



Emotional Wellbeing
Service
Cardiff and the Vale

FREE, FRIENDLY,
CONFIDENTIAL SUPPORT
ON DRUGS AND ALCOHOL

WE ARE OPEN!

The Emotional Wellbeing Service accepts referrals from and for young people aged 10 up to age 18 years who are actively using drugs and alcohol as well as those who are at risk of substance misuse.

Young people in Cardiff and the Vale of Glamorgan can access the Emotional Wellbeing Service to get free, professional and confidential support to help them reduce and/or give up substances.

All support is currently being delivered via phone, video chat or email. For more information on the substance misuse support available, please

contact the Single Point of Contact on **0800 008 6879**
or send us a message and we will call you back.

Referrals can be made online at:

<https://emotionalwellbeingservice.org.uk/>

or by phone:
0800 008 6879



0808 808 2234