

Contact List (Updated - September 2017)

A

Abortion - Beresford Centre 01633 212320 - <http://www.beresfordcentre.org.uk/contact>

Abortion - Care Confidential - 0300 4000 999 - www.careconfidential.com

ADHD - <http://www.adders.org/walesmap.htm> (Welsh Support Groups)

ADHD - (Newport) 07518585520 (Cath Horton-Shaw) newportadhd@hotmail.co.uk

ADHD - 0151 237 2661 - <http://www.adhdfoundation.org.uk/> (National)

ADDISS Information and Guidance on ADHD - **020 8952 2800** - www.addiss.co.uk - info@addiss.co.uk (National)

Advocacy – NYAS – 0808 808 1001 – 0151 649 8700 (Legal Info) – www.nyas.net - help@nyas.net

Amber Project (Self-Harm) 02920 344776 / 07905 905437- www.amberproject.org.uk
(Caryl Stock) c.stock@churcharmy.org.uk

Asexuality (Information) <https://en.wikipedia.org/wiki/Asexuality>

Autism – National Autistic Society (NAS) - 0808 800 4104 - Text: 07903 200 200
www.autism.org.uk

National Autistic Society (Caerphilly Branch) 07442 491218 - email:
caerphilly@nas.org.uk

ASD Info wales www.asdinfowales.co.uk

Caerphilly Autistic Spectrum Service (CASS) - 01443 866 000 - cass@caerphilly.org.uk -
<http://www.trinityfieldsschoolandresourcecentre.co.uk/resourcecentre/cassteam/default.htm>

Anger (advice and information) –

Young Minds - www.youngminds.org.uk

MIND - www.mind.org.uk/Anger

NHS - <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/controlling-anger.aspx>

Asperger Syndrome (as above – NAS contacts)

Also : AspergerSyndrome.Me.uk - www.asperger-syndrome.me.uk

Asperger Foundation - www.aspergerfoundation.org.uk - info@aspergerfoundation.org.uk

Maxine Aston (Therapist/Trainer/Author) - www.maxineaston.co.uk - 02476 224422

ASDIT – Now IAA - **IAA (Information, Assistance and Advice) 0808 100 1727 (Also for Contact and Referrals. IAA Children's – intakeduty@caerphilly.gov.uk)**

B

BACP - 01455 883300 – www.bacp.co.uk – bacp@bacp.co.uk

Barnardos (Cardiff) 029 2049 3387

http://www.barnardos.org.uk/what_we_do/corporate_strategy/wales.htm

Barnardo's Young Carers Groups - Telephone: 01633 612712

Basement – Blackwood (Youth Service)

Phone: 01495 235511

Email: thebasement@caerphilly.gov.uk

Follow us on [Facebook](#) or Twitter [@youth4u1](#)

Mondays and Wednesdays Term Time Only, 5:30pm to 8pm

Tuesdays and Thursdays 12pm to 8pm

Fridays 10am to 5pm Saturdays 11am to 3pm

Bereavement

Barnardos - 02920 577074 <http://www.barnardos.org.uk/bereavement-service-cadarn-/service-view.htm?id=231949210>

CRUSE National - 0808 808 1677

CRUSE - hopeagain.org.uk (Children and young people – use local or national contact numbers.) hopeagain@cruse.org.uk <http://www.cruse.org.uk/wales/children/officers>
(List of children's officers in Wales.)

CRUSE - Other Services Contact Directory for CYP -

http://www.cruse.org.uk/sites/default/files/default_images/pdf/Areas/Waies/Gwent%20CYP%20Directory.pdf

Cruse - Wales – National office telephone: 02920 886913 wales.cymru@cruse.org.uk

CRUSE – Caerphilly 02920 886913 CRUSE – Newport – 01633 251982

Free Helpline - 0808 808 1677

Bereavement Helpline – 0870 240 6568

St David's Foundation / Unicorn Service 01633 851051 www.stdavidshospicecare.org

Winston's Wish – **08088 020 021** - Mon-Fri 9am - 5pm (Not bank holidays.)

www.winstonswish.org.uk

Brook – (Young People's Sexual Health and Wellbeing Charity.) Text Helpline - 07717 989

023 Also Sexwise (Relationships/Sex/Contraception) 0800 28 29 30 www.brook.org.uk

Bullying - 0808 8002222 - www.bullying.co.uk

Bullying and Safeguarding - *Kidscape* – **020 7730 3300** / 08451 205204 -

www.kidscape.org.uk - info@kidscape.org.uk

C

Care First (CCBC Staff Counselling) 0800 174319 www.carefirst-lifestyle.co.uk

CAMHS

Main Reception – 01633 436831

Emergency Liaison Team – 01633 431785

Consultation line for counsellors / GPs - 07917 244125 (Info/advice about referrals).

