The Beresford Centre

The Beresford Centre offers support and advice to pregnant women and those grieving the loss of a baby.

http://www.beresfordcentre.org.uk

The Beresford Pregnancy Counselling Centre, Gaer Park Drive, Newport, NP20 3NN

Tel: 01633 212320

Association for Post-Natal Illness (APNI)

Offers support to mothers experiencing Post-Natal Depression via volunteers with personal experience of the illness.

https://apni.org/

Tel: 0207 386 0868 (10am-2pm) Email: info@apni.org

BEAT Eating Disorders

Offers support to people experiencing eating disorders and their families.

https://www.beateatingdisorders.org.uk

Adult Helpline (Free) 0808 801 0677 (3pm-10pm)
help@beateatingdisorders.org.uk

Studentline (Free) 0808 801 0811 (3pm-10pm)
studentline@beateatingdisorders.org.uk

Youthline (Free) 0808 801 0711 (3pm-10pm)
fyp@beateatingdisorders.org.uk

Mental Health and Wellbeing

Support Services for Children and Vulnerable Adults

Newport and Gwent Samaritans

Samaritans offers a safe place for you to talk any time you like, in your own way, about whatever's getting to you. You don't have to be suicidal.

https://www.samaritans.org

43 Stow Hill, Newport, Gwent, NP20 1JH

Tel: 01633 259000 Email: jo@samaritans.org

24hr Helpline (Free) 116 123

Childline

Childline offers trained counsellors available night and day to help anyone under 19 in the UK with any issue they're going through.

https://www.childline.org.uk

24hr Helpline (Free) 0800 1111

Meic

Meic is a bilingual helpline service for children and young people up to the age of 25 in Wales.

https://www.meiccymru.org

Helpline (Free) 0808 80 23456 (8am-Midnight)

TalkingZone

TalkingZone is a free and private online counselling service for young people aged between 11-17 years. Counsellors are currently available on Thursdays between 6pm-8pm.

https://www.talkingzone.co.uk/

Cruse Bereavement Care: Gwent Area

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland.

https://www.cruse.org.uk

Tel: 01633 251982 Email: gwent@cruse.org.uk

Helpline (Free) 0808 808 1677 (9:30am-5pm, 8pm Tues/Wed/Thu)

For Children and Young People

http://hopeagain.org.uk/

hopeagain@cruse.org.uk

St David's Hospice: Unicorn Centre

Helping to make sense of loss for children and young people who have an important adult in their lives who is a patient of St David's Hospice Care.

http://stdavidshospicecare.org/what-we-do/childrens-support/

St David's Hospice Care, Blackett Avenue, Newport, NP20 6NH

Tel: 01633 851051

Torfaen / Newport Mind

Mind offers groups, courses, counselling and drop-in sessions for those experiencing problems with their mental health.

http://www.torfaenmind.co.uk/ http://www.newportmind.org/

Torfaen and Blaenau Gwent Mind, 24 George Street, Pontypool, Torfaen, NP4 6BY

Tel: 01495 757 393 Email: reception@torfaenmind.co.uk

Newport Mind, 2nd Floor, 100-101 Commercial Street, Newport, NP20 1LU

Tel: 01633 258741 Email: enquiries@newportmind.org

Changing Minds

Changing Minds is a project run by Newport Mind designed for young people aged 14-25 who have or are experiencing mental health difficulties.

http://www.changingmindsproject.org.uk

Tel: 01633 258741 Email: changingminds@newport-mind.org

Hafal: Torfaen and Newport

Hafal helps people with serious mental illness and their families to work towards recovery.

http://www.hafal.org/in-your-area/torfaen/

http://www.hafal.org/in-your-area/newport/

Tel: 01633 264 763 / 07866702747 Email: newport@hafal.org