

Mental Health Directory



Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice.

Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: www.anxietyuk.org.uk

Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: www.bipolaruk.org.uk

CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

Mental Health Helpline For Wales - Community Advice & Listening Line

Offering a confidential listening and support service

Freephone - [0800 132 737](tel:0800132737)

Or text **help** to - [81066](tel:81066)

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm)

Website: www.nopanic.org.uk

OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm)

Website: www.ocdaction.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0845 120 3778 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

PAPYRUS

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (Monday to Friday, 10am to 5pm and 7pm to 10pm, and 2pm to 5pm on weekends)

Website: www.papyrus-uk.org

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:
www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk



HELPLINES

<i>SUPPORT FOR...</i>	ORGANISATION	CONTACT DETAILS	DESCRIPTION
<i>Befriending</i>	Age UK	Call: 0800 678 1602 Available 8am-7pm every day	The Age UK Advice Line is a free, confidential, national phone service for older people, their families, friends, carers and professionals, which is open 365 days a year (8am-7pm).
	The Silver Line	Call: 08004 708090	The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. The specially trained helpline team can ➤ Offer information, friendship and advice

	The Silver Line	Call: 08004 708090	<ul style="list-style-type: none"> ➤ Link callers to local groups and services ➤ Offer regular friendship calls ➤ Protect and support older people who are suffering abuse and neglect.
<i>Carers</i>	Bridgend Carers Wellbeing Service	Call: 01656 336969 Email: bridgendwellbeing@ctsew.org.uk	The Bridgend carers wellbeing service provides information, advice and practical assistance to unpaid carers in Bridgend.
<i>Counselling</i>	Cruse Bereavement Care	Call: 0808 808 1677	If you rely on support from others while dealing with a bereavement – whether that’s family, friends, being at work – and you are struggling being on your own then the helpline is open.

	Childline	<p>Call: 0800 1111</p> <p>Available 24 hours a day</p>	<p>Comforts, advises, and protects children 24 hours a day and offers free confidential counselling.</p>
<i>Domestic Abuse</i>	Live Fear Free	<p>Call: 0808 80 10 800</p> <p>Text: 07860077333</p> <p>Email: info@livefearfreehelpline.wales</p> <p>Available 24 hours a day</p>	<p>Live Fear Free can provide help and advice to:</p> <ul style="list-style-type: none"> ➤ Anyone experiencing domestic abuse ➤ Anyone who knows someone who needs help. For example, a friend, family member or colleague ➤ Practitioners seeking professional advice
	<i>Safer Wales</i>	<p>Call: 0808 801 0321</p> <p>Available 10am-4pm Monday, Tuesday, Wednesday</p> <p>Answerphone service out of hours</p>	<p>Free confidential helpline for men experiencing domestic abuse. The Team can provide a listening ear, information on services available in the local area, help in developing a personalised safety plan and support in accessing other services and organisations. A 24 hour answerphone service is available when the helpline is closed.</p>

<p><i>Identity</i></p>	<p>Mermaids</p>	<p>Call: 0808 801 0400</p> <p>Text MERMAIDS to 85258</p> <p>Email: info@mermaidsuk.org.uk</p> <p>Web Chat available 9am-9pm Monday to Friday</p>	<p>Mermaids provides a helpline aimed at supporting transgender youth up to and including the age of 19, their families and professionals working with them.</p> <p>The helpline offers emotional support, a gateway to the parents and teens forums, information about current legislation and protections under the law, plus signposting to training and resources.</p>
<p><i>Switchboard</i></p>	<p>Call: 0300 330 0630</p> <p>Email: chris@switchboard.lgbt</p> <p>Available 10am-10pm every day</p>	<p>LGBT+ Helpline</p> <p>Safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing.</p>	

<p><i>Mental Health</i></p>	<p>Campaign Against Living Miserably (CALM)</p>	<p>Call: 0800 585858</p> <p>Available 5pm-midnight every day</p>	<p>Free and confidential helpline and webchat for anyone who needs to talk about life's problems. Support for those bereaved by suicide, through the Support After Suicide Partnership (SASP).</p>
	<p>Community Advice and Listening Line (C.A.L.L.)</p>	<p>Call: 0800 132 737 Text help to 81066</p> <p>Available 24 hours a day</p>	<p>Offers emotional support and information/literature on Mental Health and related matters to the people of Wales.</p> <p>Anyone concerned about their own mental health or that of a relative or friend can access the service. C.A.L.L. Helpline offers a confidential listening and support service.</p>
	<p>Mind Infoline</p>	<p>Call: 0300 123 3393 Text: 86463 Email: info@mind.org.uk</p> <p>Available 9am-6pm Monday-Friday</p>	<p>Ask about:</p> <ul style="list-style-type: none"> ➤ Mental health problems ➤ Where to get help near you ➤ Treatment options ➤ Advocacy services