Also linked: Child and family Psychology – helpline on a Tuesday morning 9am -11.30am
01633 436996

Cancer Support

Gwent Cancer Support Young Persons Project **Address:** County Hospital, Coed Y Gric Road, Griffithstown, Pontypool NP4 5YA **Phone:** 01495 768633

St Davids Foundation (plus the **Unicorn Service** for young people)
01633 851051 - www.stdavidshospicecare.org

Cervical Cancer – Jo’s Cervical Cancer Trust - 0808 802 8000 – www.jostrust.org.uk -
info@jostrust.org.uk

Macmillan – 0808 808 0000 - www.macmillan.org.uk

Caerphilly CBC Receptions 01443 815588 / 01495 226622 (Out of Hours Emergency – 01443 – 875500)

Our Address : Caerphilly County Borough Council, Educational Psychology Service, School Based Counselling Team, Penallta House / Ty Penallta, Tredomen Park, Ystrad Mynach, Hengoed, CF82 7PG. Sarah Ellis 01443 866618 - elliss@caerphilly.gov.uk

Careers Wales - 0800 028 4844 - www.careerswales.com

Childline 0800 1111 www.childline.org.uk

Citizens Advice Bureau - www.citizensadvice.org.uk **advice online** 03444 77 20 20 (Wales).

Contact and Referrals – Under IAA (Information, Assistance and Advice.) IAA Children’s — intakeduty@caerphilly.gov.uk 0808 100 1727 (Previously ‘ASDIT’.)

Contraception – FPA – **0345 122 8687** (Northern Ireland). www.fpa.org.uk

Contraception – (Emergency) also advice and guidance 0845 310 1334

Crime – Child Victims – 0845 60 999 60 - www.embracevoc.org.uk

Cult Support

Cult Information Centre - 0845 4500 868 - cultinformation.org.uk

EnCourage - 01433 639032- www.encourage-cult-survivors.org - info@encourage-cult-survivors.org

D

Depression and Anxiety

Depression Alliance - Depression Alliance Cymru, Cardiff, : Help and advice for Mental Illness www.self-help.org.uk

www.depressionalliance.org linked with 'mind' www.mind.org.uk

Domestic Abuse

All wales Domestic Abuse and Sexual Violence Helpline – 0800 80 10 800 – info@livefearfreehelpline.wales info@allwaleshelpline.org.uk
www.livefearfree.gov.wales

Links –

Female Genital Mutilation - **FGM Helpline: 0800 028 3550** [Email: help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Honour Based Violence and Forced Marriage Unit Helpline: 020 7008 0151

Human Trafficking / Modern Slavery Helpline: 0800 0121 700

Women's Aid - www.welshwomensaid.org.uk 0808 80 10 800
info@livefearfreehelpline.wales info@welshwomensaid.org.uk - 02920 541 551

galop - **LGBT domestic violence advice/information -**

T: 0800 999 5428 **E:** help@galop.org.uk www.galop.org.uk

Men's Advice Line - 0808 801 0327 - www.mensadviceline.org.uk - info@mensadviceline.org.uk

Respect – Perpetrators of domestic violence - 0808 802 4040 - www.respectphonenumber.org.uk - info@respectphonenumber.org.uk

Drug And Alcohol Support

Gwent Drug and Alcohol Support (GDAS) - Caerphilly - 02920 868675. Blackwood – 01494 233403. Referrals and advice - 0333 999 35 77 or email info@gdas.wales

Caerphilly CBC - 02920 859872 - <http://www.caerphilly.gov.uk/Services/Services-for-adults-and-older-people/Drugs-and-alcohol>

CGL – Change Grow Live (formerly CRI) . Taith, Cardiff 0300 300 7000 (option 1)
taith@cgl.org.uk www.changegrowlive.org

DAFS - 01495 240824 (Drug and Alcohol Family Service)

DAN - 24/7 – (Wales) 0808 808 2234 – Text – 81066 – www.dan247.org.uk
(National Number - **0800 6 33 55 88**)

