

Resources

Swansea Bay Speech and Language Therapy (SALT)

01639 862718

Speech and Language Therapists (SLTs) are allied health professionals. They have been trained to assess, diagnose, treat and advise people who have difficulties with speech, language and communication difficulties, or with eating, drinking and swallowing disorders.

Building Blocks Family Centre

Anyone who is a resident in Neath Port Talbot can access our services, if you are a parent, carer, grandparent, auntie, uncle, sister, brother, child, young people and children and young people with disabilities you can access our services. If you think we can help please get in touch on **01639 710076** or email: office@buildingblocksfamilycentre.co.uk

Children and Young People

We offer a range of services from childcare, through to play opportunities, youth forum and peer support groups, giving children a voice and opportunity to develop in a nurturing and safe environment.



Platform (13 – 16)

Platform are a registered charity that has been working in mental health for over 30 years. Their mission is to be a platform for connection, transformation and social change and their vision is sustainable wellbeing for all.

Their projects work to create opportunities for people to identify and hone their strengths, connect with peers and feel a valued part of their community.



Silvercloud (16+)

User Access UI | SilverCloud Health

Users can access the SilverCloud® platform confidentially and in the privacy of an app on their mobile, tablet, or computer.

Their platform is clinically proven to be as effective as face-to-face therapy at a fraction of the cost with up to 80% of users showing improvement in anxiety and depression. The platform can be used as a skill building tool to manage mental health and wellness, whilst awaiting your next therapy appointment, in conjunction with existing therapy sessions, or as a recovery toolkit post therapy.

Return Address: Swansea Bay CAMHS, The Children's Centre, Neath Port Talbot Hospital,
Baglan Way, Port Talbot, SA12 7BX

Chair/Cadeirydd: Professor Marcus Longley

Chief Executive/Prif Weithredydd: Mr Paul Mears

Cwm Taf University Health Board is the operational name of Cwm Taf University Local Health Board/Bwrdd Iechyd Prifysgol Cwm Taf yw enw gweithredol Bwrdd Iechyd Lleol Cwm Taf



Kooth (11-18)

Kooth is a free, safe and anonymous online chat service which was launched in October last year (2019) to young people aged 11 to 18. Kooth is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support. Kooth.com is an online application removing the need for Apple/Android accounts, data requirements and the stigma of mental health apps on your devices.

Articles

Helpful articles, personal experiences and tips from young people and our Kooth team.

Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

Chat with the team

Our live counselling functionality allows children and young people to receive professional support through either booked or drop in sessions as and when a session is required. Our qualified practitioners are real people, not bots, with significant experience in working with children and young people.



National Autistic Society

<https://www.autism.org.uk/>

We are here to transform lives and change attitudes to help create a society that works for autistic people.



SNAP Cymru (0-25)

<https://www.snapcymru.org/>

Helpline: 0808 801 0608

For General enquiries, please email on enquiries@snapcymru.org

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- SNAP Cymru is a national charity, unique to Wales, founded in 1986. Its main aim is to advance the education of people in Wales and support their inclusion.
- SNAP Cymru offers free and independent information, advice and support to help get the right education for children and young people with all kinds of special educational needs (SEN)/additional learning needs(ALN)and disabilities. We give advice and support on a range of issues including assessments, individual education plans, statements of special educational needs, bullying, school attendance, exclusion, health and social care provision and discrimination.



Autism Wales

<https://autismwales.org/en/>

Helping to improve the lives of autistic people and their families in Wales.

Autism Wales is the national autism site for Wales. On the site you will find information about what autism is, and what services and training opportunities are available online and across Wales. The website is helping to deliver the Welsh Government autism vision and strategy and has a key place in ensuring that Wales is an autism friendly nation.



YoungMinds

Supporting you and your mental health.

Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.



Mind

<https://www.swanseamind.org.uk/>

We provide advice and support to empower anyone experiencing a mental health problem. We won't give up until everyone experiencing a mental health problem gets both support and respect.



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Swansea YMCA

<https://ymcaswansea.org.uk/>

YMCA Swansea transforms communities, so that young people can truly belong, contribute, and thrive. YMCA Swansea aims to tackle poverty, improve health and well-being, promote equality & diversity and improve the quality of life for children, young people and communities in Swansea and surrounding areas.



Swansea Rainbow counselling centre

<https://swansearcc.org.uk/>

Providing confidential support and advice to those in need, our fully qualified staff and trained volunteers are happy to assist anyone who may be experiencing difficulties in their lives.



Early Help Hubs

earlyhelphubs@swansea.gov.uk

01792 635400

Swansea's Early Help Hubs are a multi-disciplinary service here to offer you information, advice and assistance.

Single Point of Contact Team (SPOC)

spoc@npt.gov.uk

01639 686802

Neath Port Talbot's Adult's and Children's Single Point of Contact Team (SPOC) are a multi-disciplinary service here to offer you information, advice and assistance.

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