Papyrus	<p>Call: 0800 068 4141</p> <p>Text: 07786 209 697</p> <p>Email: papyrus-uk.org</p> <p>Available 10am-10pm weekdays, 2pm-10pm weekends</p>	<p>Confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through the helpline.</p>
Samaritans	<p>Call: 116 123</p> <p>Email: jo@samaritans.org</p> <p>Available 24 hours a day</p>	<p>24 hour confidential listening and support for anyone who needs it. (Adults included.)</p>
SANEline	<p>Call: 0300 304 7000</p> <p>Available 4:30pm-10:30pm every day</p>	<p>SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.</p>
The Help Hub	<p>https://www.thehelphub.co.uk/</p> <p>Phone call and video calls are available</p> <p>Email: info@thehelphub.co.uk</p>	<p>The Help Hub has been set up to support individuals who find themselves with limited contact due to the Covid-19 Coronavirus.</p>

	<p>The Mix</p>	<p>Call: 0808 808 4994</p> <p>Text: 85258</p> <p>Available 24 hours a day</p>	<p>Information, support and listening for people under 25.</p> <p>Get advice about sex, relationships, drugs, mental health, money & jobs.</p>
	<p>YoungMinds Crisis Messenger</p>	<p>Text: 85258</p> <p>Available 24 hours a day</p>	<p>Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis</p> <p>If you need urgent help text YM to 85258</p> <p>All texts are answered by trained volunteers, with support from experienced clinical supervisors</p> <p>Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.</p>

YoungMinds Parent Helpline

Call: 0808 802 5544

Available 9:30am-4pm
Monday-Friday

Worried about a child or young person? Call the free helpline for confidential, expert advice.

Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25.

You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.

Sexualised Behaviour

Lucy Faithfull

Call: 01372 847160

Email:

contact@lucyfaithfull.org.uk

This service provides a range of services for organisations, professionals and the public including risk assessments and intervention; expert training; specialist consultancy, and public education.

**Support for parents/carers and families of Autistic children,
young people and adults in Bridgend**

<p>National Autistic Society (NAS) Bridgend branch</p>	<p>We are a parent /carer run branch providing opportunities for families or individuals to come together and support one another. We support residents from all over Bridgend County and surrounding areas. We organise lots of different fun events for our members either at a reduced cost or no cost. Activities such as Bowling, exclusive soft play sessions, swimming, gymnastics, residential trips and training for parent/carers. We have regular monthly meetings and informal coffee mornings. Everyone is welcome to attend. Free Membership is available to families who have been touched by Autism, either with a diagnosis or where Autism has been mentioned as a possibility.</p> <p>Joanne Manley</p> <p>Email: bridgenddistrict.branch@nas.org.uk</p> <p>Website: www.autism.org.uk</p> <p>Facebook: www.facebook.com/National-Autistic-Society-Bridgend-and-District-Branch-261273600701266/?fref=ts</p>
<p>National Autistic Society (NAS) Ogmore branch</p>	<p>Beth Williams</p> <p>Telephone: 07817 375837</p> <p>Facebook: www.facebook.com/groups/566945557021509</p>
<p>Special Families</p>	<p>Claire Edmunds or James Pryce</p> <p>The Fairfield centre, Maesteg, CF34 9LR</p> <p>Telephone: 01656 856950</p> <p>Website: www.Sfmaesteg.org</p> <p>Facebook: www.facebook.com/SpecialFamiliesMaesteg</p> <p>Email: sfmaesteg@outlook.com</p>
<p>TECHtivity</p>	<p>Techtivity is a community of families who participate in inclusive, adaptive and fun activities with support for children and young people with invisible disabilities and their families. Included in this are; "Waveriders" surf club, "Altitude" rebound trampolining club and our weekly console gaming "Tech club" which is also a support group for parent/Carers</p> <p>Leanne Toy</p> <p>Website: www.techtivity.org.uk</p> <p>Facebook: www.facebook.com/groups/391352524386697</p>