DrugAid - **029 2086 8675** www.drugaidcymru.com

FRANK - 0300 123 6600 www.talktofrank.com Text – 82111

[Teds – 01685 880090](http://www.teds.org.uk) www.teds.org.uk <mailto:teds@teds.org.uk>

E

Eating Disorders

B-EAT - Adult Helpline: 0808 801 0677 Email: help@b-eat.co.uk

Youthline: 0808 801 0711 Email: fyp@b-eat.co.uk

www.b-eat.co.uk

F

FPA Wales and England (Sexual Health advice and information) www.fpa.org.uk

Family Information Service (FIS) Caerphilly – 01443 863232 - fis@caerphilly.gov.uk

[https://www.caerphilly.gov.uk/contact-us/General-enquiries/Family-Information-Service-\(FIS\).aspx](https://www.caerphilly.gov.uk/contact-us/General-enquiries/Family-Information-Service-(FIS).aspx)

Family Therapy - The Family Institute (Pontypridd University) 01443 483820 - familyinstitute@southwales.ac.uk

Family Support (CCBC) Supporting Family Change – Zarah Newman (Manager) 01443 233244 - Can refer via the Information, Assistance and Advice Team. Common Referral form needed.

SFC Team Contacts: 01495 233232 SFC@caerphilly.gov.uk

G

Gangs NSPCC - help and information - **0808 800 5000**
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/staying-safe-away-from-home/gangs-young-people/>

Gangs Helpline - 0808 800 5000

Gangline - 01322 305 105 / 07753 351 256 www.gangline.com

GP Surgeries

Risca – 01633 613131 – Emergency contact – 01633 612666

Wellspring Surgery – Risca – 01633 612438

St Lukes surgery 01495 244205

H

Hearing Voices Network (Cymru) 01437 769982 www.hearingvoicescymru.org
info@hearingvoicescymru.org

Hearing Voices (Young Minds) **020 7089 5050** youngminds.org.uk 0808 802 5544
(Parents helpline)

Voice Collective - **Phone:** 0114 271 8210 nhvn@hotmail.co.uk <https://www.hearing-voices.org/>

Homelessness / Housing Advice

Housing Debt Helpline Wales - 0800 107 1340

Stepchange Wales - <https://www.stepchange.org/DebtadviceinWales.aspx> /
www.housing-debt-helpline-wales.org

Linc Cymru

Freephone: 0800 072 0966 from a landline or mobile **Telephone:** 029 2047 3767
<https://www.linc-cymru.co.uk/contact-us>

Llamau – Cardiff – (Head Office) 02920 23 9585 / Cardiff – Housing Options project (16-21 year old) 029 2087 3570 - Caerphilly (Women’s Services - 029 2086 0255
www.llamau.org.uk

Citizens Advice Bureau - 03444 77 20 20 (Wales) - www.citizensadvice.org.uk

Shelter Cymru – 0845 075 5005 – www.sheltercymru.org.uk

I

IAA (Information, Assistance and Advice) (Formally ASDIT) 0808 100 1727

INCLUDE – Ystrad Mynach – 01443 814538 – 07769 651793

J

K

Kidscape – **020 7730 3300** - www.kidscape.org.uk - info@kidscape.org.uk

Kooth (Free on-line counselling service) www.kooth.com (or via Xenzone - www.xenzone.com/kooth)

L

LGBT/Gender

Broken Rainbow – LGBT Domestic abuse – Phone: 0300 999 5428
<http://www.galop.org.uk/domesticabuse/>

Caerphilly Youth Service LGBT+ Support Project. Meetings held last Saturday of each month at The Basement, Blackwood Library. Phone: 01495 233007

Alex Drummond - Talk Me Better - (Maesycwmmmer) www.talkmebetter.co.uk
07730 592549 or 01443 819926

Gendered Intelligence – Trans* youth support <http://genderedintelligence.co.uk/>

Mermaids (Trans* youth support): Phone: 0844 334 0550 (7p per minute) / Call from mobile: 0344 334 0550 www.mermaidsuk.org.uk - info@mermaidsuk.org.uk

Out and Proud (Young LGBT support group in Cardiff) <http://outandproudcardiff.co.uk/>

