

# SOURCES OF SUPPORT



<p><b>CALL YOUR LOCAL POLICE</b> <b>101</b> IN AN EMERGENCY ALWAYS CALL 999</p>	<p><b>NHS 111 Wales</b></p> <p>This is the home of health advice for anyone living in Wales.</p> <p>Call 111 or go to <a href="http://www.111.wales.nhs.uk">www.111.wales.nhs.uk</a></p>	<p>You can talk to ChildLine about anything. No problem is too big or too small.</p> <p>Call on 0800 1111 or chat online. <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>	<p><b>fearless.org</b></p> <p>Fearless is a dedicated young person's charity where you can get info and give info about crime 100% anonymously.</p> <p>Call 0800 555 111 / <a href="http://www.fearless.org">www.fearless.org</a></p>
<p><b>BARNARDOS</b></p> <p>Helping children feel safe.</p> <p>Call: 029 2057 7074 <a href="http://www.barnardos.org.uk/wales">www.barnardos.org.uk/wales</a></p>	<p><b>ACT</b> ACTION COUNTERS TERRORISM</p> <p>ACT is an organisation providing information and advice for people with concerns about radicalisation.</p> <p>Call 0800 011 3764 / <a href="http://www.actearly.uk">www.actearly.uk</a></p>	<p><b>PAPYRUS</b> PREVENTION OF YOUNG SUICIDE</p> <p>Are you, or is a young person you know, not coping with life?</p> <p>Call: 0800 068 41 41 <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></p>	<p>Umbrella Cymru is a gender and sexual diversity support service that works in Wales.</p> <p>Call 0300 302 3670 / <a href="http://www.umbrellacymru.co.uk">www.umbrellacymru.co.uk</a></p>
<p><b>SAMARITANS</b></p> <p>Whatever you're going through, a Samaritan will face it with you, 24 hours a day, 365 days a year.</p> <p>Call any time, day or night 116 123 / <a href="http://www.samaritans.org">www.samaritans.org</a></p>	<p>Advocacy support and advice.</p> <p>Call: 029 2039 6974 <a href="http://www.tgpcymru.org.uk">www.tgpcymru.org.uk</a></p>	<p><b>FriskyWales</b> <b>CymruChwareus</b></p> <p>For sexual advice including testing in Wales.</p> <p><a href="http://www.friskywales.org">www.friskywales.org</a></p>	<p>Mental Health support for the agricultural sector.</p> <p>Call 0800 587 4262 text 07860 048799 <a href="http://www.thedpjfoundation.co.uk">www.thedpjfoundation.co.uk</a></p>
<p>If you're thinking about stopping smoking, there's no better time to quit than now.</p> <p>Call 0800 085 2219 / <a href="http://www.helpmequit.wales">www.helpmequit.wales</a></p>	<p>DAN 24/7</p> <p>Dan 24/7 is a free and confidential drugs helpline.</p> <p>Call 0808 808 2234 or text DAN to 81066 / <a href="http://www.dan247.org.uk">www.dan247.org.uk</a></p>	<p>Gyrafa Cymru Careers Wales</p> <p>For help with your career, preparing to get a job, and finding and applying for the right apprenticeships, courses and training.</p> <p><a href="http://www.careerswales.gov.wales">www.careerswales.gov.wales</a></p>	<p><b>drinkaware.co.uk</b> for the facts about alcohol</p> <p>An organisation dedicated to give advice on all things concerning alcohol.</p> <p>Call 0300 123 1110 / <a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a></p>
<p><b>barod</b></p> <p>Barod specialises in substance misuse support for both adults and young people in South Wales.</p> <p>Call 0333 3202751 / <a href="http://www.barod.cymru">www.barod.cymru</a></p>	<p>Supporting trans, non-binary and gender-diverse children, young people.</p> <p>Call - 08088 010 400 <a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a></p>	<p><b>SHELTER CYMRU</b></p> <p>For advice on homelessness in Wales.</p> <p>Call: 08000 495 495 <a href="http://www.sheltercymru.org.uk">www.sheltercymru.org.uk</a></p>	<p><b>STUDENTS AGAINST DEPRESSION</b> .ORG</p> <p>Are you affected by low mood, depression and suicidal thinking?</p> <p><a href="http://www.studentsagainstdepression.org">www.studentsagainstdepression.org</a></p>
<p><b>meic</b></p> <p>Meic is the helpline service for children and young people up to the age of 25 in Wales.</p> <p>Call 08088023456 or text 84001 / <a href="http://www.meiccymru.org">www.meiccymru.org</a></p>	<p><b>mind</b></p> <p>Mind is a mental health charity that is committed to improve the mental health of the nation.</p> <p>Call 0300 123 3393 / <a href="http://www.mind.org.uk">www.mind.org.uk</a></p>	<p>For any online sexual abuse make a report to CEOP using:</p> <p><a href="http://www.ceop.police.uk/Safety-Centre">www.ceop.police.uk/Safety-Centre</a></p>	<p><b>Show Racism the Red Card</b></p> <p>An organisation dedicated to eradicate all forms of racism.</p> <p>Call 02920 236 057. <a href="http://www.theredcard.org">www.theredcard.org</a></p>
<p>To report a hate crime use the online form on:</p> <p><a href="http://www.report-it.org.uk/your_police_force">www.report-it.org.uk/your_police_force</a></p>	<p><b>Cymorth i Ferched Cymru</b> Welsh Women's Aid</p> <p>Live Fear Free. For confidential advice or support around domestic violence, sexual violence or violence against women.</p> <p>Call 0808 8010800 <a href="http://www.welshwomensaid.org.uk">www.welshwomensaid.org.uk</a></p>	<p>Comisiynydd Plant Cymru Children's Commissioner for Wales</p> <p>The Children's Commissioner works for every child in Wales.</p> <p>Call 01792 765600 / <a href="http://www.childcomwales.org.uk">www.childcomwales.org.uk</a></p>	<p><b>BBC BITESIZE</b></p> <p>Use BBC Bitesize to help with your homework, revision and learning.</p> <p><a href="http://www.bbc.co.uk/bitesize">www.bbc.co.uk/bitesize</a></p>