

**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



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



→ **CALM HARM** calmharm.co.uk



Award winning app developed to support teenage mental health.



→ **CHILLPANDA** chillpanda.co.uk



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



→ **FEELMO** linktr.ee/Feelmo



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



→ **FINCH** finchcare.com



The self-care pet app.



→ **MY POSSIBLE SELF** mypossibleself.com



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



→ **STAY ALIVE** 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 @YEPSRCT
yeps.wales



→ **PAPYRUS**

Suicide prevention.

☎ **0800 068 41 41**
☎ **07860 039967**
✉ pat@papyrus-uk.org
papyrus-uk.org



→ **MEIC**

Helpline service for children & young people.

☎ **080880**
☎ **23456**
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
🐦 @HATW_uk
📘 HeadsAboveTheWaves
📷 [headsabovethewaves](https://www.instagram.com/headsabovethewaves)
hatw.co.uk



→ **YOUNG MINDS**

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

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

USEFUL WEBSITES

YEPS

YEPS



www.yeps.wales

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

CAMHS



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

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?

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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