Pink Therapy – 020 7836 6647 - www.pinktherapy.com - admin@pinktherapy.com

Relate – 0300 100 1234 - www.relate.org.uk

Stonewall – 08000 502020 - www.stonewall.org.uk

Switchboard; LGBT+ Helpline: Someone to talk to, calm words and advice.
<http://switchboard.lgbt> Phone: 0300 330 0630

Trans*form Cymru: <http://youthcymru.org.uk/transform-cymru/#tab-id-5>

Transgender Wales (North Wales): 07967 426558

Umbrella – 01633 927184 / 07765 288713 www.umbrellagwent.co.uk
info@umbrellagwent.co.uk www.facebook.com/umbrellagwent
www.twitter.com/umbrellagwent

Unique (North Wales) Elen or Jenny-Anne: 01745 337144 / elen@uniquetg.org.uk / Angelina
- 01978 845264 / Welsh language - ffôn – Tina: 07848 963445 - tina@uniquetg.org.uk

Unity Group Wales – 01792 346299, info@unitygroup.wales /
<https://www.unitygroup.wales/>

M

Marriage /relationship support: 0300 100 1234 / www.relate.org.uk

Mind (Wales): 02920 395123 (Queries) / email: contactwales@mind.org.uk / Info Line –
0300 123 3393 / Text – 86463

Mind (Changing Minds): Sarah Morgan – Project Worker – 01443 816945 – 07787 295471
sarah.morgan@newportmind.org www.changingmindsproject.org.uk

Mind (Young Minds): <https://youngminds.org.uk/>

MEIC (Advocacy, Information and Advice for Children): 080880 23456 / www.meiccymru.org / Text - 84001

N

NSPCC Wales: 0808 800 5000 / www.nspcc.org.uk

O

OCD

OCD Action: <http://ocdaction.org.uk/>

OCD - Nelson - 01443 451511 / <mailto:keira@ocdaction.org.uk>

Young Minds OCD Support: <http://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/>

Online Counselling – (See K: Kooth)

P

Panic

No More Panic - www.nomorepanic.co.uk

No Panic: 0808 808 0545 / ceo@nopanic.org.uk / <https://www.nopanic.org.uk/>

PCMHS - 01633 618033 / 02920 888904 / 889617

Direct Referrals - ABB_Caerphilly_PCMHS@wales.nhs.uk

Parent Support <http://www.familylives.org.uk/how-we-can-help/confidential-helpline/> / 0808 800 2222 (Formerly known as Parentline)

Play Therapy (ages 3-16): Stepping Stones (at Newport University) / <http://steppingstonetherapy.co.uk/> / Referrals: pawb@steppingstonetherapy.co.uk / phone 01443 483 312 (Wednesday and Thursday) 02920 490 500 (Monday, Tuesday and Friday).

PTSD – military 0300 302 0551 / 0845 021 7873 www.ptsdresolution.org

Combat Stress 0800 138 1619 www.combatstress.org.uk

Q

R

Registrar of Births, Marriages and Deaths: 01443 815588 (CCBC)

Risca Family Centre – 01633 615859

Runaways (National Runaway Helpline) – text - 116 000 Ring - 020 8392 4590
www.missingpeople.org.uk If you have information about a missing person – mail to:
seensomeone@missingpeople.org.uk 0808 802 1234 / 0808 800 70 70

S

Self-Harm

Amber Project (Self-Harm): 02920 344776 / www.amberproject.org.uk / (Caryl Stock)
c.stock@churcharmy.org.uk

National Self Harm Network (NSHN) 0800 6226000 - www.nshn.co.uk / info@nshn.co.uk

Self-Harm UK: www.selfharm.co.uk

Self-Injury Support (Bristol): www.selfinjurysupport.org.uk / TESS (Text and Email Support Service) for young females up to the age of 24: text - 07800 472908

South East Wales Safeguarding Children's Board - 01443 864546 -
sewscb@caerphilly.gov.uk

Sexual Health / wellbeing – Brook: 0117 929 0090 / www.brook.org.uk

Sex Addiction Sex Addicts Anonymous: 07599 917686 / 07843 108302 – Email: info@saa-recovery.org.uk / <http://saa-recovery.org.uk/meetings/number/262> (Available in Newport.)

