**Wrexham Support Services**

**Advocacy**

**Advocacy Services North East Wales**

Provide support around ensuring that your voice is heard when arranging your care and support. They will work with you to ensure that you are able to say what you want to say, secure your rights, represent your interests and obtain the services you need. Contact details – 01352759332 or [advocacy@asnew.org.uk](mailto:advocacy@asnew.org.uk) or self-refer at [www.asnew.org.uk](http://www.asnew.org.uk)

**Second Voice Advocacy**

Help you to get your voice heard, they will help you to have your say, help put right something that’s wrong, like making a complaint or putting your story across where you may feel unable to. This might be at School, at home or at court etc. For those aged 11-25 years. Contact details – 01978295600 or [secondvoice@wrexham.gov.uk](mailto:secondvoice@wrexham.gov.uk) or self-refer at <https://youngwrexham.co.uk/info/advocacy-2/advocacy>

**Snap Cymru**

Provides reliable, impartial support for young people, parents and carers throughout Wales. Support will be provided around helping you to get the right education for young people with all kinds of special educational needs/additional needs and disabilities, including assessments, individual educational plans, bullying and attendance etc. Contact details – 08088010608. Parents can make a referral at <https://webforms.dizions.co.uk/snap/english>

**Apps**

**Calm Harm**

An app designed to help manage the urge to self-harm. Includes the following activity topics: comfort, distract, express yourself, release and random. This app is free to download on the app store on your phone.

**Mindshift**

This app uses a CBT approach to help you to learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your Anxiety. This app is free to download on the app store on your phone.

**Happify**

This app uses science-based activities and games to help you to overcome negative thoughts, stress and life challenges. This app is based on theories of positive psychology, mindfulness and CBT. This app is free to download on the app store on your phone.

**Calm**

This app is designed to help manage your day-to-day life stressors, help you to sleep better and live a happier and healthier life using different mediation and relaxation techniques. You can download this app on the app store on your phone. This is not a free app however, there is an option for a 14-day free trial.

**Headspace**

This app provides mindfulness tools for everyday life, including mediations, sleepcasts, mindful movement and focus exercises. You can download this app on the app store on your phone. Unfortunately, this is not a free app.

**Ahead**

This app is designed to help you to understand and manage your emotions, track and watch your progress and explore 100+ science proven techniques. This app can be downloaded on the app store on your phone. Unfortunately, this app is not free, but a free trial is available.

**Autism**

**Your Space**

Support for 5-19 year olds. A small charity that offers support to young people with Autism, and their families based in Llay, Wrexham. You do not need a diagnosis of Autism to attend. Support offered includes Youth Clubs, and outreach services (these are currently on hold, but will hope to return in the near future). Contact details – 01978856859 or to register your interest, complete this form – [www.yourspacewales.co.uk](http://www.yourspacewales.co.uk)

**North Wales Integrated Autism Service**

Offer an Autism diagnosis assessment for those aged 18+, they can also provide support around understanding your diagnosis, access to group work and individual support and advice, along with support for parents of Autistic individuals. Contact details – 01352702090 or NW.IAS@Flintshire.gov.uk or you can self-refer at <https://neurodivergencewales.org/en/integrated-autism-service/north-wales>

**Bereavement**

**Cruse Bereavement**

Can offer a unique mix of support, this can include understanding your bereavement, group information sessions or 1-2-1 support. This support is usually offered over the phone or via video call or groups such as peer support groups. For more information on accessing this service please contact – 03001111003

**Blue Cross**

A support service designed particularly for pet bereavement, enforced separation or theft. They offer a safe space for you to discuss how you are feeling, to help you to terms with your loss at your pace. You can access call support everyday 08:30-20:30 on 0800096606 or email at [plsmail@bluecross.org.uk](mailto:plsmail@bluecross.org.uk) you will get a response within 48 hours. Webchat support is offered 08:30-20:30 every day at <https://www.bluecross.org.uk/pet-bereavement-and-pet-loss>