<p>InclusAbility (incorporating INC SQUAD).</p>	<p>We are a not for profit organisation in Bridgend set up to support adults and children with different abilities. We are three parents of children with disabilities who have a passion for improving the lives of those families that are affected by a disability and believe in creating a culture of inclusivity. Our Aim is creating safe and inclusive environments for adults and children with disabilities to explore their potential. We support families in the local area by providing disability friendly events and a supportive community. We strongly believe that we all have abilities, just some have different abilities to others which shouldn't be held back by lack of opportunity or access to development. We welcome new members from all areas of Bridgend County and surrounding areas</p> <p>Joanne Manley, Kelly Smith and Rob Smith</p> <p>Email: contact@inclusability.org</p> <p>Facebook: www.facebook.com/100746911751465</p>
<p>Héronsbridge family support group, Parent training programme & advice clinic</p>	<p>Karen Davies Family Engagement Officer Email: karen.davies2@bridgend.gov.uk Héronsbridge school, Ewenny Road, Bridgend, CF31 3HT Telephone: 01656 815725</p>
<p>Carers of Autistic Spectrum Profiles Alliance (CASPA) Mental Health Matters</p>	<p>Autism carers support group. Every 2nd Monday of each month 5pm-7pm. Mental Health Matters, Union Offices, Quarella Road, Bridgend, CF31 1JW Telephone: 01656 651450 Website: www.mhmwales.org.uk Facebook: www.facebook.com/MHMWales Email: caspa@mhmwales.org</p>
<p>Bridgend Carers centre</p>	<p>Davina Marsland 07497332253 (Parent Carer Evening Helpline) Bridgend Carers Centre, 87 Park Street, Bridgend, CF31 4AZ Telephone: 01656 658479 Website: www.bridgendcarers.co.uk Email: carerswellbeing@bridgendcarers.co.uk Facebook: www.facebook.com/bridgendcarers/</p>
<p>Bridgend carers wellbeing</p>	<p>Website: www.ctsew.org.uk/bridgend-carers-wellbeing-service</p> <p>Telephone: 01656 336969</p> <p>Apollo Business centre, Bridgend, CF32 9RF</p> <p>Facebook: www.facebook.com/carersbridgend/</p>
<p>Bridgend Connecting Carers</p>	<p>www.facebook.com/BridgendConnectingCarers/</p>
<p>Action for Children Young Carers</p>	<p>Email: ask.us@actionforchildren.org.uk</p> <p>3 & 4 Close Y Waun, Brackla, Bridgend CF31 2QN.</p>
<p>Bridgend Young Adult Carers</p>	<p>87 Park Street, Bridgend, CF31 4AZ.</p> <p>Telephone: 01656 658479</p> <p>Website: www.carers.org/local-centre/bridgend</p> <p>Email: carerswellbeing@bridgendcarers.co.uk</p>

<p>Y Bont</p>	<p>Family Funzone Saturday club</p> <p>Family Funzone holiday club - Llangewydd junior school, from 10:00am-2:00pm.</p> <p>Family Funzone Afterschool Club - Y Bont every Monday, Tuesday, Wednesday and Thursday from 3:00pm-6:00pm.</p> <p>Tel: 01656 646013 or email outofschool@ybont.com.</p>
<p>Barnardos</p>	<p>YMCA, Pen Y Dre road, Lletty Nedd, Neath, SA11 3HG</p> <p>Telephone: 03001 240 986</p> <p>https://www.barnardos.org.uk/what-we-do/services/atebion-bridgend-disability-support-service</p>
<p>Western Bay Integrated Autism service (IAS)</p>	<p>Tonna Hospital, Neath, SA11 3LX Email: SBU.WBIAS@wales.nhs.uk Telephone: 01639 862 936</p>
<p>Outside parent training programme & Help at Home</p> <p>Website: www.outsideeducation.co.uk</p> <p>Email: teamoutside@outsideeducation.co.uk</p> <p>Telephone: 07486 310081</p> <p>Facebook: www.facebook.com/Outsideeducation/</p>	<p>Parent training programme (7 sessions):</p> <ul style="list-style-type: none"> • Communication • Sensory Considerations • Anger and Anxiety • Behaviour that challenges • Teen life 1, 2, & 3. <p>Additional sessions x4 – Girls, siblings, executive functioning and daily difficulties</p> <p>Help at Home Working alongside the family and young person Outside will put together a plan of action that is tailored to meet their needs. Ongoing support will be provided to develop appropriate strategies. Age: 4-18 with a diagnosis of Autism (or thought to be on the spectrum). The following are examples of the support offered;</p> <ul style="list-style-type: none"> • Understanding autism and how it may relate to their child • Explaining the diagnosis to the young person and how it may relate them • Sensory processing • Communication • Understanding Executive functioning and developing resources • Behaviour that challenges • Managing anger and anxiety • Supporting siblings • Accessing the community
<p>Early Help</p>	<p>BCBC Education and Family Support Directorate</p> <p>Early intervention team</p> <p>Telephone: 01656 643643</p>
<p>Splice Child and Family Project</p>	<p>Community Centre, North Avenue, Pyle/Kenfig Hill, CF33 6ND</p> <p>Telephone: 07976 378719</p> <p>http://spliceproject.wix.com/splice</p> <p>Email: splice_childandfamily@yahoo.co.uk</p>