Sexual Assault

New Pathways: 01685 350099 / 01685 379310 / www.newpathways.org.uk

Rape and Sexual Abuse Support Centre: 0808 802 9999 / 08451 221 331 (Counselling: 02086 833311) www.rasasc.org.uk

Rights of Women (legal advice): 020 7251 6575 / 020 7251 8887 /
www.rightsofwomen.org.uk

Rape Crisis – Wales and England: rapecrisis.org.uk rcewinfo@rapecrisis.org.uk

Survivors UK – for boys and men 02035 983898 info@survivorsuk.org
www.survivorsuk.org

Sexually Harmful Behaviour: Taith, Barnardo's - Assessments and specialist interventions for young people aged between 8 and 21 years who have engaged in sexually harmful behaviour: Denise Moultrie: 01656 749235 / taith.service@barnardos.org.uk / www.barnardos.org.uk/taith

Sexual Health Advice and Information - FPA - www.fpa.org.uk

Sexual Health (Caerphilly): Samantha Adams and Christine McKnight - both on: 01443 875735

Social Services (see I - IAA: Children's Social Services Information, Assistance and Advice)

Suicide

Samaritans National Helpline: 08457 90 90 90 / Newport: 01633 259000 / www.samaritans.org

CALL - Community Advice and Listening Line – Mental Health Helpline for Wales: 0800 132 737 www.callhelpline.org.uk

Maytree: 02072 637070 / www.maytree.org.uk

Papyrus: 0800 068 41 41 / www.papyrus-uk.org

Mind: 02920 39 51 23 / <https://youngminds.org.uk/find-help/feelings-and-symptoms/suicidal-feelings/>

Supporting Family Change – Zarah Newman (Manager) 01443 233244 - Can refer via the Information, Assistance and Advice Team. Common Referral form needed.

T

Tourette's

Tourette's Action: 0300 777 8427 / www.tourettes-action.org.uk / Helpdesk email: help@tourettes-action.org.uk / Tourette's Action South Wales Family Support Group – via Facebook and / or Tourette's Action contacts (as above)

Transgender issues – (see L: LGBT)

U

V

Victim Support - 0300 123 2133 (Gwent) - 08 08 16 89 111 - www.victimsupport.org.uk

W

X

Y

Young Minds <https://youngminds.org.uk/>

Strengthening Links between **YOUTH** and Networks, Communities and Specialists
<http://slynics.co.uk/>

Youth Engagement and Progression - <http://www.caerphilly.gov.uk/Services/Children-and-families/Services-for-young-people/Youth-engagement-and-progression> -

John Poyner on 01443 864970 <mailto:poynej@caerphilly.gov.uk>

Youth Offending Service - 01495 235623

Youth Service – Caerphilly; Paul O Neil - oneilp@caerphilly.gov.uk

Basement – Blackwood

Phone: 01495 235511

Email: thebasement@caerphilly.gov.uk

Follow us on [Facebook](#) or Twitter [@youth4u1](#)

Mondays and Wednesdays Term Time Only, 5:30pm to 8pm

Tuesdays and Thursdays 12pm to 8pm

Fridays 10am to 5pm

Saturdays 11am to 3pm

Z

Caerphilly – Office

Caerphilly County Borough Council,
Educational Psychology Service,
School Based Counselling Team,
Penallta House / Ty Penallta,
Tredomen Park,
Ystrad Mynach,
Hengoed,
CF82 7PG.

Sarah Ellis 01443 866618 - elliss@caerphilly.gov.uk

Kyla Honey – 01443 866628 - honeyk@caerphilly.gov.uk

Schools

Cwmcarn – 01495 270982	Newbridge – 01495 243 243
Cwmcarn High School Chapel Farm Cwmcarn Newport Gwent NP11 7NG	Newbridge School Bridge Street, Newbridge, Gwent. NP11 5FR

Trinity Fields School	Cwm Rhymney School
Caerphilly Road Ystrad Mynach Caerphilly CF82 7XW 01443 866000 Catrin Aubrey (Link)	Heol Gelli Haf Fleur De Lys Blackwood NP12 3JQ 01443 875227
Tynewydd Primary	Hendre Primary
20-30 Alexandra Place Greenfield Newbridge Caerphilly NP11 4QZ 01495 243312	St Cenydd Rd Caerphilly Mid Glamorgan CF83 2RP 029 2085 2518

Contact and Referral (IAA) contactandreferral@caerphilly.gov.uk 0808 100 1727 Out of Hours - Call 0800 3284432 (Children in urgent need of protection) Minicom - 0800 5879963	
Other Caerphilly Contacts Education Service - 01443 866651 Youth Service - 01443 863197 Family Information Service – 01443 863232	