**Child Bereavement UK**

Help families to rebuild their lives when a child grieves or when a child dies. They support children and young people up to the age of 25 when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying. Contact details – 08000288840 or [helpline@childbereavementuk.org](mailto:helpline@childbereavementuk.org) or [www.childbereavementuk.org](http://www.childbereavementuk.org)

**Disordered Eating**

**BEAT**

BEAT run a number of disordered eating online support groups for those experiencing issues around their eating; a diagnosis is not necessary to participate in these groups. These support groups run at different times and dates in the week. For more information and to sign up to one of these support groups visit: <https://beateatingdisorder.org.uk/get-information-and-support/get-help-for-myself/online-support/>

**Domestic abuse/sexual assault**

**DASU**

Provides support, and advocates for individuals and their children who have been abused by someone who they have had a close an intimate relationship with. Support can include: professional and independent domestic abuse support, personal safety planning, 24-hour emergency access to a network of safe houses, an opportunity to explore your options, link to other agencies or support to remain in their home if they so wish to. Contact details – Mon-Fri 09:30-16:30 03333600483 or out of hours 08088010800 or email at [info@dasunorthwales.co.uk](mailto:info@dasunorthwales.co.uk)

**Men’s advice line**

This is an information hub to help find contacts to your local male victim’s domestic abuse service, these services can provide support with the following: accessing refuges/safe houses, services offering specialised support for domestic abuse and other areas of need, including housing, homelessness, immigration and mental health etc. Contact details – 08088010327 or <https://helplines.my.site.com/mensadviceline/s/>

**Stepping Stones**

A counselling service for those aged over 18 who are survivors of sexual abuse in childhood. There is no requirement for you to go back and talk about your past experiences, their aim is to support people to be able to get on with their lives without feeling so impacted by their trauma. Contact details – 01978352717 or [info@steppingstonesnorthwales.co.uk](mailto:info@steppingstonesnorthwales.co.uk) or you can self-refer at <https://www.steppingstonesnorthwales.co.uk/self-referral-form>

**RASAC North Wales counselling**

Provides information, specialist support and therapy to anyone aged 3+, who have experienced any kind of sexual abuse or violence either recently or in the past. For counselling individuals need to be 18+. Each therapy sessions will last around an hour, and will normally be the same day and time each week. Contact details – 01248670628 or you can self-refer at <https://www.dpmscloud.com/external/referralformselfrasawales>

**Drugs and alcohol**

**In2change**

Support for young people aged 11-25 around their drug and alcohol use. They can provide information and advice around use, increase knowledge around risks involved, support you in reducing or stopping, provide support around the impact on your life and so much more. Appointments will be held where you feel most comfortable, such as school/college, the info shop, at home, or in the community. Contact details – 01978295629 or [in2change@wrexham.gov.uk](mailto:in2change@wrexham.gov.uk) or you can self-refer at <https://youngwrexham.co.uk/info/drink-drugs-smoking/in2change/>

**CAMFA 14+**

A service for young people aged 14-25 who are concerned about their drug and alcohol use. Support can also be offered to those who have been affected by substance use of a family member. This support can be face-to-face, online or on the phone. Up to 12 sessions will be offered around counselling, motivational interviewing and extended brief interventions of CBT. Contact details – 01492523690 or [enquiries@adferiad.org](mailto:enquiries@adferiad.org) to access the self-referral form.

**DAWS**

Support for those aged 18+ who are drug and/or alcohol users, plus their families and carers who have been affected by their use. They offer drop-in and outreach support around: harm reducation advice, drug and/or alcohol screening, referrals to other support services such as alcoholics anonymous or structured treatments programmes, and can explore volunteering and community engagement opportunities. Contact details – 01978357926 or [eastdaws@thewallich.net](mailto:eastdaws@thewallich.net)

**Employment/volunteering**

**We Mind the Gap – ‘We Discover’**

A 3-month virtual programme where young people can discover more about themselves, grow in confidence and skills, to enable them to see a clear path for their future. This programme will include: virtual interactive workshops, guest speakers and role model sessions, build employability skills, a dedicated mentor and lifelong support. For more information, please contact Kim Harasym-moss at 07732690705 or [kim@wemindthegap.org.uk](mailto:kim@wemindthegap.org.uk)

