

There are a number of services in Cardiff and The Vale for young people to help manage their emotional health and wellbeing. Some also offer support and information for the family unit as a whole.

If you are struggling with your mental health and wellbeing, just scan the QR code below.



C&W Young People Wellbeing

Self-Harm

Visit these websites if you are having thoughts of or are self harming for support.



Calm Harm app



Heads Above the Waves



The Amber Project



Combined Minds app

Suicide prevention



Papyrus Suicide Prevention

Are you, or a young person you know, not coping with life? Text – 88247 for support

Eating Disorders



Beat Eating Disorders

We are here to support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

Psychosis



Psychosis Support

Psychosis information and support on the Young Minds website

LGBTQIA



Umbrella Cymru

The Umbrella Charity provides support to

ND Support



C&W Neurodivergence Support

Neurodivergence support via the

Young Carers



YMCA Young Carers C&W

Are you a young carer? Come along to

Support for Families

Contact 02920578918
Ely Family Centre
87A Grand Avenue
CF5 4LE



Ely Family Centre support

Additional resources for parents and siblings of children facing mental health challenges



Parent & Family support

Cardiff Family Advice and Support offers a range of information, advice and assistance for children, young people and their families in Cardiff.



Cardiff Family Advice and Support

Staying safe



Report a crime 101

To report a non-urgent crime to South Wales Police, call 101



Reporting Concerns

Concerned about a child in Cardiff? (Safeguarding)



Reporting Concerns

Concerned about a child in the Vale? (Safeguarding)



NSPCC FGM Worker

Female genital mutilation is illegal. The NSPCC has advice to keep you safe.



Staying Safe Online & Offline

How to stay safe both online and offline.

General advice and support



YoungMinds

Whether you want to understand more about how you're feeling, get information about a mental health condition or find support, Young Minds can help.

We work with young people aged 13-25 to promote wellbeing through a combination of peer support, workshops and courses, 1:1 support and volunteering opportunities.



Wellbeing & Young People



Silver Cloud

SilverCloud programmes are designed to help you improve and maintain your wellbeing by changing the way you think and feel about things.

TALK is... Pre-modulated anonymous peer support. Pre-emptive counsellor intervention for young people in crisis. Scheduled 1-2-1 solution focused therapy. A directory of 200+ crisis, specialist, local and national resources. Available all day, every day. No referrals, no waiting.



Talk is...



MindHub

MindHub has been created by young people for young people. It provides information and links to services in relation to your emotional health

Instant support



Chat with a counsellor online

Chat with a counsellor online about whatever's worrying you.

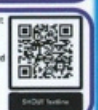
Experienced, skilled and friendly advisers who will listen to you without judgement, take your concerns seriously, and support you to start, stop or change anything in your life that is causing you worry.



Helpline Hub

Young people aged 11-19 can access the School Nursing service via text for confidential, anonymous health advice and support. Text: 07520 615718. Available Monday to Friday, 8.30am to 4.30pm (excluding bank holidays).

Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope. To start a conversation, text the word 'Shout' to 85258. Trained Shout Volunteers are here to listen at any time of day or night and messages won't appear on your phone bill.



Shout

Whatever you're going through, you can call us any time, from any phone for FREE. Call 116 123

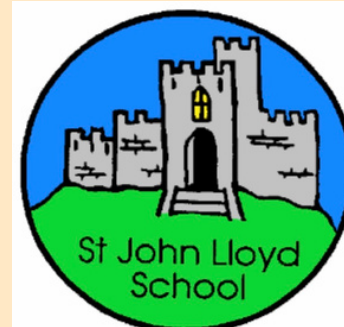
HOPELINE 247 provides you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe. If you are experiencing thoughts of



HOPELINE 247

In an emergency, Call 999

FAMILY ENGAGEMENT LEAFLET





MONDAY

Messy Monsters (term-time only)..... 12.30 – 2pm £1.50
 BTA Theatre & Street Dance Classes 4 – 8pm Contact BTA
Contact BTA for details: hello@breakthroughtheatre.org
 BTA Community Choir..... 7 – 8.30pm £4 donation
 MCL Boxing Academy Juniors 5 – 6pm Contact MCL
 MCL Boxing Academy Seniors 6 – 7pm Contact MCL
Contact MCL: 07903247509

TUESDAY

St Mellons Pantry..... 9.30 – 12pm..... £5
 Coffee Morning 9.30 – 11am Free
 Riverside Advice (drop-in session) 9.30 – 11am Free
 Crafty Chats 10am – 12pm £2
 Gardening Club (except Dec/Jan/Aug) 1 – 3pm Free
 BTA Theatre Classes 4 – 7pm Contact BTA
 MCL Boxing Academy Juniors 5 – 6pm Contact MCL
 MCL Boxing Academy Seniors 6 – 7pm Contact MCL
 MCL Women's Boxercise 7 – 8pm Contact MCL

WEDNESDAY

Adult Learning (contact us for more info) 9 – 11am Free
 Crafty Chats 10am – 12pm £2
 Diamond Art Club 12.45 – 2.45pm £2
 MCL Boxing Academy Juniors 5 – 6pm Contact MCL
 MCL Boxing Academy Seniors 6 – 7pm Contact MCL

