

Please find below a list of support agencies for different areas of concern - you may find these useful for yourself or if you are helping another family.

Action for Child – 01656 766067 – Offers a support service to help under 5's get ready for school, such as: play sessions, speech therapists, health intervention and parenting programmes.



Barnardo's – 01656 815420 or earlyhelp@bridgend.gov.uk - Offers one to one support on practical home management matters.

Bereavement Support - 073791 69836
hello@bridgendbereavement.co.uk – Offers support, advice to children and adults after someone has passed away.

Bridgend Carers – 01656 658479 - Provides information, support and short break opportunities to all carers throughout Bridgend.

Bridgend Food Bank – 01656 750016 or info@bridgend.foodbank.org.uk
– supporting families in financial difficulty with food and non-judgmental support.

Childline - 0800 1111 - Information and advice to guide and support you about anything that is on your mind.

Child Exploitation and Online Protection -
<https://www.ceop.police.uk/Safety-Centre/> Protection advice if worried about online abuse or want to report.

ChatHealth - 07520 615718 - Text service to the School Nurse Service.

Citizens Advice – 01656 762800 – Offers advice on issues affecting people's lives: for those in crisis or just exploring options.

Early Help - Offers services to support children, young adults and their families. 01656 815420 or email earlyhelp@bridgend.gov.uk

MASH (Multi Agency Safeguarding Hub) - A single point of contact for all safeguarding concerns about vulnerable children: on 01656 642320, adults on 01656 642477 or email mashcentra@bridgend.gov.uk

National Autistic Society - bridgenddistrict.branch@nas.org.uk - Provide local information, advice and support any one whose life is touched by autism.

NICCO – 0808 808 2003 or <https://www.nicco.org.uk/contact> Providing information and services to families and children of offenders.

NSPCC - 0808 800 5000 - Supports and protects children and helps prevent any type of abuse.

Police.uk - 999 for emergencies or 101 for non-emergencies - Use to report an emergency or to seek advice/services for those affected by crime.

Samaritans - Call 116123 for free or email jo@samaritans.org Support for whatever you are going through.

Turn 2 Us – 01656 643643 - information on childcare options, education provision, activities and services for children and young people.

Young Minds - Text YM to 85258 or visit youngminds.org.uk Free 24/7 text support for young people experiencing mental health/wellbeing issues.