

Cardiff and Vale of Glamorgan
Regional Safeguarding Boards
(C&V RSB)

Mental Health and Wellbeing

If you're worried about the impact of coronavirus on your mental health,
you are not alone.

The COVID-19 pandemic is a new and uncertain time for all of us and will affect our mental health in different ways.

However you are feeling right now, with the right help and support, we can get through this.

There are a range of support services that are available which can provide help and advice on how to support your mental health and wellbeing during this difficult time.

COUNSELLING SERVICES

Change Grow Live Emotional Wellbeing Service (Cardiff and the Vale)

Work with young people in groups and on a one-to-one basis to improve their emotional wellbeing and resilience.

Support is also provided to young people who are experimenting with drugs and alcohol.

Contact **0800 008 6879** or email
SPOC@cgl.co.uk.

<https://www.changegrowlive.org/emotional-wellbeing-service-cardiff-and-the-vale/info>

MENTAL HEALTH AND WELLBEING NHS SERVICES

To get help in a mental health crises contact:

1. Your GP
2. The out of hours GP
3. NHS Direct on **0845 46 47**
4. Your CMHT, if you have one (during office hours).

**IF YOU FEEL YOURS OR SOMEONE'S LIFE IS AT RISK CALL 999
OR ATTEND A&E**

The following websites provide information and helplines for advice and support in Cardiff and the Vale of Glamorgan:

MEIC CYMRU

Providing a virtual helpline for children and young people (up to age 25) and the professionals who work with them. The advice and advocacy service will continue as normal.

Contactable from 8am – midnight via freephone (080

880 23456), text (84001) and instant message (IM)

(www.meic.cymru).

- <https://www.meiccymru.org/articles/>
- <https://www.meiccymru.org/free-activities-during-covid-19-lockdown/>

the above link provides details of fun activities for children and young people while schools are closed, including new facts and skills to learn, along with keeping fit and entertained.

CARDIFF AND VALE ACTION FOR MENTAL HEALTH

www.cavamh.org.uk/mental-health-wellbeing <<https://cavamh.us7.list-manage.com/track/click?u=4456egdbfd09275337100602a&id=941eb4293e&e=b4oad2647a>

- Mental Health Forum mailing lists and interest groups.
- Linking to people with mental health lived experience via Sefyll, (adults) Nexus (older people) and Join the Dots, (young people up to age 25).

Please contact Linda Newton on Linda@cavamh.org.uk ring **07522 914210**

AGE CYMRU

Age Cymru have set up a new 'check in and chat' service for people aged 70 or over across Wales who live on their own, to have regular calls from us and to support them with accessing relevant local services if needed.

In addition we have Age Cymru Adviceline, which we have added extra personnel to during this time. Adviceline can assist older people, their family, friends, carers, or professionals with any advice they may need. Tel: **08000 223 444**

CHILDLINE

Childline and their counsellors can support children and young people during this difficult time and are available to speak to online or by telephone on Freephone

0800 1111

<https://www.childline.org.uk/get-support/contacting-childline/message-from-childline/>

Youngminds.org.uk

Providing tips, advice and guidance on where you can get support for your mental health during the Coronavirus pandemic.

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

MIND IN THE VALE

They are offering telephone support for people who are worried about their mental health and need advice. Tel: **01446 730792**

REBUILD

Supporting and empowering people living with mental ill health into volunteering to improve wellbeing. A Wellbeing Café is available to provide online support.

<https://www.facebook.com/groups/rebuildwellbeingcafe/>

They are also posting lots of ideas and activities, useful contacts, to help keep you cheered up and supported at this really hard time on their Facebook page.

<https://www.facebook.com/ReBuildProject2019/>

For more information, resources and other COVID 19 related safeguarding services, please visit us on

<https://www.cardiffandvalersb.co.uk/>

Alternatively, email CardiffandValeRSB@cardiff.gov.uk for any more information.