

Emotional Health & Wellbeing Support for Children and Young People

There are services available for young people to access in Powys. Don't be afraid to reach out for support.

AREA 43 COUNSELLING

CREDU (YOUNG CARERS)

Call: 01597 823800

ADFERIAD RECOVERY (Drugs & Alcohol Support)

Call: 0300 777 2258

South Powys MIND

Call: 01874 611529

Mid and North Powys MIND

Call: 01597 824411

CHILDLINE

Call free: 0800 1111

Call 111, Press 2 for Mental Health Support 24/7

For other Emotional Health and Wellbeing Services, please click or scan here.



Iechyd emosiynol a llesiant cymorth i Blant a Phobl Ifanc

Ry'n ni eisiau i ti wybod bod gwasanaethau ar gael i bobl ifanc ym Mhowys. Paid â bod ofn i ofyn am gymorth.

CWNSELA AREA 43

CREDU (GOFALWYR IFANC)

Ffoniwch: 01597 823800

ADFERIAD ADFER (Cymorth

Cyffuriau ac Alcohol)

Ffoniwch: 0300 777 2258

MIND Aberhonddu

Ffoniwch: 01874 611529

Canolbarth a Gogledd Powys - MIND

Ffoniwch: 01597 824411

CHILDLINE

Ffoniwch am ddim: 0800 1111

Ffoniwch 111, Pwyswch 2 am
Gymorth Iechyd Meddwl 24/7

Am unrhyw Wasanaethau Iechyd a Llesiant
Emosiynol a Llesiant eraill, cliciwch neu
sganio yma.

