

BAME

BAWSO

24hr helpline: 08007318147

www.bawso.org.uk

Boloh - Barnardos

0800 151 2605

www.helpline.barnardos.org.uk

Bame Cymru

Monday - Friday - 10:30 - 14:30

0300 222 5720

07537 432416

www.bame.wales

EYST Wales

01978 312556

www.eyst.org.uk

STAYING SAFE ONLINE

CEOP

www.ceop.police.uk/safety-centre

Own It

www.bbc.com/ownit/curations/gaming

Childline Gaming

www.childline.org.uk

Thinkuknow

www.thinkuknow.co.uk

Childnet International

www.childnet.com/young-people

NSPCC

www.net-aware.org.uk

ADVOCACY SUPPORT

Barnardos

Free helpline 0800 157 7015

www.barnardos.org.uk/see-hear-respond-wales

Children's Advocacy Service

029 2039 6974

www.tgpcymru.org.uk

Voices From Care Cymru

02920 451431

www.vfcc.org.uk

National Youth Advocacy Service (NYAS)

0808 808 1001

www.nyas.net/nyas-cymru

ADDITIONAL SUPPORT

ChildLine

0800 1111

www.childline.org.uk

NSPCC

www.nspcc.org.uk

Women's Aid

0808 80 10 800

www.welshwomensaid.org.uk

Hate Crime

0300 3031 982

Hate.CrimeWales@victimsupport.org.uk

Flintshire Integrated Youth Provision - Estyn Llaw Team
Darpariaeth Integredig I Bobl Ifanc Sir y Fflint - Tîm Estyn Llaw



DO YOU NEED HELP OR SUPPORT?

What can we do?

We can help support you through any process!

It's so important not to suffer in silence. It can be scary to open up about how you're feeling, but you are not alone - there are people who want to help.

Are you feeling alone?

Do you need to talk to someone?

Remember there is always someone you can talk to and someone who can help you.

You are not alone!



MENTAL HEALTH & WELLBEING

Samaritans

jo@samaritans.org

Call free on 116 123.

www.samaritans.org/wales/samaritans-cymru

Childline

Call Free 0800 1111*

www.childline.org.uk

MEIC

Call Free 080880 23456*, text 84001

www.meiccymru.org

Young Minds Cymru

02920 395 123 / 0300 123 3393 Text 85258

info@mind.org.uk

Mind Cymru

02920 395 123 / 0300 123 3393 Text 86463.

info@mind.org.uk

C.A.L.L

Helpline 0800 132 737

Text help to 81066

www.callhelpline.org.uk

PAPYRUS

0800 068 41 41

www.papyrus-uk.org

The Mix

0808 808 4994

www.themix.org.uk

Bullying UK

0300 323 0169/ 0845 22 55 787

www.nationalbullyinghelpline.co.uk

Students Against Depression

www.studentsagainstdepression.org

*The number showing the star will NOT show up on the phone bill.

SEXUAL HEALTH

Integrated Connah's Quay Sexual Health Clinic

01244 834157 or 03000 856000

Info Shop & Young People's Clinic Wrexham

Monday, Wednesday, Friday

3.00pm-5.30pm

By appointment only

01978 295 600 / 01978 295 601

BROOK

www.brook.org.uk

Frisky Wales

www.friskywales.org

Amethyst SARC

0808 156 3658

www.north-wales.police.uk/amethyst

RASASC

Rape & Sexual Abuse Support Centre North Wales

01248 670 628

www.rasawales.org.uk

DRUGS AND ALCOHOL

Dan 24/7

Free phone: 0808 808 2234*

Or text DAN -81066

24 hours a day, 7 days a week

www.dan247.org.uk

FRANK

0300 1236600 (24-hour helpline)

Text 82111

www.talktofrank.com

Flintshire Sorted

Young People Drug and Alcohol Team

01352 703490 / sorted@flintshire.gov.uk

LGBT

Stonewall Cymru

0800 0502020

Lines are open 9:30 - 4:30 Monday to Friday.

www.stonewallcymru.org.uk

LGBT Cymru helpline and counselling service

0800 980 4021

www.lgbtcymru.org.uk

Unique

kathy@uniquetg.org.uk

Tel: Elen or Jenny- Ann

01745 337144

The Proud Trust

www.theproudtrust.org

Mermaids

www.mermaidsuk.org.uk

MindOUT

www.mindout.org.uk

Just like us

www.justlikeus.org

Viva LGBT - LGBT Youth Cymru

www.vivalgbt.co.uk/contact

HOMELESSNESS

Shelter Cymru

Housing advice helpline

08000 495 495

www.sheltercymru.org.uk

