**Contact details for accessing school and community-based counselling**

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| **Local Authority** | **Web link**  |
| Anglesey | <https://adyach.cymru/en/Parents/Services/Inclusion/Counselling/Counselling.aspx> |
| Blaenau Gwent | [https://www.blaenau-gwent.gov.uk/en/resident/schools-learning/youth-services/counselling/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.blaenau-gwent.gov.uk%2Fen%2Fresident%2Fschools-learning%2Fyouth-services%2Fcounselling%2F&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C4025a31b69ac41768d4008d7e05c2782%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637224560513194785&sdata=pUdF%2FDar8TcqYsgpypfuISPQGdil5B5YbKdTMJOdOVo%3D&reserved=0) |
| Bridgend  | [https://www.bridgend.gov.uk/my-council/council-priorities-and-performance/coronavirus-covid-19-latest-information-and-advice/counselling-service-for-young-people/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bridgend.gov.uk%2Fmy-council%2Fcouncil-priorities-and-performance%2Fcoronavirus-covid-19-latest-information-and-advice%2Fcounselling-service-for-young-people%2F&data=02%7C01%7CKhalid.Afzal%40gov.wales%7Cec26fc6e470d4279bc6b08d7e50f11ce%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637229725202481593&sdata=hm%2FZu8qSsVtZxaoMt0yrPKe3LCIdp9X4vWR7t5W5c1I%3D&reserved=0) |
| Caerphilly | [https://www.caerphilly.gov.uk/schoolcounselling](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.caerphilly.gov.uk%2Fschoolcounselling&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C4025a31b69ac41768d4008d7e05c2782%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637224560513194785&sdata=xG4Gf3mxcTLq8tyJgfq7ugD%2FCbec02vaGTvMTXtr0pI%3D&reserved=0)    |
| Cardiff | [www.kooth.com](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.kooth.com%2F&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C10cf93de73d94c26fb8808d7d6de3502%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637214122169179224&sdata=TVy%2ByOfXfbT0HnjwWATshLgislWoislGr%2FWYG66NTN0%3D&reserved=0)  |
| Carmarthenshire  | [www.area43.co.uk/referrals](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.area43.co.uk%2Freferrals&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C6b36c45b049d403bd5bf08d7e050b279%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637224512125000972&sdata=F36XG%2FDRVmpaGDUqgVh73WMWQgvfk2uXxLwyYBiGuV0%3D&reserved=0) [www.area43.co.uk/cy/cyfeirio](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.area43.co.uk%2Fcy%2Fcyfeirio&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C6b36c45b049d403bd5bf08d7e050b279%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637224512125010931&sdata=UePv378asbq4TLSbLuXf9P%2FS8EgMPxa96PtfeAz2%2FTI%3D&reserved=0) |
| Ceredigion | [www.area43.co.uk/referrals](http://www.area43.co.uk/referrals) [www.area43.co.uk/cy/cyfeirio](http://www.area43.co.uk/cy/cyfeirio)  |
| Conwy | conwyalnadvice5@hwbcymru.net |
| Denbighshire | [https://www.denbighshire.gov.uk/en/resident/education/education-counselling/children-and-young-persons-counselling.aspx](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.denbighshire.gov.uk%2Fen%2Fresident%2Feducation%2Feducation-counselling%2Fchildren-and-young-persons-counselling.aspx&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C96a23177f5814bee20e708d7d6dbda24%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637214112189891169&sdata=bG%2FWSCIcoey%2FQs03yj%2FYahvcZcFYBEOdIvqnqgfwDB0%3D&reserved=0) |
