

**YOUTH ENGAGEMENT  
& PARTICIPATION SERVICE**

**MENTAL HEALTH &  
WELLBEING TEAM**

**GWASANAETH IEUENCTID RHCT**

**YEPS**

**RCT'S YOUTH SERVICE**

***SOME HELPFUL...***

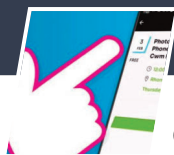
**WELLBEING APPS,  
SUPPORT &  
CONTACTS...**

***...TO HELP TAKE CARE OF YOURSELF.***



**RHONDDA CYNON TAF**

## USEFUL APPS



→ **YEPS** [yeps.wales](http://yeps.wales)



For all things YEPS including activities across RCT, download our **FREE APP**.



→ **CALM HARM** [calmharm.co.uk](http://calmharm.co.uk)



Award winning app developed to support teenage mental health.



→ **CHILLPANDA** [chillpanda.co.uk](http://chillpanda.co.uk)



Helps children better understand their stress and shows them ways to feel better.



→ **FEELMO** [linktr.ee/Feelmo](http://linktr.ee/Feelmo)



Understanding difficult feelings and finding relief from anxiety and stress. **Apple phones only.**



→ **FINCH** [finchcare.com](http://finchcare.com)



The self-care pet app.



→ **MY POSSIBLE SELF** [mypossibleself.com](http://mypossibleself.com)



Doctor approved self-care app to keep anxiety in check.



→ **STAY ALIVE** [styalive.app](http://styalive.app)



For those at risk of suicide or worried about someone.

## USEFUL NUMBERS & CONTACTS



→ **YEPS** **YOUTH ENGAGEMENT AND PARTICIPATION SERVICE**

✉ [YEPS@rctcbc.gov.uk](mailto:YEPS@rctcbc.gov.uk) @YEPSRCT  
[yeps.wales](http://yeps.wales)



→ **PAPYRUS**

Suicide prevention.

☎ **0800 068 41 41**  
☎ **07860 039967**  
✉ [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
[papyrus-uk.org](http://papyrus-uk.org)



→ **MEIC**

Helpline service for children & young people.

☎ **080880**  
☎ **23456**  
[meiccymru.org](http://meiccymru.org)



→ **HEAD ABOVE THE WAVES**

Not-for-profit organisation that raises awareness of self-harm in young people, promoting creative and positive ways of dealing with the bad days.

✉ [hello@hatw.co.uk](mailto:hello@hatw.co.uk)  
🐦 @HATW\_uk  
📘 HeadsAboveTheWaves  
📷 [headsabovethewaves](http://headsabovethewaves)  
[hatw.co.uk](http://hatw.co.uk)



→ **YOUNG MINDS**

Charity fighting for children and young people's mental health.

☎ **YM to 85258** 24/7 support  
🐦 @YoungMindsUK  
📘 @youngmindsuk  
📷 [youngmindsuk](http://youngmindsuk)  
[linktr.ee/youngmindsuk](http://linktr.ee/youngmindsuk)

# USEFUL WEBSITES

## YEPS

YEPS



[www.yeps.wales](http://www.yeps.wales)

Free online service offering emotional and mental health support to children and young people.

## CAMHS



[www.camhs-resources.co.uk/websites](http://www.camhs-resources.co.uk/websites)

Child and Adolescent Mental Health Services

A collection of websites that provide information and support to young people and families.

## KOOTH

kooth



[www.kooth.com](http://www.kooth.com)

Online mental wellbeing community. Free, safe and anonymous support.

## RED CROSS



BritishRedCross



[www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself?](http://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself?)

Wellbeing activities for children aged 7-18 to explore loneliness and anxiety and help children and young people be kind to themselves.

### PLEASE NOTE!

This booklet provides information for external websites and apps that are not managed or governed by YEPS.

YEPS are not responsible for any content they produce.

**THIS BOOKLET IS ALSO AVAILABLE IN WELSH**

Mae croeso i chi gyfathrebu â ni yn y Gymraeg  
You are welcome to communicate with us in Welsh

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