Wellbeing Information for Parents and Carers

Shine

ScHools INreach Emotional Wellbeing Service

GIG CYMRU NHS WALES

Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg University Health Board

Family Information Service

The Family Information Service (FIS) provides free and impartial information, guidance, and signposting to a wide range of services for children, young people, and their families in Rhondda Cynon Taf.

Our service is open to everyone—no referrals or eligibility criteria are required.

Gwasanaethau i Blant a Theuluoedd
Services for Children & Families

- Email: fis@rctcbc.gov.uk
- Freephone: 0800 180 4151
- Freephone (from mobiles): 0300 111 4151

Resilient Families

We provide families with an assessment to identify the right services based on your circumstances. Our aim is to offer quick, effective support and guidance to help families overcome challenges together. We focus on helping you develop resilience and the skills to cope with difficult times, even after the support has ended.

Parents and carers can self-refer by calling 01443 425006.5006.

RESILIENT FAMILIES SERVICE

Comets and Rockets Programme

We offer one-to-one play therapy and group programmes to support children and young people aged 3–17 who have witnessed or experienced domestic abuse. We also provide support for parents to help them understand the impact of domestic abuse on their child and offer programmes to strengthen attachment.

SMT

- Tel: 01685 353999
- Email: referrals@smt.org.uk
- Website: smt.org.uk

Men's Shed

Men's Sheds' are social groups set up in local communities for the benefit of men.

The Men's Sheds movement is based on the understanding that men are more likely to help themselves and attend something they have set up or have some control over. While they might struggle to talk face to face, men do talk shoulder to shoulder when engaged in some form of activity or shared task.

MEN'S SHEDS CYMRU

Behaviour Support Hub

Led by parents, for parent carers of children with behaviour that challenges and neurodiverse conditions.

Tel: T: 01443 492624

Email: info@behavioursupporthub.org.uk

Barnardo's Cymru

Charity that supports families through metal health problems, young carers, alcohol/substance misuse, domestic abuse, and so much more.
Tel: 029 2049 3387

Child Bereavement UK

Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.
Email: helpline@childbereavementuk.org
Telephone: 0800 02 888 40
Live Chat: via our website

Valleys Steps

Promoting better wellbeing all across Rhondda Cynon Taf, Merthyr Tydfil and Bridgend.
Our aim is to make it as easy as possible for people to take the first step to understanding themselves, to managing life's difficulties and improving everyday well-being.

Tel: 01443 803048
Email: info@valleyssteps.org

Silver Cloud

SilverCloud programmes can be accessed for free by people aged 16 and over. The programmes are designed to help you improve and maintain your wellbeing by changing the way you think and feel about things.
There are several free programmes you can access. The programme is flexible so you can use it anytime, anyplace, and anywhere. They feature videos, activities, quizzes, audio guides and your own online journal.

Happy Maps

A one-stop hub of information on young people's mental health
For Parents, Professionals and Young People.

website: https://www.happymaps.co.uk/

Mind

Local Minds run mental health services in local communities. Anyone can get in touch – you don't need to have a GP referral.

Tel: 01685 707480
Email: info@ctmmind.org.uk

Young Minds

From information and advice for young people and parents, to resources and training for professionals, to campaigning and activism, our three strategic programmes help us to focus our work and have as great an impact as possible for young people across the country.

Website: https://www.youngminds.org.uk/

ManKind Initiative

Our confidential helpline is available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers.

FREEPHONE 0808 800 1170
(will not show on your bills)
HELPLINE 01823 334 244

Valleys Kids

Our mission is to create a community where every person and family feels supported, enabled and empowered to overcome hardship and realise their potential.
We offer community development, play, youth work, support families and adults as well as offering visual arts and theratre classes.

Tel: 01443 420870
Email: email us on info@valleyskids.org

Useful Phone Numbers

NHS Mental Health Service: 111 press 2

Childline: 0800 1111

Young Minds: 0808 802 5544

Samaritans: 116 123

SHOUT: Text 85258

Helpful Apps

HEADSPACE

A meditiation app. that acts as a personal guide to health and happiness.

CALM

Meditaion techniques and sleep stories to aid with stress and sleep.

CHILL PANDA

Helps children to better understand their stress and shows them ways to feel better uisng breathing techniques, yoga, excercises and games.

WORRY TREE

The app aims to help you take control of worry, wherever you are.

SAFESPOT

Aims to provide young people with access to coping strategies and resourecs to help them cope better with difficult times.

STOP BREATHE THINK

Check in with how you are feeling, and try short activities tuned to your emotions.

COMBINED MINDS

An app. developed to help familes and friends support young people with their mental health.

CALM HARM

An app that helps you manage or resist the urge to self-harm.

NOT OK

A free digital panic button, to get you immediate support via text, phonecall or GPS location when you are struggling to reach out.

STAY ALIVE

This app is a pocket suiced provention resource, packed full of useful information to help you stay safe.

CLEAR FEAR

The app provides you with a range of ways to manage anxiety.

Top Tips for Wellbeing

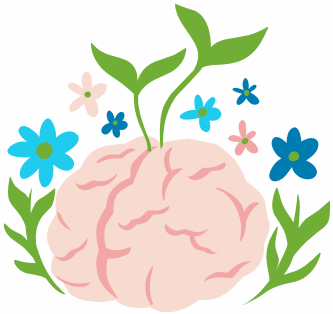
Be aware of your emotions. take some time to 'check in' with yourself.



Give yourself time to relax and unwind

You need to take time to rechange and to do things you enjoy





Mindfulness techniques

Try talking to others



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