Action for children	<p>Website: www.actionforchildren.org.uk</p> <p>Email:bracklameadows.neighbourhood@actionforchildren.org.uk</p>
Autism Puzzles	<p>AP Cymru – The Autism Charity provides direct, bespoke support to autistic individuals and their families during all stages of their journey. We provide exclusive inclusive activities for the whole family, Autism Champion Training, clinics, workshops and a Face2Face support service.</p> <p>Telephone: 029 2081 0786</p> <p>Website: www.apcymru.co.uk</p> <p>Email: enquiries@autispuzzles.org.uk</p> <p>Facebook: www.facebook.com/APCymruAutismCharity/</p>
The Autism Directory	<p>Facebook: www.facebook.com/theautismdirectory</p> <p>Email: gareth@theautismdirectory.com</p> <p>Telephone: 01443 844764</p> <p>Website: www.autismdirectorycharity.com</p>
Caudwell children	<p>Website:www.caudwellchildren.com</p> <p>Telephone: 01782 600 869</p> <p>Email: supportwales@caudwellchildren.com</p> <p>Facebook: www.facebook.com/caudwellchildren/</p>
Family support wales	<p>Telephone: 01792 736007</p> <p>Email: info@familysupportwales.co.uk</p> <p>Website: Familysupportwales.co.uk</p> <p>Facebook: www.facebook.com/familysupportwales/</p>
Halcyon Training Foundation	<p>Office 4 Elliott Buildings, 23 Cardiff Road, Taffs Well, Cardiff, CF15 7RB.</p> <p>Telephone. 02920 811114. Mobile. 07951336117</p> <p>Website: www.halcyon-foundation.org.uk</p>
Sibs	<p>www.sibs.org.uk/ 01535 645453</p>
Contact	<p>Website: www.cafamily.org.uk</p> <p>33-35 Cathedral Road, Cardiff, CF11 9HB</p> <p>Telephone: 02920 396624 or 01978 351769</p> <p>Email: helpline@cafamily.org.uk.</p> <p>Facebook: www.facebook.com/contactcymru/</p>
Cerebra	<p>2nd Floor Offices, The Lyric Buildings, King Street, Carmarthen, SA31 1BD.</p> <p>Telephone: 01267 244200 or 0800 3281159</p> <p>Email: enquiries@cerebra.org.uk</p> <p>Website: www.cerebra.org.uk</p> <p>Facebook: www.facebook.com/CerebraCharity/</p>

Support for Autistic Young People and Adults in Bridgend

<p>Porthcawl Aspergers and Autism Community group</p> <p>Susan Bridger 07565 966253</p> <p>susanmaybridger@hotmail.com</p> <p>www.facebook.com/groups/453464451354880</p>	<p>A self funding organisation raising awareness of Asperger`s Syndrome and Autism, and signposting people to other organisations. The group are encouraged to post articles etc. and to talk to other group members about their experiences. Usually meet up regularly for coffee but have not been able to do so since the beginning of the pandemic. No membership needed.</p>
<p>L.O.V.E. Autism project</p> <p>(Leisure, Opportunities, Voice, Empowering)</p> <p>"A Young person led project creating positive social interaction and leisure activities, designed by autistic young people, for autistic young people!"</p> <p>Age - 12 - 25 with a diagnosis of autism or thought to be on the Autistic spectrum.</p> <p>Venue - Resource and Wellbeing Centre, Tondu House Farm CF32 9HF</p> <p>For further information please contact Tel 07786143482</p> <p>or email thesocialenterprise@hotmail.co.uk</p> <p>STEER – The Enterprise Academy www.steerwales.org.uk</p>	<p>The programme is made up of 4 elements:</p> <ol style="list-style-type: none"> 1. Engagement <p>Social events & Outdoor Activities (once a week) - therapeutic and engaging interventions in a safe, nurturing, relaxed atmosphere. Activities will be designed to; focus on small achievable tasks, ensuring the experience is enabling. Developing confidence and self-esteem, increasing coping skills, developing resilience and reducing anxiety by having the time and space to engage, achieve and demonstrate independence.</p> <p>Example outdoor activities include bush craft, cooking on the campfire, den building, team building, making willow structures, green gym (sensory garden and allotments) and Animal care. Indoor activities could include art therapy, cookery and crafts.</p> 2. Residential experience <p>Small group residential experiences to encourage friendships and develop lifelong memories in a tranquil but engaging setting. The Relax Teens programme will be delivered during the residential.</p> 3. Volunteering opportunities <p>Developing positive engagement, new friendships and hands on life experiences, interacting with those with experience. With a view to explore further opportunities and supportive employment in the future.</p> 4. Youth Led Autism Forum <p>A forum where young people can raise and discuss issues and concerns that affect their lives. Meetings will be held monthly and led by autistic young people. This will provide a voice for young people with Autism that will be fed back into local government strategic planning.</p>

No Limits Independent Living Skills project

Age range: 14+ with an Autism diagnosis or thought to be on the autism spectrum.

