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Barnardo's
Cymru

Vale of Glamorgan School and Community Based Counselling Service Summer Provision

2020

The Counselling Service is available to all pupils aged 13 years and over during the summer holidays, if you think we could help you and you would like to access our service get in touch with us as we require your consent to contact you.



We are available over the summer using telephone and online platforms to deliver confidential counselling sessions to young people aged 13 years and over.

If you are aged 10 – 12 years, we can provide wellbeing support and guidance.

Please contact us:

- Telephone:02920 577074 -Mobile: 07738689262 - Email: valecounselling@barnardos.org.uk

When you contact us, let us know your name, telephone number and what school/school year you are in and your preferred way to communicate with us.

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.

Parents – We will need your permission to provide counselling to your child whilst they are not at school in case of an emergency, but it is important for you to know all counselling will remain confidential between the counsellor and your child.

Please see list of services below that you might find helpful to contact, if you would like more information let us know.

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| <p>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</p> | <p>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</p> |
| <p>Change Grow Live (CGL): An Emotional Wellbeing service in Cardiff and the Vale of Glamorgan. Telephone: 0800 008 6879 Website: www.changegrowlive.org www.emotionalwellbeingservice.org.uk</p> | <p>Dewis Cymru: Information about well-being in Wales, and information about local organisations and services that can help. Website: https://www.dewis.wales/</p> |
| <p>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</p> | <p>Meic: Information, advice and advocacy for children and young people. Text 84001 Freephone: 080880 23456. Website: https://www.meiccymru.org/</p> |
| <p>Papyrus: An organisation set up for the prevention of young suicide, and offers support to young people. Telephone: 0800 068 41 41</p> | <p>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/</p> |