

Service children – Wellbeing and Mental Health support in Wales

There is no mental health support specifically tailored to or available for Service children in Wales. However, there are a number of organisations offering relevant support, and with a high level of focus currently on children and young peoples' mental health and wellbeing, there are processes and systems in place offering support to all children in Wales with their Mental Health and Wellbeing needs.

This document provides some information on what support is available and how to access it.

Child and Adolescent Mental Health Services (CAMHS)

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing.

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>

<http://www.nwssp.wales.nhs.uk/sitesplus/documents/1178/Welsh%20Health%20Building%20Note%2003-02%20CAHMSfinal.pdf>

In some areas, schools can refer children and young people to CAMHS and can indicate that the child is from a Service family to assist with the support being offered. If the CAMHS team is interested in having a better understanding of the experiences of a Service child to assist them in their support, they can visit www.sscecymru.co.uk or contact ssce@wlga.gov.uk

As part of the Armed Forces Covenant commitments, any time that is accrued on NHS waiting lists in one location should be considered when moving to a new area. It is advisable to get copies of any supporting medical evidence and treatment to pass onto the new health care professional/practitioner.

Local authority wellbeing provision

Please visit your local authority website for details on the local provision in the following areas:

- **Independent Counselling Services** – including school and community based
- **Education Welfare**
- **Education Psychology**
- **Behaviour Support**



- **Family Information Services (FIS)** - Provide free, impartial help, support and advice on a range of family issues including: Childcare and help with the costs of childcare, Health care, Education and Training, Leisure services and Finances
- **Social Services**
- **Youth Services** – offering support/advocacy/preventative/early intervention services for Service young people aged 11-25.

Families First

Within each local area, the team will work with families to look at what is working well, to decide what help is needed for a family to thrive.

A family will complete a Joint Assessment Family Framework (JAFF) with the Families First team to identify appropriate support.

<https://gov.wales/topics/people-and-communities/people/children-and-young-people/parenting-support-guidance/help/families-first/?lang=en>
familiesfirst@gov.wales

MOD support

Children’s Education Advisory Service (CEAS)

Information and support to Service families and eligible MOD civilians on all aspects of the education of their children in the UK and overseas.

<https://www.gov.uk/childrens-education-advisory-service>
dcyp-ceas-enquiries@mod.uk
 01980 618244

Army Welfare Service – Intake & Assessment Team (IAT)

Personal support staff provide accessible, independent, confidential and professional specialist welfare services to serving soldiers and their families with any personal or family difficulty.

AWS-HQ-IAT@mod.uk
 01904 882053 or 882054

British Army

Military personnel and their families in need of mental health support can call the 24-hour confidential Combat Stress helpline: 0800 323 4444

Unit Welfare support

Get in touch with the local welfare support team to see if they can provide any advice or financial support to help access mental health services.

Army:

Chepstow

<https://chepstowhive.blogspot.com/>
chepstowhive@armymail.mod.uk
 01291 645354

St Athan

<http://stathanhive.blogspot.com/>
stathanhive@armymail.mod.uk
 01446 798381



RAF:

RAF Valley

<https://www.raf.mod.uk/our-organisation/stations/raf-valley/facilities/>

I.Bailey520@mod.gov.uk

01407 762241

Special Education Needs support

SNAP Cymru

Provides information, advice and support for parents, children and young people who have, or may have, special educational needs or disabilities in Wales.

<http://www.snapcymru.org/>

Wellbeing support

Dewis Cymru

Information about well-being in Wales.

<https://www.dewis.wales/home>

Disability support

Contact

Providing support, advice and information for families with disabled children, no matter what their condition or disability.

<https://contact.org.uk/wales>

Other Youth Support Services

Council for Wales of Voluntary Youth Service (CWWYS)

Independent representative body for the voluntary youth work sector in Wales.

<http://www.cwvys.org.uk/>

Meic

Helpline service for children and young people up to the age of 25 in Wales.

<https://www.meiccymru.org/in-your-area/>

The Wave Project

Brings people together through surfing. Our evidence-based surf therapy programme is proven to help young people feel less anxious and more positive.

<https://www.waveproject.co.uk/project-locations/wales/>

info@waveproject.co.uk

Armed Forces charities and support organisations

SSAFA - The Armed Forces Charity

Offering support and advice to serving and former armed forces personnel and their



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families.

<https://www.ssafa.org.uk/>

Army Families Federation (AFF)

Supporting army families.

<http://www.aff.org.uk/>

Health & Additional Needs Specialist: additionalneeds@aff.org.uk

Royal Air Force Families' Federation (RAFFF)

Supporting RAF families.

<http://www.raf-ff.org.uk/>

Naval Families Federation

Supporting Navy families.

<http://www.nff.org.uk/>

Little Troopers

Supporting all children with parents serving in the British Armed Forces, regular or reserve. They provide fundamental resources, initiatives and events to ease and aid repeated separation periods aiming to keep parent and child connected.

<http://www.littletroopers.net/>

Resources

Forces Additional Needs and Disability Forum (FANDF) guide

<https://www.ssafa.org.uk/forces-additional-needs-disability-forum>