**We Mind the Gap – ‘We Grow’**

A 12-month programme with 6 months of this in employment. Within this programme you will complete 5 different work placements, participate in life coaching, and will develop new skills and experiences to prepare you for the world of work. Followed by 6 months of dedicated support. For more information, please contact Mark Rimmer at 07999405039 or [mark@wemindthegap.org.uk](mailto:mark@wemindthegap.org.uk)

**Jobs Growth Wales+**

A training and development programme for 16-19 year old’s that will provide you with the skills, qualifications and experiences that you need to get a job or further training. Within this programme, you will have the opportunity to: try out new jobs that you might be interested in through work trials and placements, get paid with weekly training allowances, and get a real wage once employed with local employers. You will receive on-going advice, guidance and 1-2-1 coaching, whilst training to gain recognised qualifications to boost your career options. You must not already be in full-time education, training or employment for this programme. Contact details – 08000284844 or [working.wales@careerwales.gov.wales](mailto:working.wales@careerwales.gov.wales)

**Adferiad Academy**

A 12-week programme for young people aged 16-24 who live in Wales, have been unemployed for at least 12-months, and are not engaged in any other ESF projects. During this programme you will have the opportunity to gain accredited qualifications, gain work experience in an Adferiad service of your choosing. Training can be delivered online, with placements based across Wales. Contact details – 01792816600 or [academi@adferiad.org.uk](mailto:academi@adferiad.org.uk)

**AVOW – Influencers**

For young people aged 14-25 who would like to participate in the young-led grant scheme, which will enable you to learn about grant funding and actively contribute to awarding money to other young community influencers, and projects. You will also have the opportunity to tour different volunteering opportunities across Wrexham. Enjoy pizza, snacks and drinks during influencer meetings, access training opportunities, gain exclusive backstage access to charities, events and exciting experiences. You must be free to meet on Wednesday evenings twice a month, and be open to optional field trips across the county. Contact details – 01978312556 or [info@avow.org](mailto:info@avow.org)

**AVOW**

AVOW had a voluntary and community team who are able to provide you with all of the information you need to make informed decisions about volunteering. As part of their service they will refer to organisations that are of interest to you, and can arrange appointments on your behalf. Contact details – 01978312556 or [volunteer.centre@avow.org](mailto:volunteer.centre@avow.org) or [www.avow.org/volunteering/](http://www.avow.org/volunteering/)

**Volunteering Wales**

An online database for volunteering opportunities in Wales. If you are unsure what you’d like to do, this is often the best place to start looking. You can browse by postcode to help narrow your search down even further. To make a free account to access this database follow this link – <https://volunteering-wales.net>

**MAPS+**

Are you 16-25 years old, not currently in employment, training or education? If so, this is the service for you. A mentoring-based service where you will meet up with a mentor to come up with an action plan and help you to overcome barriers such as Mental Health issues, to accommodation issues. They can offer courses such as life skills, literacy/numeracy, employability etc. Whilst also exploring meaningful volunteering opportunities for you to access. Contact details – 01978310984 or [MAPS@caiapark.org](mailto:MAPS@caiapark.org)

**Career Wales**

A helpful website to help plan your future career, explore courses, training and apprenticeships. They also have a quiz to help you identify a potential career for you based on your interests. Alternatively, you can book an appointment to speak with a careers advisor by calling 08000284844

**Family support**

**TAC – Together achieving change**

An organisation designed to help organise and coordinate extra help for children, young people (aged between 0-25), and their families. This service is for those who have a number of needs requiring preventative support. A referral needs to be completed by someone who is working with the child/young person/family, such as a school teacher, education, social worker, school nurse or youth worker. A young person or parent can request for the TAC process to be started. You will attend regular meetings with everyone involved in the families care, these are to ensure that everyone’s needs are being met, and to highlight if any additional support is required. For more information call – 01978295385

**Family lives**

A service that you can contact about any family or parenting issues that you are experiencing to speak with an experienced professional family support worker. They will provide you with the opportunity to share your story, and will support you to identify a way forward. Contact details – 07441444125 Mon-Fr 09:00-21:00 or [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

