***Helpful Resources***

***Online***

**CCI Health:**  [*https://www.cci.health.wa.gov.**au**/R**esources/Looking-After-Yourself*](https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself) *Modular courses on Anxiety, Assertiveness, Bipolar, Body Dysmorphia, Depression, Disordered Eating, Health Anxiety, Panic, Perfectionism, Procrastination, Self-Compassion, Self-Esteem, Sleep, Social Anxiety, Tolerating Distress, & Worry and Rumination*

**CBT Resources and Worksheets:** <https://wwww.getselfhelp.co.uk/>

**Living Life to the Full:** *Free Online CBT Courses****-*** [*www.livinglifetothefull.com*](http://www.livinglifetothefull.com)

***Community Support***

***Citizens Advice:*** *8 Corn St, Newport NP20 1DJ walk-in’s at a first come first serve basis Monday: 9:30am to 12:30pm, Tuesday: 9:30am to 12:30pm, Wednesday: 9:30am to 12:30pm, Friday: 9:30am to 12:30pm*

**Cruse Bereavement-** *courses on bereavement, self-referral*01633 251982

**Cyfannol Women’s Aid: *01495 742052, NP4 6JE, Programmes, support, counselling, refuge.***

**GAVO:***Free courses on**Living with long term conditions; Dealing with chronic pain; Living with diabetes; Self management; Cancer and Stress. 01633 247647/07483150109*

**GDAS:***drug and alcohol**services walk-in’s @ Old School Building, Powells Place, Newport, NP20 1LU* ***01633 245890***

**Hafal:** *Information& advice; wellbeing activity groups; self-management courses for people suffering with serious mental illness- 47 Duckpool Rd, Newport NP19 8FL 01633 264763*

**Newport Mind:***Information& advice; wellbeing activity groups; self-management courses; housing & Tenancy support; Services for families and schools**01633 258 741*

**Road to Wellbeing*:*** *0330 053 5596* [*www.wales.nhs.uk/roadtowellbeing*](http://www.wales.nhs.uk/roadtowellbeing)

**Sesame Counselling Service: *Small Charge!*** *NOT a drop-in service- call on:     01633 223 055   to make an appointment. Open from 6 – 9pm on Tuesday evenings throughout the year, apart from Bank Holidays, and are located in Park Square Newport.*

***Talking Zone-*** *Counselling services for those in school or college up to age of 19- can self-refer here:* [*https://usw.onlinesurveys.ac.uk/communityselfreferral*](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fusw.onlinesurveys.ac.uk%2Fcommunityselfreferral&data=02%7C01%7Ctalkingzone%40southwales.ac.uk%7Cfbe1d13f56fd48d3560208d79d92ebd8%7Ce5aafe7c971b4ab7b039141ad36acec0%7C0%7C0%7C637151126664842424&sdata=eiL%2Bn2FvgzVEWNt%2B2DAD0bIz1Tk3h3r99ibN%2FA1Af28%3D&reserved=0)

**The Beresford Centre: *Dealing with miscarriage, still birth, cot death 01633 212320 Gaer Park Drive, off Bassaleg road, Newport. NP20 3NN***

**The Bridge Christian Counselling- £10 per session!** *self-referral 01633258729, Upper dock street Newport*

**The Sanctuary Refugee Welcome Group:** *01633 212327 / 07378340681 The Gap Centre, 42 Stow Hill, NP20 1JG*

***Mobile Apps***

[**BellyBio Interactive Breathing**](https://itunes.apple.com/us/app/bellybio-interactive-breathing/id353763955?mt=8)*Wonderful biofeedback device that monitors your breathing and plays sounds reminiscent of ocean waves when you relax. Great for anxiety and stress.* [*iPhone*](https://itunes.apple.com/us/app/bellybio-interactive-breathing/id353763955?mt=8) *only.*

**Calm Harm** *manages self-harm; suggests activities to help you reduce self-harm urges.*

**What’s up** *CBT & ACT methods to help cope with depression, anxiety, anger stress and much more.*

**Headspace**- *The free basics course teaches you meditation fundamentals to help you relax; people find this beneficial to help them get off to sleep. The full library is accessible via a subscription fee.*

**MindShift** - *A great tool for anxiety, it teaches relaxation skills, develops new thinking, and suggests healthy activities. Designed for youth but useful to anyone.*

**MoodPath-** *Anxiety & Depression. Track your mood- More than 150 videos and exercises are available for a charge. Designed to increase your awareness of thoughts and emotions.*

**Help lines & Text services**

**Alcohol Cymru:** *0808 808 2234 or Text* ***DAN*** *to 81066*

**Animal Samaritans Pet Bereavement Service: *020 8303 1859****,* [*www.animalsamaritans.org.uk*](http://www.animalsamaritans.org.uk/)

**CALL:** [*0800 107 0900*](tel:08001070900) *or text the word 'help' to* [*81066*](sms:81066)*. Trained staff are available 24 hours a day for the foreseeable future.*

**Campaign Against Living Miserably (CALM)** *website and helpline on 0800 58 58 58 (7 days a week, 5pm to midnight) Offer confidential, anonymous and free support, information and signposting to* ***men*** *anywhere in the UK through their helpline.*

### Dewis Cymru: [*www.dewis.wales*](http://www.dewis.wales) *for information about organisations and services local to you.*

**Families Need Fathers**: *help and advice for fathers that are being stopped access to their children 08456 004446,Monday to Friday from 10 am to 7pm*

### No Panic: *Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Phone: 0844 967 4848 (daily, 10am to 10pm) Website:* [*www.nopanic.org.uk*](http://www.nopanic.org.uk/)

**Papyrus** *(Prevention of young suicide) on 0800 068 41 41**(Monday – Friday from 10am – 5pm and 7pm – 10pm, and 2pm – 5pm on weekends) a specialist telephone helpline service that offers non-judgemental support, practical advice and information to children, teenagers and young people up to age of 35 who are worried about themselves and anyone concerned about a young person.* [*http://new.papyrus-uk.org/*](http://new.papyrus-uk.org/)

**Pet Bereavement Support Service:** [*www.bluecross.org.uk*](http://www.bluecross.org.uk/) ***0800 096 6606*** *Open every day 8.30am-8.30pm*

**Samaritans** *To speak to a Samaritan volunteer anytime day or night call* ***116 123*** *Calls on this number are automatically sent to the nearest free line, which could be your local branch or another*

**Shout:** *Text* ***SHOUT*** *to 85258 in the UK to text with a trained Crisis Volunteer.*

**TESS** *on 07800472908 (7pm to 9pm Monday – Friday)TESS is a text service for* ***young women*** *under the age of 25 who need support around self-harm and are in crisis.* [*www.selfinjurysupport.org.uk*](http://www.selfinjurysupport.org.uk)

**Wales Dementia Helpline*:*** 0808 8082235

**YoungMinds:** *free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text* ***YM*** *to* [*85258*](sms:85258?body=THEMIX)*.*

**During office hours, you can call your GP** 01633 251133

**Out of Hours GP service:**

01633744285 (Newport)

**NHS Direct:** 111

**Contact emergency services** – are you at high risk at this time of killing yourself? Do you have a plan and the means to complete suicide?

**If so, call 999 RIGHT NOW.**