THURSDAY

Busy Bees Stay & Play and Breastfeeding
 Peer Support Group (term-time only)..... 9.30 – 11am £1 donation
 The Bike Hut St Mellons 12.30 – 2.30pm Free
 MCL Boxing Academy Juniors 5 – 6pm Contact MCL
 MCL Boxing Academy Seniors 6 – 7pm Contact MCL
 MCL Women's Boxercise 7 – 8pm Contact MCL

FRIDAY

MCL Boxing Academy Juniors 5 – 6pm Contact MCL
 MCL Boxing Academy Seniors 6 – 7pm Contact MCL

SATURDAY

Nature Club (Monthly) 10.30am – 12pm Free
 BTA Theatre Classes 10 – 11.30am Contact BTA

WHAT'S ON AT THE HIVE
WINTER 2026



Follow us on Facebook for events and updates: @hopestmellons

The Hive, Harrison Drive, Llaneirwg CF3 0PJ
info@hopestmellons.org / 029 2036 2888
www.hopestmellons.org



The Hive Open Day

27th January
3pm – 4.30pm
5pm – 6.30pm

- ✓ View our renovated community spaces
- ✓ Find out about Hope St Mellons' activities
- ✓ Experience our new sensory room
- ✓ Meet our Hive partners: Breakthrough Theatre Arts, Dimensions, Hafod Housing, In It Together & MCL Boxing Academy
- ✓ Plus... free buffet and gifts to take home!

Call us:
02920 362 888

Email us:
info@hopestmellons.org

The Hive, Harrison Drive,
St Mellons, CF3 0PH



Caring friends is a Cardiff Council-run, volunteer-led, befriending service for unpaid carers.



Our befriending volunteers can:

- Provide friendship phone calls;
- Meet you in your local community;
- Meet you in your home;
- Help with light cleaning tasks (e.g. vacuuming, dusting, dishwashing);
- Help with light gardening tasks (e.g. watering plants, lawn-mowing, deweeding);
- Help with shopping.

What our volunteers can't do:

- Provide mental health support - but they can let you know about services who can support with this;
- Provide respite care for the person you're caring for;
- Cannot undertake personal care or administer medication;
- Cannot accept payment or gifts for services provided.

If you need help with something not mentioned in this leaflet, please do let us know.



What happens next...

- One of our Volunteer Mentors will call you to arrange a home visit to conduct a risk assessment and talk you through the service;
- Once this has happened, we'll match you with a volunteer;
- You'll receive an initial phone call from the volunteer or the Volunteer Mentor will organise the first visit between you both.

Our volunteers are people from the local community who have either been carers themselves, or who want to support someone who has caring responsibilities.

Our volunteers have been DBS-checked and have received training around the experiences of carers, including awareness training around long-term health conditions such as Dementia.

How to get in touch

📧 CarersBefriending@cardiff.gov.uk

☎️ 02920 234 234

Our inbox and phone line are monitored Monday-Friday 9am-5pm.

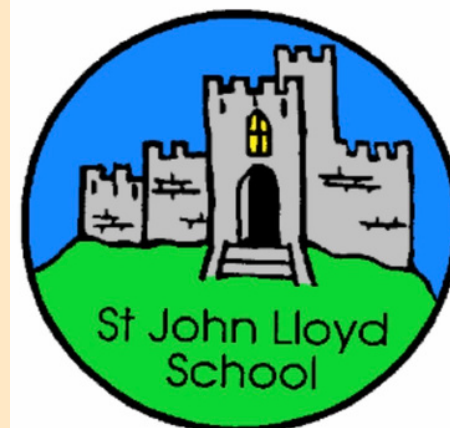


Gwasanaethau Byw'n
Annibynnol
Independent
Living Services



Caring Friends

Support and friendship for people with caring responsibilities.





CARDIFF EAST WEEKLY CLUBS AND ACTIVITIES

CARDIFF YOUTH SERVICE
GWASANAETH IEUENCTID
CAERDYDD

MONDAY

Basketball Club @ St.Mellon's Hub -

4.30-6pm AGES 11-16

FREE2BEE WELLBEING CLUB @ST MELLONS YOUTH DEN

6.15 -8.30pm Ages 11-16

Llanrumney Youth Club
year 7-11 3.15- 5.30 pm

Streetbased Llanrumney/rumney
6-9pm

St Mellons Junior Youth Club
Years 7s and 8s - 18:15-20:30

TUESDAY

Inner strength Girls group

St Mellons Youth Den (invite only) 6.15-8.30pm

Trowbridge 6 WEEK MUSIC PROJECT - CCMA
building - 6-8pm Ages 11-16

WEDNESDAY

THURSDAY

St Mellons Senior Youth Club -

Year 9 +

18:15- 20:30

Streetbased Llanrumney
6-9pm

FRIDAY

Cathays Inclusive Youth
Club

6.15-8.30pm
ages 13-25

Cathays community centre

For enquiries please email

wayne.palfrey2@cardiff.gov.uk or

christopher.Glassett@cardiff.gov.uk



@cardiffyouthservice @cardiffyouth



We are offering relaxed hours for ALN families on the second Saturday of every month.

- Lowered sounds in the galleries
- Dedicated quiet space
- ALN resources available

FREE ENTRY



DROP IN
10AM
- 2PM

029 2034 6214

www.cardiffmuseum.com

Museum of Cardiff
The Old Library
The Hayes
CF10 1BH

