



Dewstow Primary School
'Together we learn, together we grow'



Local Support

dewis.wales	Find local and national organisations and services that can provide information or advice about your well-being; or want to know how you can help somebody else. Including information about people and services in your local area.
Therapeutic Services for children, young people and families in Monmouthshire - Monmouthshire	Information on how to access services available to children, young people and their families in Monmouthshire.
Children and families support service - Monmouthshire	This is a directory website with over 500 links to support families in Monmouthshire. Everything from family support services to children and young people's activities.
Families First Programme - Monmouthshire	'Families First Programme' can provide your family with help, advice and support to prevent any issues or problems you may have from getting worse.

Support Signposting for Pupils

Home - Home - Meic	Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what is going on in your local area to help dealing with a tricky situation. Meic will listen even when no-one else will.
Childline Childline	Advice, helpline, resources and support for children.
Winston's Wish - Bereavement Support for Children	Provides support to children and young people after bereavement of a parent or sibling.
YoungMinds Mental Health Charity For Children And Young People YoungMinds	Provides support to children and young people after bereavement of a parent or sibling.

	A charity supporting children, parents, and those working with children and young people.
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Support Signposting for Families

<u>5 steps to mental wellbeing - NHS</u>	5 steps to improve your mental health and well-being. Trying these could help you feel more positive and able to get the most out of life.
<u>HOME CAMHS Resources</u>	For young people, carers and professionals. Lots of helpful resources from across the internet that are available to help support your mental health and wellbeing.
<u>Parenting and Family Support Family Lives</u>	Parenting and family support. This website has very practical guide in a wealth of areas from school routines to self-harm.
<u>Family wellbeing - BBC Parents' Toolkit - BBC Bitesize</u>	Health and wellbeing advice for parents to support their child – from food and sleep, to anxiety and the online world.
<u>Help and support Parent Zone</u>	Providing expert advice regarding internet and digital activity, gaming and online safety.
<u>Home - Niwrowahaniaeth Cymru Neurodivergence Wales National Neurodivergence Team</u>	Improving the lives of autistic people living in Wales.
<u>Get support - Cruse Bereavement Support</u>	National charity which offers support, advice and information to children, young people, and adults when someone dies.
<u>mind</u>	Mental Health information and support for adults, children and teenagers. Find local services.
<u>The Sleep Charity</u>	Education, support and advice on good sleep routines for children, teenagers and adults.
<u>ACTivate Your Life - Public Health Wales</u>	Public Health Wales free online course for anyone over the age of 16 designed to help improve mental health and wellbeing.
<u>https://www.melo.cymru/</u>	Aneurin Bevan University Health Board website with partners to look after the mental wellbeing of people living and working in these areas; Torfaen, Newport, Monmouthshire, Caerphilly and Blaenau Gwent.