| Flintshire | [https://www.flintshire.gov.uk/en/PDFFiles/Lifelong-Learning/Schools/Help4YP/Young-Peoples-Counselling-Service.pdf](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.flintshire.gov.uk%2Fen%2FPDFFiles%2FLifelong-Learning%2FSchools%2FHelp4YP%2FYoung-Peoples-Counselling-Service.pdf&data=02%7C01%7CKhalid.Afzal%40gov.wales%7Cfec29d301c7d4f0c926608d7d7b98456%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C1%7C637215064122026664&sdata=RR3AbMFBob3PYSPhnP2%2Fy2vBmLu%2BNdc4EAGM4m%2FMGM0%3D&reserved=0) |
| Gwynedd | <https://adyach.cymru/en/Parents/Services/Inclusion/Counselling/Counselling.aspx>  |
| Merthyr Tydfil | <https://www.merthyr.gov.uk/resident/schools-and-learning/counselling/>  |
| Monmouthshire | facetoface@monmouthshire.gov.uk |
| Neath Port Talbot | [http://www.npted.org/jigsaw/Pages/default.aspx](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.npted.org%2Fjigsaw%2FPages%2Fdefault.aspx&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C18c764a4205a4d540a9808d7e05fb9ef%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637224574059868467&sdata=BskvRxgqqMqXk7R23g7rrDMxEKcJ34s8uTBsMh5Az6I%3D&reserved=0) |
| Newport | [https://www.talkingzone.co.uk/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.talkingzone.co.uk%2F&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C682112f171b444b1015008d7e0577831%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637224538597035272&sdata=g2Wjp3VRwHIsrMCqYEDRKZ61Ccc6FqQ4285vCDJhrN8%3D&reserved=0) |
| Pembrokeshire | [www.pembrokeshire.gov.uk/specialist-services-and-provision/school-counselling](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.pembrokeshire.gov.uk%2Fspecialist-services-and-provision%2Fschool-counselling&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C6b36c45b049d403bd5bf08d7e050b279%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637224512125000972&sdata=MphLViizBj4AQhfQr%2Bc5iFYJXy7mkwI6rGFE57lXCW0%3D&reserved=0) |
| Powys | w[ww.koothf2f.com](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.koothf2f.com%2F&data=02%7C01%7CKhalid.Afzal%40gov.wales%7Cba043b8da48c436f5b7a08d7dc8f9c45%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637220381672067309&sdata=2WZ9GPy1yI%2FAOA4Sdd3VH5%2BlaZ1Z6ONPJK2yLHuoc%2Bw%3D&reserved=0)  |
| RCT | [https://www.eyetoeye.wales/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eyetoeye.wales%2F&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C470f1bd0c3a4448ca5f408d7e05ba29e%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637224556476926631&sdata=ylY0vidBZk63XTdd7I2%2BMPuJPsNpTmVLfdHZ57yp%2FF4%3D&reserved=0) |
| Swansea | <https://www.exchange-counselling.com/contact_us> |
| Torfaen | [https://www.facebook.com/Torfaen-Young-Peoples-Counselling-Service-109172984050900/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2FTorfaen-Young-Peoples-Counselling-Service-109172984050900%2F&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C84c410398ddb426f2ad408d7d616c45b%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637213265580266870&sdata=gB0gOyR2orfSmKKVh%2FrleSI%2FnTcEztjwfNCgSMu3uaA%3D&reserved=0) |
| Vale of Glamorgan | [https://www.barnardos.org.uk/what-we-do/services/vale-school-and-community-based-counselling-service](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.barnardos.org.uk%2Fwhat-we-do%2Fservices%2Fvale-school-and-community-based-counselling-service&data=02%7C01%7CKhalid.Afzal%40gov.wales%7Cdcf29807e6b44e2f72b608d7d7da6031%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637215205230387821&sdata=1LSzjvQGtuD7ZYfCjxZwHKiuqlk66uOeda6e1%2FrcH4M%3D&reserved=0)  |
| Wrexham | [http://youngwrexham.co.uk/info/mental-health/counselling-2/](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fyoungwrexham.co.uk%2Finfo%2Fmental-health%2Fcounselling-2%2F&data=02%7C01%7CKhalid.Afzal%40gov.wales%7C45f532a478914ca779c008d7e05a5821%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637224550952697545&sdata=jzKZ7gBDedR%2F839h0yLrha%2FYO60hOHfEDzCtxis9yuY%3D&reserved=0) |