**Gambling**

**Women’s gambling project – Adferiad**

A community based project that aims to improve the awareness of gambling treatment and support for women, and the harm that gambling can cause. This service is for any female who is aged 18+, who discloses that they have a gambling addiction. For information, and for a referral to be completed please contact – 01492863000 or email [Cheryl.williams@adferiad.org](mailto:Cheryl.williams@adferiad.org)

**Parkland place gambling treatment pathway**

Support for people aged 18+ with life challenges, such as Mental Health problems, substance use issues and co-occurring complex needs, in conjunction with a gambling addiction. For more information, and for a referral to be completed please contact – 01492203421 or email [Cheryl.williams@adferiad.org](mailto:Cheryl.williams@adferiad.org)

**General advice**

**Info Shop**

Free and confidential generic information, advice, guidance and support service for 11-25 year olds, on any issue that a young person might face. They can offer support around accessing counselling, housing, drug and/or alcohol support, family relationship issues, careers, LGBTQ+ and financial issues etc. They do also have a sexual health clinic. Contact details – 01978295600 or [infoshop@wrexham.gov.uk](mailto:infoshop@wrexham.gov.uk) or pop in at INFO shop, Lambit Street, LL11 1AR

**Housing/homelessness**

**Compass housing advice service**

Provide housing and benefit advice to homeless young people, and those at risk of becoming homeless aged 16-25. This service also has links with the Bond Scheme, which assists young people to find suitable accommodation. Contact details – 01978317092 or [compasspartnership@barnardos.org.uk](mailto:compasspartnership@barnardos.org.uk)

**Citizen’s advice**

Have some great information about everything to do with housing, eviction, applying for council housing, and/or a housing association home on their website at [www.citizenadvice.org/housing/](http://www.citizenadvice.org/housing/)

**Shelter Cymru**

A service that offers housing advice, homelessness, renting or debt advice for those under 25. For more information click here – <https://sheltercymru.org.uk/housing-advice/advice-for-young-people/>

**Wrexham’s Youth Homelessness Prevention Service**

Offer support to those aged 11-25 who are experiencing problems with their accommodation. They aim to provide support before you become homeless, and will try to help you to stay in the family home if it is safe to do so. Contact details – 01978295580 or [YHPS@wrexham.gov.uk](mailto:YHPS@wrexham.gov.uk) or you can self-refer at <https://youngwrexham.co.uk/info/wrexhams-youth-homelessness-prevention-service/>

**The Wallich**

Support for anyone aged 16+ living in North/East Wales who is at risk of homelessness. They offer conflict resolution and mediation service completely free of charge. Anyone who is experiencing a dispute that could affect your housing situation, this could either be a family breakdown, neighbour disputes or landlord disputes. Contact details – 08000495495 Mon-Fri 09:00-16:00

**Helplines**

**Papyrus Hopeline**

For young people aged up to 35 years old, who are having thoughts of suicide or are someone who is concerned about someone call 08000648141 or text 88247

**SHOUT**

A 24/7 helpline, text the word ‘shout’ to 85258 and you will be connected to an advisor who will text you back. You can discuss anything that is bothering you, they are there as a listening ear.

**The DPJ foundation**

A confidential 24/7 helpline specifically for those who work in the farming or agricultural industry. A listening ear for you to discuss anything that is bothering you. Call 08005874262 or text 07860048799

**NHS 111 +2**

24/7 Mental Health crisis support. Call 111 and press option number 2 to be connected to a trained Mental Health professional. They can guide you with your next steps, such as facilitating access to alternative services

**BEAT**

Talk 1-2-1 with BEAT eating disorder helpline advisor using webchat. This for anyone who has been affected by an eating disorder. Share your concerns, discuss your recovery journey, and get support around accessing support local to you. Open Mon-Fri 3-8pm.