Learners will be carefully matched into groups of 6 based on information gathered from the referrer, other agencies, family members and assessment of the individual.

Individuals will be supported to personalise their programme by leading in the planning, development and evaluation of their own learning objectives

For further information or a referral form please contact:

Sian Nash 07980856612

neuronolimits@gmail.com

www.facebook.com/neuronolimits/

sian@autismlifecentres.co.uk

Independent Living Skills programme which aims to develop individuals skills in four key areas:

1. Practical Living Skills and Personal Care
 - Money Management and Consumer Awareness (budgeting, bank accounts, credit cards, making change)
 - Food Management ([cooking](#) and shopping)
 - Personal appearance and hygiene
 - Housekeeping (Routine chores, laundry, organizing, cleaning, doing dishes)
2. Planning Skills
 - finding information (internet, books, newspapers etc.)
 - breaking down a task
 - creating a "to do" list
 - plan ahead for chores, outings etc
 - travel (reading a map, using transport, planning a trip)
 - Time Management (Social/leisure time)
 - Following instructions
 - Decision making/ Problem solving skills
3. Interpersonal and Self-Advocacy skills
 - working in a group
 - making friends and creating a network
 - Intimate relationships and Sexuality
 - asking for help / who to approach for help
 - dealing with family relationships
 - Developing communication including using the phone
 - Social skills and conversation
 - building confidence and self-esteem
 - how and when to ask questions
 - when to give their opinion
 - Being assertive
 - Accessing outdoors and engaging in activities
4. Health, Emergency and Safety Skills
 - Dealing with an illness such as a cold
 - Emotional understanding and regulation
 - coping with stress, anger and anxiety
 - what risks are and how to stay safe

TECHtivity

Leanne Toy

Website: www.techtivity.org.uk

Facebook:

www.facebook.com/groups/391352524386697

Techtivity is a community of families who participate in inclusive, adaptive and fun activities with support for children and young people with invisible disabilities and their families.

Included in this are; "Waveriders" surf club, "Altitude" rebound trampolining club and our weekly console gaming "Tech club" which is also a support group for parent/Carers

Barnardos

YMCA, Pen Y Dre road, Lletty Nedd, Neath,

SA11 3HG

Telephone: 03001 240 986

<https://www.barnardos.org.uk/what-we-do/services/atebion-bridgend-disability-support-service>

<p>Penybont Asperger's Group</p> <p>Facebook www.facebook.com/penybontaspergersadults/</p> <p>There is also a chat group on Facebook called Penybont Adult Asperger's Chat</p>	<p>Sarah Morgan</p> <p>Drop in sessions for a chat or advice at Tondu RFC.</p> <p>In the future PAG are planning informative events, training events, social gatherings.</p>
<p>AP Cymru</p> <p>Address - Unit 11 Glan Y Llyn Ind Est, Taffs Well, CF15 7JD</p> <p>Telephone: 029 2081 0786</p> <p>Website: www.APCymru.co.uk</p> <p>Email: enquiries@autismpuzzles.org.uk</p> <p>Facebook: www.facebook.com/APCymruAutismCharity/</p>	<p>Empowering Me Youth Programme</p> <p>www.facebook.com/EmpoweringMeYouthProgramme</p> <p>An inclusive, youth-led programme for autistic youth aged 10-25. Adaptable to each young person's individual needs offering the opportunity to:</p> <ul style="list-style-type: none"> • Socialise and build connections safely and comfortably • Take part in fun, inclusive activities • Gain life skills <p>The Chameleon Project - Led BY autistics FOR autistics #actuallyautistic blogger</p>
<p>The Autism Directory</p>	<p>Facebook: www.facebook.com/theautismdirectory</p> <p>Email: gareth@theautismdirectory.com</p> <p>Telephone: 01443 844764</p> <p>Website: www.autismdirectorycharity.com</p>
<p>Western Bay Integrated Autism service (IAS)</p>	<p>Address: Tonna Hospital, Neath, SA11 3LX Email: SBU.WBIAS@wales.nhs.uk Telephone: 01639 862 936</p>
<p>Mental Health Matters</p>	<p>Mental Health Matters, Union Offices, Quarella Road, Bridgend, CF31 1JW Telephone: 01656 651450 Website: www.mhmwales.org.uk Facebook: www.facebook.com/MHMWales</p>
<p>YMCA Inclusive Youth Club</p> <p>Lindsay Tyson</p> <p>Tel: 01656 654613</p> <p>Mob: 07483104282</p> <p>Email: projects@ymcabridgend.org.uk</p> <p>Address: YMCA Bridgend, 28 Coity Road, Bridgend CF31 1LR</p> <p>Facebook: www.facebook.com/BridgendYMCA/</p>	<p>**Online provision during lockdown**</p> <p>An open access youth club that allows children and young people the opportunity to socialise, spend time with their peers, develop friendships, to develop social skills such as sharing, turn taking and take part in a variety of structured or unstructured activities.</p> <p>Activities will include indoor sports, basic cooking, games, arts and crafts, Forest School Activities and visits to the park weather permitting. During school holidays we try go on a variety of outings and trips.</p>
<p> </p>	<p> </p>

