

If you have been affected by any of the issues raised in any of the presentations today or the animation, please contact your GP for advice.

Alternatively, you may want to seek support from the following organisations:

- **NSPCC** is a major UK charity specialising in child protection and the prevention of cruelty to children. The NSPCC's purpose is to end cruelty to children. Help for adults concerned about a child: Call 0808 800 5000 or text 88858. If you are an adult that experienced abuse as a child, the NSPCC can also provide help and advice.
- **Alcoholics Anonymous**. If your drinking is causing you problems and you wish to stop drinking. Call 0800 917 7650.
- **UK Narcotics Anonymous** is a society of recovering addicts for whom drugs had become a major problem that meets regularly to help each other stop using and stay clean. Call 0300 999 1212.
- **ADFAM** gives information and support for the families of drug and alcohol users.
- **Victim Support** is a national charity giving free and confidential help to anyone affected by crime. Call 0808 168 9111.
- **Samaritans**. If you are in crisis, or something is getting you down, the Samaritans can be contacted 24 hours a day, every day of the week. Call 116 123.
- **Relate** is a counselling service working to promote health, respect and justice in couple and family relationships. Call 0300 100 1234.
- **Welsh Women's Aid** is a national charity working to end domestic violence against women and children. 0808 801 0800.
- **MIND Cymru** provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve mental health services, raise awareness and promote understanding. Call 0300 123 3393 or text 86463.
- **Live Fear Free** is a website, phone and chat services providing support and information service for anyone experiencing domestic abuse or wanting more information on available support services. Call 0808 801 0800.
- **Help Me Quit** is the single brand for free NHS stop smoking services in Wales. Call 0800 085 2219 or text HMQ to 80818.
- **DAN24/7 Wales Drug and Alcohol Helpline** is a free bilingual telephone helpline providing a single point of contact for anyone in Wales wanting further information or help relating to drugs and alcohol. Call 0800 808 2234 or text DAN to 81066.
- **National Association for People Abused in Childhood (NAPAC)** offers support to survivors of childhood abuse including physical, emotional or ritual or as the result of neglect. Call 0808 801 0331.