### Please contact us:

- Telephone: 02920 577074
- Mobile: 07738689262
- Email: [valecounselling@barnardos.org.uk](mailto:valecounselling@barnardos.org.uk)

When you contact us, let us know your name, telephone number (or preferred means of communication) and what school year you are in and what school you attend, we will reply to you as soon as possible.

In the meantime, please have a look at the 'signposting sheet' attached to this letter, which has a list of useful websites and organisations that you might find helpful.

If you feel your situation gets worse before you get to speak to one of our counsellors and you are finding it difficult to cope, please speak to a member of your family or a teacher who you trust. You can also contact your GP or local Accident and Emergency Department if necessary.

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

**Please see list of services below that you might find helpful to contact whilst you wait to meet with one of our counsellors:**

**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>