Special Families

Claire Edmunds or James Pryce

The Fairfield centre, Maesteg, CF34 9LR

Telephone: 01656 856950

Website: www.Sfmaesteg.org

www.specialfamilies.co.uk

Facebook:

www.facebook.com/SpecialFamiliesMaesteg

Email: sfmaesteg@outlook.com

Additional Needs Youth Club
GENTLE CIRCUITS - Tuesday 5.00pm-6.00pm

Ages 13+

A gentle workout in the Unique Fitness Gym for 30 minutes followed by 30 minutes of socialising in the main function room.

PA & CLIENT DROP IN - Thursday 2 Sessions - 1.00pm-5.00pm & 5.00pm-7.00pm

£2 per person. Activities to include the gaming room, arts and crafts, pool, recipes (non cooking), planting, relaxation with Vicky, beauty treatments, plus lots more.

BOXING & YOUTH CLUB Thursday 7.00pm - Ages 13+ BOXING for 30 minutes at DC Boxing Gym, Nantyffyllon, Maesteg followed by YOUTH CLUB (Music, dancing, game of pool) at The Fairfield Centre. £2 per person.

Other activities include Gaming, night and Gym & film night.

InclusAbility

Facebook: www.facebook.com/100746911751465

Email: contact@inclusability.org

National Autistic Society (NAS) Bridgend branch

Joanne Manley

Website: www.autism.org.uk

Facebook: www.facebook.com/National-Autistic-Society-Bridgend-and-District-Branch-261273600701266/?fref=ts

Bridgend Spectrum Social/Support Group (BSSG)

Venue: Assisting Recovery in the Community (ARC), Quarella Road, Bridgend, CF31 1JN.

TEL: 01656 763176

Lauren Davies -

BSSG@peoplefirstbridgend.co.uk

Louise Way -

louise.way@bridgend.gov.uk

An open access group for Autistic people in the area. The group meets twice a month, once for a support group which offers training and advice including guest speakers etc.

The second is a social group to go out for meals, cinema, bowling etc, at venue decided at the previous meeting.

Age: 16+

Thursday (twice a month) 6.00 - 8.00

www.facebook.com/groups/451343671730071/

Every Link Counts

T: 01656 812796

Email: everylinkcounts@aol.co.uk

Website: www.everylinkcounts.co.uk

A charity supporting young people between the ages of 14 – 30 to access mainstream social and leisure activities within their own community.

Unit 3, 112-113 Commercial Street, Maesteg CF34 9DL.

Useful websites

Autism Wales	www.autismwales.org/en/parents-carers/information-for-parents-carers
ASD Bright Ideas	www.asdbrightideas.co.uk
Asiam.ie	www.asiam.ie
Assisted Mobility Services	www.assistedmobilityservices.co.uk
Autism little learners	www.autismlittlelearners.com
Autism NI	www.autismni.org
Autism teaching strategies	www.autismteachingstrategies.com
Autism Wellbeing	www.autismwellbeing.org.uk
Autistic Mama	www.autisticmama.com
Autistica	www.autistica.org.uk
Bridgend community transport	www.bridgendcommunitytransport.co.uk
Bridgend Reach	www.bridgendreach.org.uk
CanDo Hub UK	www.candohub.co.uk
Challenging behaviour support CIC	www.challengingbehavioursupport.co.uk
Changing minds	www.changingmindsproject.org.uk
Childrens Speech and Language therapy in Luton and Bedfordshire	www.childspeechbedfordshire.nhs.uk
Childrens Therapy Solutions Ltd	www.childrenstherapysolutions.co.uk
Cwm Taf Morgannwg Mind	www.ctmmind.org.uk
Elle empowers	www.elleempowers.info
Employability Bridgend	www.bridgend.gov.uk/employability
Gina Davies Autism Centre	www.ginadavies.co.uk
Hampshire CAMHS	www.hampshirecamhs.nhs.uk
Help for psychology	www.help4psychology.co.uk
Holly tree holistic healthcare	www.hollytreeholistichealthcare.com
Hope GB	www.hopegb.co.uk
Include 'In' Autism	www.includeinautism.org.uk
Interplay ENabled & ENspir	www.interplay.org.uk
It's a Tink Thing	www.itsathinkthing.com
Kirsty Forbes – Autism & ND Support	www.kirstyforbes.com.au
Leonard Cheshire in Wales	www.leonardcheshire.org/home/wales

