


Youth Support in Wales This Christmas

Welsh Youth Mental Health Charities

 **Mind Cymru** ▶ Mental Health Support

 **Mental Health Matters Wales** ▶ Wellbeing Services

 **Platform for Young People** ▶ Support & Projects

 **meic** ▶ Free Helpline & Chat


 **the Place 2Be** ▶ In-School Counselling


UK-Wide Help for Young People


YOUNGMiNDS ▶ Advice & Resources

Text SHOUT ▶ 24/7 Crisis Support

Talk to Someone Now

 **NHS 111 (Option 2)** ▶ 24/7 Mental Health Advice

 **Samaritans 116 123** ▶ Call Anytime, 24/7

 **Childline 0800 1111** ▶ Confidential Support

 **Live Fear Free 0808 80 10 800** ▶ Domestic Abuse Helpline

★ **You Are Never Alone – Support is Here for You**

Youth mental health support

Mind Cymru

**Mental health information, advice and support
across Wales**

Website: [Your paragraph text](#)

Mental Health Matters Wales

**Wellbeing support, peer groups and community
services**

Website: mhmwales.org.uk

Platform for Young People

Wellbeing support and projects for ages 5 to 25

Website: platform.org

Papyrus UK

Young Suicide Prevention

08000684141

www.papyrus-uk.org

Meic

**Free helpline, text and online chat for children and
young people up to 25**

Phone: 0808 80 23456

Text: 84001

Website: meic.cymru

Place2Be
School based mental health support and
counselling
Website: place2be.org.uk

YoungMinds
Mental health advice and resources for young
people and parents
Website: youngminds.org.uk

Shout
24/7 crisis text support
Text SHOUT to 85258
Website: giveusashout.org

Urgent and confidential support:

NHS 111 Wales
Call 111 and select option 2 for urgent mental
health support, available 24/7

Samaritans
Call free on 116 123, available 24/7
Website: samaritans.org

Childline
Confidential support for under 18s
Phone: 0800 1111
Website: childline.org.uk

Live Fear Free Helpline
Support for those affected by domestic abuse
Phone: 0808 80 10 800
Website: livefearfree.gov.wales