



Support for Children and Young People over Christmas

Sometimes Christmas can be a hard time of year...
We want you to know that there are services available for young people to access in Powys.
Don't be afraid to reach out for support this Christmas.

KOOTH ONLINE COUNSELLING

CREDU (YOUNG CARERS)

Call: 01597 823800

ADFERIAD RECOVERY (Drugs & Alcohol Support)

Call: 0300 777 2258

Mid and North Powys MIND Brecon and District MIND

Call: 01597 824411

Call: 01874 611529

CHILDLINE

Call free: 0800 1111

For any other Emotional Health and Wellbeing Services, please click [here](#).

