

Nyrs Ysgol / School Nurse
03000 851 984

Childline
0800 1111

CAMHS
01492 863 377

Gofalwyr Ifanc / Young Carers
01597 823 800
info@credu.com

CRUSE Bereavement
08088 081 677
hopeagain@cruse.org.uk



NHS WALES
0345 4647

**Tîm o Amgylch y Teulu / Team
Around the Family**
01492 577 788
01492 575 213

**Papyrus - Prevention of
suicide**
08000 684 141

**Iechyd Cyhoeddus Cymru
Public Health Wales**
<https://phw.nhs.wales>
<https://icc.gig.cymru>

**Lleoliadau Gofal Plant
Conwy
Childcare Settings**
plant.children@conwy.gov.uk

**Gwybodaeth Defnyddiol -
Useful Information**

**Canolfannau Teuluoedd
Conwy
Family Centre**

Conwy: 01492 574 546
Llandudno: 01492 574 732
Llanrwst: 01492 574 140
Colwyn Bay/Abergele: 01492 576 503
familysupport.west@conwy.gov.uk

NSPCC
08088 005 000

Child Bereavement UK
support@childbereavement.org
08000 288 840

**Samariaid /
Samaritans**
116 123

Barnardo's Cymru
www.barnardos.org.uk
02920 493 387

**Gwasanaethau Plant
Social Services**
01492 575 111
(Out of hours 03001 233 079)

**Shelter Cymru Housing Help
and Advice**
08000 495 495