**Live Fear Free**

If you, a family member, a friend or someone you are concerned about has experienced domestic abuse or sexual violence and would like to talk to someone about the struggles that you have faced call 08088010800 or text 07860077333

**Dan 24/7**

Talking to someone about your drug or alcohol problem is the first step to resolving your problems. You can call anytime on any day for support and advice – 08088082234 or [dan@helpline.wales](mailto:dan@helpline.wales)

**Cruse bereavement**

Helpline offering emotional support to anyone affected by grief, giving you space to talk about your feelings, and how you’ve been coping with your grief. This helpline is open Mon, Wed, Thur and Fri 09:30-17:00 and Tue 13:00-20:00 on 08088081677

**Samaritans**

If you need someone to talk to Samaritans will listen to you, they won’t judge you or tell you what to do. You can call anytime day or night at 116 123 or email at [jo@samaritans.org](mailto:jo@samaritans.org) (it may take several days to receive a reply via email)

**Galop**

A helpline for LGBTQ+ individuals experiencing abuse or violence, such as hate crime, domestic abuse, sexual violence or any other kind of abuse. This helpline is for those aged 18+. Open Mon-Thur 09:30-20:00, Fri 09:30-16:30 or you can email [help@galop.org.uk](mailto:help@galop.org.uk) at any time

**NSPCC**

Free and confidential advice and support for under 18’s to discuss anything that you are worrying about. Call 08001111 or for more information around accessing support from a 1-2-1 counsellor click here – <https://www.childline.org.uk/get-support/>

**Men’s Advice Line**

A helpline for men affected by domestic abuse to offer a listening ear to hear about what is going on for you at the moment. You can be connected to either a male or female advisor call 08088010327 on Mon-Fri 10:00-17:00

**Hobbies/interests**

**Activ8-2-16**

A scheme that provides young people aged 5-16 who have a physical impairment, learning difficulty, a sensory impairment or mental health issues, with the opportunities to participate in physical activity, such as swimming, judo, junior gym, football and tennis. You need to be referred by a professional, such as GP, school teachers, or a Youth Worker. Contact details – 01978297351 or [Thomas.adams@wrexham.gov.uk](mailto:Thomas.adams@wrexham.gov.uk)

**Active Wrexham**

An organisation designed to promote people of all ages to continue being active in Wrexham. Check out ‘Active Wrexham’ on Facebook to find all of the different sport groups that are offered. Some of the activities that they offer include rugby, football, squash, swimming or boxing. Contact details – [activewrexham@wrexham.gov.uk](mailto:activewrexham@wrexham.gov.uk)

**Silent book club**

Love reading? Not a fan of small talk, then the silent reading club is the place for you. Meet at Starbucks Rhostyllen every Tuesday 17:00-19:00. Contact details – [thewsbc2023@hotmail.com](mailto:thewsbc2023@hotmail.com)

**Duke of Edinburgh Award**

Find out about the challenge of participating and achieving a Duke of Edinburgh award at Gold, Silver or Bronze level. Meet on a Mon and Wed night at 18:00-20:00, term time only at The Vic in Wrexham town centre. If you are aged 16 or above, you can enter straight at Gold level. Contact details – 01978317958 or 07800689102 or [DofE@wrexham.gov.uk](mailto:DofE@wrexham.gov.uk)

**Kim4Her**

This service runs activities, courses and social events in a relaxed informal safe supportive environment. Anyone aged 16+ can join in this group where they do lots of different activities, such as cooking, photography, and free courses such as learning Welsh. Whilst also developing new skills for a more positive future for ourselves, and our families. Contact details – 01352872189 or [info@kim-inspire.org.uk](mailto:info@kim-inspire.org.uk)

**Kim4Him**

This service runs activities, courses, and social events in a relaxed informal safe supportive environment. Anyone aged 16+ can join the groups where they do lots of different activities including photography, gardening, and days out. You can also access ‘brew and do’, where you can work on restoration projects using a host of DIY skills, whilst having a chat over a brew. Contact details – 01352872189 or [info@kim-inspire.org.uk](mailto:info@kim-inspire.org.uk)