Living autism	www.livingautism.com
Love Autism	www.love-autism.co.uk
Mental Health Matters	www.mhmwales.org.uk
Mental Health on the Mighty	www.themighty.com/mental-illness
Mrs Speechie P	www.speechie.com
Mustard seed autism trust	www.mustardseedautism.co.uk
My autism team	www.myautismteam.com
My communication passport	www.mycommpass.com
NAS Wales	www.autism.org.uk/what-we-do/wales
National Police Autism Association	www.npaa.org.uk
Neurodivergent Rebel	www.neurodivergentrebel.com
New Horizons mental health	www.newhorizons-mentalhealth.co.uk
NHS Lanarkshire children and young people OT	www.nhslanarkshire.scot.nhs.uk/services/occupational-therapy/children-and-young-people
NHS Tayside Speech and Language therapy	www.sltchat.uk
Parenting Aspergers Children	www.myaspergerschild.com
Pathway 2 Success	www.thepathway2success.com
Place2Be	www.place2be.org.uk
PlayWorks Therapy	www.playworkstherapy.co.uk
Positive PDA	www.positivepda.com
Purple Ella	www.purpleella.com
Reachout ASC	www.reachoutasc.com
Reframing Autism	www.reframingautism.com.au
Relax kids Bridgend with Annalisa	www.RelaxKids.com
Scottish Autism	www.scottishautism.org
Scottish Women's Autism Network	www.swanscotland.com
Seirrah Occupational Therapy	www.seirrah-ot.co.uk
Seirrah speech therapy	www.seirrah.co.uk
Sensory integration network	www.sensoryintegration.org.uk
Sensory spectacle	www.sensorspectacle.co.uk
SNAP Charity	www.snapcharity.org
Spectrum gaming	www.spectrumgaming.net

Spectrum holidays	www.spectrum-holidays.com
Staffordshire Autism Outreach Team	www.staffordshireconnects.info
Starfish Swim Academy	www.starfishswimacademy.co.uk
STEER – The Enterprise Academy	www.steerwales.org.uk
Spectropolis – pay it forward	www.spectropolis.co.uk
Sunshine support	www.sunshine-support.org
Surfability UK CIC	www.surfabilityukcic.org
Teaching Autism	www.teachingautism.co.uk
Teen Calm	www.teencalm.com
The association for child and adolescent mental health	www.acamh.org.uk
The autism diaries	www.theautismdiaries.com
The Autism Education Trust	www.autismeducationtrust.org.uk
The Autistic Advocate	www.theautisticadvocate.com
The AWAKE Project	www.theawakeproject.org
The Childrens clinic	www.thechildrensclinic.ie
The Draco Project	www.thedracoproject.co.uk
The Makaton charity	www.makaton.org
The OT Toolbox	www.theottoolbox.com
The sensory spectrum	www.thesensoryspectrum.com
The thinking person's guide to Autism	www.thinkingautismguide.com
Wade therapy services	www.southwalesspeechtherapy.co.uk
Weston House	www.bridgend.ac.uk/westonhouse
Wood-B	www.awen-wales.com
Yellow Ladybugs	www.yellowladybugs.com.au

