

## Emotional Health and Wellbeing Services in Powys

### Central Contact Information for Children, Young People and Families

**School Nursing**  
01547 521207

**CAIS (Young Persons Substance Misuse)**  
03007772258  
[www.cais.co.uk](http://www.cais.co.uk)

**Youth Intervention Service**  
(South and Mid) – Mary Evans [mary.evans@powys.gov.uk](mailto:mary.evans@powys.gov.uk)  
(North) – Simon Titley [simon.titley@powys.gov.uk](mailto:simon.titley@powys.gov.uk)  
Detached Youth Work Team – contact the team  
at <https://www.facebook.com/DetachedYouthPowys/>

**Open Access Youth Service**  
01874612226  
Helen Quarrell - 07805024126  
Rhodri Jones – 07909882525  
Facebook page – Powys Open Access Youth Workers  
Instagram – powysopenaccessyouthworkers  
Twitter – Powys Open Access Youth Workers - @PowysOAYW  
  
Email – [youth.service@powys.gov.uk](mailto:youth.service@powys.gov.uk)  
  
Brecon Youth Club – <https://www.facebook.com/Breconyouthcentre/>  
Penrhos Youth Club – <https://www.facebook.com/penrhosyouthclub/>  
Newtown Youth Club – <https://www.facebook.com/YouthClub-Newtown-121812497932989/>  
Llandrindod Youth Club – <https://www.facebook.com/Llandod-YouthClub-331272480221703/>

#### **Xenzone and Kooth**

Louise Greenwood - 07975590119 or [Louise.greenwood@xenzone.com](mailto:Louise.greenwood@xenzone.com)  
Referral link for professionals - [ww HYPERLINK](#)  
["https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.koothf2f.com%2F&data=02%7C01%7Cachel.thomas%40powys.gov.uk%7Ccd6f4aeac73c400dd86008d7ccd16108%7Cc01d9ee10eb0475499ae03ae8a732b50%7C0%7C0%7C637203071959364489&sdata=AYTJQKOEeZ2yFU0W6aK0yLdNZfh9Cr9hU3wRVugAYX0%3D&reserved=0"](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.koothf2f.com%2F&data=02%7C01%7Cachel.thomas%40powys.gov.uk%7Ccd6f4aeac73c400dd86008d7ccd16108%7Cc01d9ee10eb0475499ae03ae8a732b50%7C0%7C0%7C637203071959364489&sdata=AYTJQKOEeZ2yFU0W6aK0yLdNZfh9Cr9hU3wRVugAYX0%3D&reserved=0)  
Kooth website - [www.kooth.com](http://www.kooth.com)

**Child and Adolescent Mental Health Services (CAMHS)**  
01874 615662

**Additional Learning Needs (ALN)**  
Mike Wheeler - 01597 826 281 or [mike.wheeler@powys.gov.uk](mailto:mike.wheeler@powys.gov.uk)

**Educational Psychology**  
Alun Flynn – 01686 614044 or [alun.flynn@powys.gov.uk](mailto:alun.flynn@powys.gov.uk)  
Caroline Rees - [caroline.rees@powys.gov.uk](mailto:caroline.rees@powys.gov.uk)  
Hayley Smith - 01597 826705 or [hayley.smith1@powys.gov.uk](mailto:hayley.smith1@powys.gov.uk)

**Tros Gynnal Plant** (Advocacy service)

Phone - 01545 571865

Email - [midandwestwales@tgpcymru.org.uk](mailto:midandwestwales@tgpcymru.org.uk)

Website - [www.tgpcymru.org.uk](http://www.tgpcymru.org.uk)

**Credu** (Young Carers)

Phone: 01597 823800

Email: [Bekcy@credu.cymru](mailto:Bekcy@credu.cymru)

You can still get support over the phone by ringing your outreach worker or the office and via social media. Please do not hesitate to contact us about anything that is concerning you and your family. If you are not registered with Credu and Care for someone in your family, please get in touch with the office.

**Montgomeryshire Family Crisis Centre**

Phone: 01686 629114

Email: [admin@familycrisis.co.uk](mailto:admin@familycrisis.co.uk)

**Calan DVS**

Phone: 01874 625146

Email: [enquiries@calandvs.org.uk](mailto:enquiries@calandvs.org.uk)

Live Fear Free: 0808 801 0800

**Windfall Centre**

Phone: 01597 829346

Email: [info@windfallcentre.co.uk](mailto:info@windfallcentre.co.uk)

Support, advice and a listening ear for parents, foster carers and children and young people who may be feeling under stress and need to talk.

**Powys Front Door Service**

To make a referral to Children's Services or to request information, advice and assistance:

Phone: 01597 827666 (Option 1, Option 1) to speak to a member of staff if you have concerns about a child or young person and their family which you need to discuss with a Children's Services representative.