



PLANT YNG NGHYMURU  
CHILDREN IN WALES

**If you need further support with any of the issues raised, please use the links below:**

### **Mental Health**

[Mind Cymru - mental health support for Wales - Mind CALL HELPLINE - ABOUT US](#)

### **Bullying**

[Top tips for parents & carers\\_FINAL \(kidscape.org.uk\)](#)  
[Help With Bullying \(kidscape.org.uk\)](#)

### **Pressure**

[Peer pressure | Childline](#)  
[Information for 11-18 year olds on confidence and self-esteem - Mind](#)

### **Social Media**

[Keeping children safe online | NSPCC](#)  
[What is social media? | NSPCC](#)  
[KEEPING SAFE ONLINE - HWB \(GOV.WALES\)](#)

### **Poverty/Cost of living**

[Children in Wales | Financial support information](#)

**Teulu Cymru** is also offers a range of support for parents and families:

[Teulu Cymru | GOV.WALES](#)