



SOURCES OF SUPPORT



 <p>CALL YOUR LOCAL POLICE 101 IN AN EMERGENCY ALWAYS CALL 999</p>	<p>NHS 111 <i>Wales</i></p> <p>This is the home of health advice for anyone living in Wales.</p> <p>Call 111 or go to www.111.wales.nhs.uk</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. www.childline.org.uk</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 / www.fearless.org</p>
 <p>Helping children feel safe.</p> <p>Call: 029 2057 7074 www.barnardos.org.uk/wales</p>	 <p>ACT is an organisation providing information and advice for people with concerns about radicalisation.</p> <p>Call 0800 011 3764 / www.actearly.uk</p>	 <p>Are you, or is a young person you know, not coping with life?</p> <p>Call: 0800 068 41 41 www.papyrus-uk.org</p>	 <p>Umbrella Cymru is a gender and sexual diversity support service that works in Wales.</p> <p>Call 0300 302 3670 / www.umbrellacymru.co.uk</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 / www.samaritans.org</p>	 <p>Advocacy support and advice.</p> <p>Call: 029 2039 6974 www.tgpcymru.org.uk</p>	 <p>For sexual advice including testing in Wales.</p> <p>www.friskywales.org</p>	 <p>Mental Health support for the agricultural sector.</p> <p>Call 0800 587 4262 text 07860 048799 www.thedpfoundation.co.uk</p>
 <p>If you're thinking about stopping smoking, there's no better time to quit than now.</p> <p>Call 0800 085 2219 / www.helpmequit.wales</p>	 <p>Dan 24/7 is a free and confidential drugs helpline.</p> <p>Call 0808 808 2234 or text DAN to 81066 / www.dan247.org.uk</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>www.careerswales.gov.wales</p>	 <p>An organisation dedicated to give advice on all things concerning alcohol.</p> <p>Call 0300 123 1110 / www.drinkaware.co.uk</p>
 <p>Barod specialises in substance misuse support for both adults and young people in South Wales.</p> <p>Call 0333 3202751 / www.barod.cymru</p>	 <p>Supporting trans, non-binary and gender-diverse children, young people.</p> <p>Call - 08088 010 400 www.mermaidsuk.org.uk</p>	 <p>For advice on homelessness in Wales.</p> <p>Call: 08000 495 495 www.sheltercymru.org</p>	 <p>Are you affected by low mood, depression and suicidal thinking?</p> <p>www.studentsagainstdepression.org</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 / www.meiccymru.org</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 / www.mind.org.uk</p>	 <p>For any online sexual abuse make a report to CEOP using: www.ceop.police.uk/Safety-Centre</p>	 <p>An organisation dedicated to eradicate all forms of racism.</p> <p>Call 02920 236 057. www.theredcard.org</p>
 <p>To report a hate crime use the online form on: www.report-it.org.uk/your_police_force</p>	 <p>Live Fear Free. For confidential advice or support around domestic violence, sexual violence or violence against women.</p> <p>Call 0808 8010800 www.welshomensaid.org.uk</p>	 <p>The Children's Commissioner works for every child in Wales.</p> <p>Call 01792 765600 / www.childcomwales.org.uk</p>	 <p>Use BBC Bitesize to help with your homework, revision and learning.</p> <p>www.bbc.co.uk/bitesize</p>