Useful Facebook Pages

Bridge ASD info	www.facebook.com/BridgeASDinfo/
ACE	www.facebook.com/acebridgend/
ASD Connect	www.facebook.com/groups/146597626050229/
Aspire the female autism network	www.facebook.com/Aspire-The-Female-Autism-Network-1025042794203353/
AuKids magazine	www.facebook.com/aukidsmag
Autism Diaries	www.facebook.com/autismdiariesuk/
Autism level up	www.facebook.com/AutismLevelUP/
Autism Northern Ireland	www.facebook.com/AutismNI/
Autism parents community	www.facebook.com/autismparentscommunity/
Autism stories/information	www.facebook.com/Autism-Stories-Information-1589494924667047/
Autism teachings	www.facebook.com/autismteachings/
Autism together	www.facebook.com/AutismtogetherUK/
Autistic genius	www.facebook.com/AutisticGenius/
Autistic Girls Network Group	www.facebook.com/groups/AutisticGirlsNetwork/?ref=share
Autistic life	www.facebook.com/AutisticLifee/
Autistic not weird	www.facebook.com/autisticnotweird/
Autistic wellbeing	www.facebook.com/AutWellbeing/
Awake Aspie	www.facebook.com/awakeaspie/
Bridgend Connecting Carers	www.facebook.com/BridgendConnectingCarers/
Bridgend Sharks	www.facebook.com/Bridgend-Sharks-Disability-Swimming-Club-1106572922749986/
Bridgend YMCA	www.facebook.com/BridgendYMCA/
CAMHS Professionals	www.facebook.com/CAMHSPRO/
Challenging behaviour support	www.facebook.com/ChallengingBehaviourSupport/
Changing minds	www.facebook.com/changingmindsprojects/
Changing the Narrative	www.facebook.com/ChangingTheNarrativeAboutAutismAndPDA/
Children clinic Ireland	www.facebook.com/thechildrensclinicireland/

Childrens Mental Health Workshops	www.facebook.com/CMHWorkshops/
Cwm Taf Morgannwg Mind	www.facebook.com/ctmmind/
Derbyshire autism services	www.facebook.com/derbysautismservices/
DIR floortime	www.facebook.com/DIRFloortime-UK-1563172180660883/
Employability Bridgend	www.facebook.com/EmployabilityBridgend/
Empowering me	www.facebook.com/EmpoweringMeYouthProgramme/
Everyday aspergers	www.facebook.com/everydayaspergers/
Helping kids shine	www.facebook.com/helpingkidsshineUK/
Hope GB	www.facebook.com/HelloHopeGB/
It's a tink thing	www.facebook.com/itsatinkthing/
Journeys through Autism	www.facebook.com/JourneysThroughAutism/
Life with autism	www.facebook.com/lifewithautismwales/
Living autism	www.facebook.com/livingautism/
Mustard Seed Autism Trust	www.facebook.com/MustardSeedAutismTrust/
Neuroclastic	www.facebook.com/NeuroClastic/
Neurodiversity goddess	www.facebook.com/neurodiversitygoddess/
No Limits	www.facebook.com/neuronolimits/
Not an Autism Mom	www.facebook.com/notanautismmom/
NPT Early Years Additional Learning Needs Service	www.facebook.com/npteyaln/
Photosymbols	www.facebook.com/photosymbols/
Play Works Therapy	www.facebook.com/PlayWorksTherapyWales/
Purple Ella	www.facebook.com/purpleella
Rachel Dorsley SLP	www.facebook.com/dorseyslp/
Sea Quest	www.facebook.com/SeaQuestWales/
Sensitivity OT Services	www.facebook.com/SensitivityOTServices/
Sensory Activities	www.facebook.com/sensoryactivitiesforkids/
Sensory integration network	www.facebook.com/SensoryIntegrationNetwork/

Sensory spectacle	www.facebook.com/sensoryspectacle/
Sister sensory	www.facebook.com/sistersensory/
South Wales Autism and Behavioural Support Group	www.facebook.com/groups/774033709324985/about/
South Wales Soccability	www.facebook.com/SWSoccability/
Spectropolis – pay it forward	www.facebook.com/Spectropolispayitforward/
Spiral foundation	www.facebook.com/thespiralfoundation/
Sunshine support	www.facebook.com/SunshineSupportCIC/
Support Additional Needs (S.A.N) Neath And District Information Page	www.facebook.com/groups/664637053711730/
Swansea Bay and beyond Additional Needs Activities and Events	www.facebook.com/groups/246622339537080/
The association for child and adolescent mental health	www.facebook.com/ACAMH/
The autism diaries	www.facebook.com/autismdiariesuk/
The autism helper	www.facebook.com/theautismhelper/
The Autism Plan	www.facebook.com/autismplan/
The Chronic couple	www.facebook.com/TheChronicCouple/
The Daily Stim	www.facebook.com/thedailystim/
The I CAN Network	www.facebook.com/theicannetwork/
The SEND Trainer	www.facebook.com/thesendtrainer/
The sensory spectrum	www.facebook.com/sensoryprocessingdisorder/
Wales autism research centre	www.facebook.com/WARCCardiff/

FAMILY SUPPORT SERVICES

Children's Services Assessment Team: 01 656 642320

Emergency Duty Team(out of hours): 01 443 743665

Early Help: 01 656 815420

POLICE:101

HEALTH

Princess of Wales Hospital: 01 656 752752

MENTAL HEALTH SUPPORT

Primary CAMHS:01 443 443008

Secondary CAMHS: 01 656 752800

PAPYRUS HOPELINEUK

www.Kooth.com: online anonymous support for young people