**Internet safety**

**CEOP**

Information and guidance for young people up to the age of 18, and parents around the following issues: relationships, socialising online, online safety, healthy friendships, stalking and online harassment etc. This service works to protect children and young people from grooming and sexual abuse online. You can make a report to CEOP online for issues such as someone asking you to send them a photo of yourself, or if you are being threatened after sending a photo of yourself. For more information click here – [www.ceop.police.uk/ceop-reporting/](http://www.ceop.police.uk/ceop-reporting/)

**Leaving care**

**Action for children – Skills +**

A Psychosocial skills building intervention for young people leaving care aged between 16-24 years old. They aim to support young people to develop the following skills: mindfulness, emotion regulation, distress, tolerance and interpersonal effectiveness. You will be provided with your own practitioner who will meet you wherever you feel comfortable, either weekly or fortnightly. They also have a transition youth worker, who can provide practical skills to support you towards independent living. Contact details – 07887943743 or [skillsplusnorthandmidwales@actionforchildren.org.uk](mailto:skillsplusnorthandmidwales@actionforchildren.org.uk)

**LGBTQ+**

**VIVA**

Youth groups and support for young people aged 11-25 who are lesbian, gay, bisexual, trans or questioning. For more information around the 1-2-1 support that you can access, and the Youth Groups, please contact 01745357941 or [info@vivalgbt.co.uk](mailto:info@vivalgbt.co.uk)

**Umbrella Cymru**

Specialise in gender and sexual identity, diversity, equality, and inclusion. Support provided anywhere in Wales around identity, confidence, coming out, gender identity, support to access treatment, surgery or social support, filling in deed poll applications, and make applications to gender recognition panel. Support can also be provided to families. Contact details – 03003023670 or text 07520645700 or [info@umbrellacymru.co.uk](mailto:info@umbrellacymru.co.uk) or you can self-refer at [www.umbrellacymru.co.uk](http://www.umbrellacymru.co.uk)

**GALOP**

Can provide a range of services for individuals aged 13+ including advice and support to help you and others to be safer, ongoing emotional support, urgent help including medical support, information on safety and emergency housing etc. Support can be via phone, email, or face-to-face (if an advisor is based in your local area). Contact details – [advice@galop.org.uk](mailto:advice@galop.org.uk) or make a self-referral at <https://galop.org.uk/make-a-referral/>

**Mental Health**

**Inspire**

Youth Workers who provide 1-2-1 support to 11-18 year olds (up to 19th birthday) who engage in self-harming or suicidal ideation behaviours past or present. Around 8 sessions will be provided, based on goals that you identify such as: coping mechanisms, anxiety, sleep hygiene, mood management or signposting to other services or groups. You cannot be open to CAMHS and Inspire at the same time, and a referral must be completed by a health professional, such as CAMHS, GP or school nurse.

**Silvercloud**

Online programme designed for young people aged 16+ to improve and maintain your wellbeing by changing the way you think and feel about things. This is a free programme that you can work through in your own time, and include topics such as body image, stress, mindfulness, resilience, sleep, depression, and OCD. The programme includes videos, activities, quizzes, audio guides, and journals. You have 12-weeks to complete each programme. You can sign up to this programme at: <https://nhswales.silvercloudhealth.com/signup/> or for more info email [silver.cloud@wales.nhs.uk](mailto:silver.cloud@wales.nhs.uk)

**The Mix – Counselling**

If you are looking for short-term help with your mental health and emotional wellbeing, and are aged between 11-25 years old, this counselling support may be for you. The counselling is offered over the phone or web chat, they will be there to listen to your problems and help you to find ways to cope in a confidential safe space. They can provide support around the following topics: bereavement, relationship breakdowns, sexual identity, feelings of depression/sadness, and feeling more confident. You can self-refer at <https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>

**MIND (North, East Wales)**

Offer counselling for those aged 12+ however, this is priced at £45 per session, and are held at the wellbeing centre in Mold. They will help you to explore your feelings and problems, identify why you are feeling the way that you do, work out what you can do next, and how you can improve things. This support can be face-to-face, online or over the phone. To express your interest call 01352974430 or for more information click here – <https://www.newmind.org.uk/help-support/talking/therapies/counselling/>

