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.

CAV 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

CALL Neurodivergence Support

Neurodivergence support via the

Young Carers

YMCA Young Carers CAV

Are you a young carer? Come along to

Support for Families

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

Samaritans Family AED support

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

Platform 4 Families

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

Family Advice and Support

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.

Platform 4 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.

TellMi is...
Pre-moderated anonymous peer support
Pre-emptive counsellor intervention for young people in crisis
Scheduled 1-2-1 solution focussed therapy
A directory of 700+ crisis, specialist, local and national resources
Available all day, every day. No referrals. No waiting

MeeToo

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 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.

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 Textline

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

The Samaritans 24/7

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

Staying safe

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

Report a crime SWP

Concerned about a child in Cardiff? (Safeguarding)

Safeguarding Hub Phone Number

Concerned about a child in the Vale?. (Safeguarding)

Safeguarding Phone Number Vale

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

NSPCC FGM Worries

How to stay safe both online and offline.

Internet, Relationships & You

In an emergency, Call 999

FAMILY ENGAGEMENT LEAFLET

St John Lloyd School

Reading Café-Nursery 06.02.2026

It was lovely to see so many families in school this morning at the Reading Café. These opportunities to engage with your child's learning increases their opportunity in becoming successful, lifelong learners with improved outcomes for their future. Thank you for your time this morning – and we look forward to welcoming you back in after Half Term.

CIVIL SERVICE VACANCIES
WELSH REVENUE AUTHORITY INFORMATION SESSION

Awdurdod Cyllid Cymru
Welsh Revenue Authority

INTERESTED IN A CAREER IN THE CIVIL SERVICE?
BE PART OF THIS EXCITING OPPORTUNITY!

Wednesday, 25th February 2026
Grange Pavilion, CF11 7LJ

1ST SESSION - 10.30AM-11.00AM
2ND SESSSION - 11.30AM-12PM

What to expect:

- Brief overview and benefits of working for the Civil Service and Welsh Revenue Authority
- Explore opportunities – how to navigate Civil Service jobs portal
- Overview on the recruitment process
- Ongoing training from industry experts

SCAN TO REGISTER INTEREST

Don't miss this chance to take the first step toward a rewarding career in the Civil Service!

For more information please contact:
wendy.boyd@cardiff.gov.uk
@intoworkcardiff

Funded by UK Government

Support for families

Summer holidays can be a challenging time for families, juggling the kids being off school with work and other commitments, as well as managing money during what can be an expensive few weeks.

Did you know?

Working families, low-income families and families receiving a means tested or disability benefit may be entitled to money off their water bill.

We're here to help

Visit us online for more information:
dwrcymru.com/costofliving

St John Lloyd School