

Emotional wellbeing resources for children and young people

Helplines and chat services

Young minds – SHOUT.

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

Text SHOUT to 85258.

Meiccymru

Information, advocacy and advice for young people. Online chat <https://www.meiccymru.org/>

Phone 080880 23456 or Text 84001

Childline

Support for whatever's on your mind. Support is offered by email, 1-2-1 chat or through a message board.

These can be accessed via [Get Support](#) | [Childline](#)

Phone 0800 11 11

The service is also available in Welsh:

[Contacting Childline in Welsh](#) | [Childline](#)

Apps

Smiling Mind - Reframe stress and relax with guided meditations and mindfulness techniques.

<https://www.smilingmind.com.au/smiling-mind-app/>

My Possible Self - Learn how to manage fear, anxiety and stress and tackle unhelpful thinking.

<https://www.mypossibleself.com/>

Kids Skills - app available for download to support children and parents with emotional difficulties [Free Kids' Skills App –](#)

[Kids' Skills Academy](#)

Android: [Kids' Skills App - Apps on Google Play](#)

Apple: [Kids' Skills App App - App Store](#)

Websites

Young minds

Mental health resources for parents and young people.

<https://www.youngminds.org.uk/>

Mental Health foundation

Resources for schools, carers, young people and parents.

[Mental Health Foundation](#) | [Everyone deserves good mental health](#)

Mind Cymru

Mental health resources and advice for all.

[Mind Cymru - mental health support for Wales](#)

[Cynnig Cymraeg](#) | [Mind Cymru](#)

Hapus Wales

Ideas and wellbeing tools to support mental health.

[Home – Hapus](#)

Melo cymru

Advice and self-help resources for mental health and wellbeing.

[Melo - Mental Health & Wellbeing Resources, Courses & Support](#)

Youth service - help young people meet friends, explore interests, access support, and grow as fully rounded individuals.

@ The Attik - Tel: 07966 141701 / 07812 064634 / 01600 772 033

Email: youth@monmouthshire.gov.uk

Homestart

Home-Start's expert staff and trained volunteers work alongside families to give non-judgmental, compassionate and confidential support.

[Things Home-Start can help you with](#)
[Cymraeg](#) | [Home](#) | [Home-Start UK](#)

Cost of living support

<https://www.monmouthshire.gov.uk/money-matters/>



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