**MIND (North, East Wales) Drop In**

Offer a drop-in service on a Tuesday, where you can pop in and chat about life in general or any issues that you may experience over a brew from 13:00-15:00 at Caia Park Centre, Prince Charles Road, Wrexham, LL13 8TH. Contact details – 01352974430

**MIND (North, East Wales) Mindfulness and meditation**

Come and relax, meet new people and take ‘time out’ in a positive atmosphere as we learn to mediate together. Promote wellbeing in mind, body and spirit on Monday’s 16:30-17:30 at Caia Park Partnership, Prince Charles Road, Wrexham, LL13 8TH. Contact details – 01352974430 or [enquiries@newmind.org.uk](mailto:enquiries@newmind.org.uk)

**Time to Talk drop in**

Every Thursday at the Info Shop in Wrexham at 15:00-17:00, come and speak to a Youth Workers about anything that is bothering you, such as emotional health and wellbeing, employment opportunities, support services or just a safe space to chat and get advice

**Outside in counselling**

A safe, confidential space for 11-18 year old’s to explore your thoughts and feelings, and together with your counselling to find a way to move forward. Usually you will access around 6 sessions, that can take place where you feel comfortable, such as at school, at the Info Shop or at The Vic. Contact details – 01978295630 or [outside\_in@wrexham.gov.uk](mailto:outside_in@wrexham.gov.uk) or self-refer at <https://youngwrexham.co.uk/info/mental-health/counselling-2/>

**Parabl – Talking therapies partnership**

Free counselling for individuals facing common mental health difficulties, or challenging life events, which may be impacting their emotional wellbeing. The sessions will be held at the wellbeing centre in Mold or over the phone. To express your interest – 03007772257 or [ask@parabl.org.uk](mailto:ask@parabl.org.uk)

**CLIC**

Clic believes that no one should feel lonely, or isolated. Through their free online community, Clic are there for you around the clock. This service enables you to speak safely and openly about how you are feeling, and provides you with the opportunity to share your experiences. On Clic’s webpage they have lots of mental health resources, advice and information, a 24/7 online chatroom, forums, mood trackers, and live Q&A sessions with mental health experts. For more information and to sing up to Clic click here – <https://click-uk.org>

**The DPJ foundation**

Free counselling for those who work in the farming or agriculture industry. When you make contact, you will be contacted within 48 hours by a counsellor, and will be seen within a week. Counselling can be face-to-face, online, or over the phone in either Welsh or English. To access counselling call or text 08005474262 or email [kate@thedpjfoundation.co.uk](mailto:kate@thedpjfoundation.co.uk)

**CAMHS**

A NHS service that assess and treats young people up to 18 years old with emotional, behavioural or mental health difficulties. To get a referral to CAMHS speak to your GP, school or a Youth Worker. For more information on CAMHS click here – [www.youngmind.org.uk/young-person/your-guide-to-support/guide-to-camhs/#howdoigethelpfromcamhs](http://www.youngmind.org.uk/young-person/your-guide-to-support/guide-to-camhs/#howdoigethelpfromcamhs)

**Adult Mental Health Services**

An NHS service that assess and treats people from 18 years of age, with emotional, behavioural or mental health difficulties. To get a referral in Adult Mental Health, speak to your GP.

**Menstrual Health**

**Menstrual Health Education Toolkit – Under 18’s**

This toolkit aims to empower young people with accurate knowledge about their bodies, and their menstrual health. They are passionate about improving education around what a ‘normal’ menstrual cycle is, and what is isn’t, and how to access support. This toolkit includes topics such as: menstrual cycles, period products, contraception, menstrual health conditions, and infections. To download this free toolkit PDF click here – <https://menstrualhealthproject.org.uk/toolkits/teenage-mentstrual-health-toolkit/>

**Money advice**

**Money Helper**

Information guide around paying your own way, taking responsibility for moving out for the first time, and paying your own way. This guide will help to breakdown exactly what costs are involved including accommodation, food, utilities, mobile/broadband, tv licence etc. To access this guide, click here – [www.moneyhelper.org.uk/en/family-and-care/student-and-graduate-money/paying-your-own-way?source=mas#](http://www.moneyhelper.org.uk/en/family-and-care/student-and-graduate-money/paying-your-own-way?source=mas)

**Sexual Health**

**Info Shop**

Free confidential sexual health service for young people up to the age of 26. The Info Shop offer free contraception, just pop in to sign up, open from 11:30. They also offer a nurse service on a Mon, Wed and Fri from 15:00 to access the implant, depo injection, pregnancy testing, STI/HIV testing, information and support. Contact details – 01978529600 or [infoshop@wrexham.gov.uk](mailto:infoshop@wrexham.gov.uk)

**Youth Clubs**

**Llay Youth Club**

Monday’s 18:00-20:00 at The Rockery, Llay. For regular updates and any changes to the programme click here – [www.youngwrexham.co.uk/info/clubs-and-projects/](http://www.youngwrexham.co.uk/info/clubs-and-projects/)

**Minera Youth Club**

Tuesday’s 18:00-20:00 at Minera Football Field or container Parish Hall. For regular updates and any changes to the programme click here – [www.youngwrexham.co.uk/info/clubs-and-projects/](http://www.youngwrexham.co.uk/info/clubs-and-projects/)

**Penley Youth Club**

Tuesday’s 18:00-20:00 at Penley Village Hall. For regular updates and any changes to the programme click here – [www.youngwrexham.co.uk/info/clubs-and-projects/](http://www.youngwrexham.co.uk/info/clubs-and-projects/)

**Brymbo Youth Club**

Monday’s and Thursday’s 18:00-20:00 at Cheshire View container. For regular updates and any changes to the programme click here – [www.youngwrexham.co.uk/info/clubs-and-projects/](http://www.youngwrexham.co.uk/info/clubs-and-projects/)

**Ruabon Youth Club**

Thursday’s 18:00-20:00, location tbc. For regular updates and any changes to the programme click here – [www.youngwrexham.co.uk/info/clubs-and-projects/](http://www.youngwrexham.co.uk/info/clubs-and-projects/)

**Broughton Youth Club**

Monday’s and Thursday’s 18:00-20:00 at Solway Banks. For regular updates and any changes to the programme click here – [www.youngwrexham.co.uk/info/clubs-and-projects/](http://www.youngwrexham.co.uk/info/clubs-and-projects/)

**Bwlchgwyn Youth Club**

Wednesday’s 18:00-20:00 at Bwlchgwyn Village Hall. For regular updates and any changes to the programme click here – [www.youngwrexham.co.uk/info/clubs-and-projects/](http://www.youngwrexham.co.uk/info/clubs-and-projects/)

**Cefn Mawr Youth Club**

Monday’s and Wednesday’s 18:00-20:00 at George Edward’s Hall. For regular updates and any changes to the programme click here – [www.youngwrexham.co.uk/info/clubs-and-projects/](http://www.youngwrexham.co.uk/info/clubs-and-projects/)

**Coedpoeth Youth Club**

Monday’s 18:00-20:00 at Adwy Field. For regular updates and any changes to the programme click here – [www.youngwrexham.co.uk/info/clubs-and-projects/](http://www.youngwrexham.co.uk/info/clubs-and-projects/)

**Caia Park Youth Club**

Tuesday’s 17:00-19:00 at The Hub, Prince Charles Road. For more information call 01978310984 or [www.facebook.com/caiapark.youthteam](http://www.facebook.com/caiapark.youthteam)

**Gwersyllt Youth Club**

Wednesday’s 16:00-18:00 at Gwersyllt Resource Centre. For regular updates and any changes to the programme click here – [www.youngwrexham.co.uk/info/clubs-and-projects/](http://www.youngwrexham.co.uk/info/clubs-and-projects/)

**The Vic Youth Club**

Thursday’s 18:30-20:45. Saturday’s 12:00-15:00. For regular updates and any changes to the programme click here – [www.youngwrexham.co.uk/info/clubs-and-projects/](http://www.youngwrexham.co.uk/info/clubs-and-projects/)