



Emotional and Mental Wellbeing and Coping with Loss Service

Meeting the needs of young people and their parents



Our Support

Beyond the Blue can offer a range of supportive and therapeutic interventions that meet the needs of children, young people and their parents. The support provided will be tailored to each family by a support plan developed in partnership with the family. The service provides support to build resilience and strategies. We work with families and their children up to 25 years of age.

Our Service

Emotional Wellbeing Support and Coping with Loss Service can help in the following ways:

- Advice and Guidance
- Parent and child/young person support around emotional wellbeing
 - Friendships
 - Self-esteem
 - Confidence
- Parent and child/young person support around coping with loss
 - Bereavement
 - Parental separation
 - Parental imprisonment
- Family Group Conferencing
- Open Access to Counselling

Our Aims

Support children, young people and parents to improve:

- Emotional and mental wellbeing
- Own and family resilience
- Lifestyles and behaviours
- Family relationships

Referral Criteria

Referrals can only be made via the SPOC (Single Point of Contact). This is Neath Port Talbot Council's referral form which can be accessed via the following:

Tel: 01639 686803

Email: spoc@npt.gov.uk

Beyond the Blue Service information:

Tel: 01639 642215

Email: beyondtheblue@barnardos.org.uk



Supported by



@BarnardosCymru



BarnardosCymru

www.barnardos.org.uk

Barnardo's Registered Charity Nos 216250 and SC037605

20290/CD/18



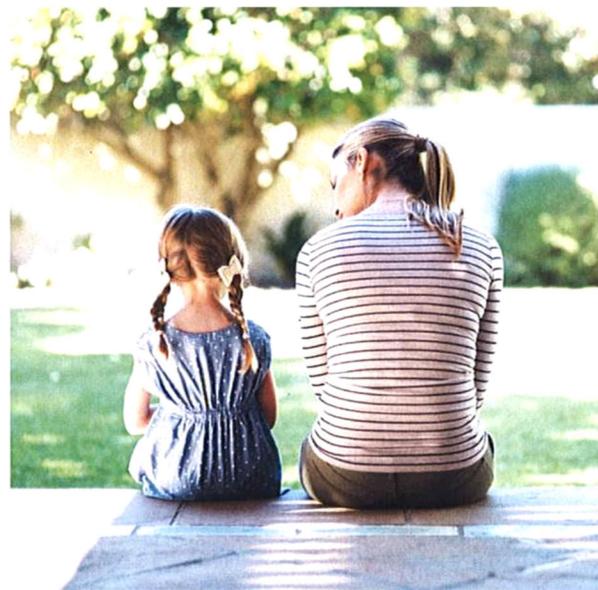
Ein Cymorth

Mae Beyond the Blue yn gallu cynnig nifer o ymyriadau cefnogol a therapiwtig sy'n diwallu anghenion plant, pobl ifanc a'u teuluoedd. Bydd y cymorth a ddarperir yn cael ei deilwra i bob teulu drwy ddatblygu cynllun cymorth mewn partneriaeth â'r teulu. Mae'r gwasanaeth yn darparu cymorth i ddatblygu gwytnwch a strategaethau. Rydym yn gweithio gyda theuluoedd a'u plant hyd at 25 oed.

Ein Gwasanaeth

Mae'r Gwasanaeth Cymorth gyda Lles Emosiynol ac Ymdopi â Cholled yn gallu helpu yn y ffyrdd canlynol:

- Cyngor ac Arweiniad
- Cymorth i rieni a phlant/pobl ifanc mewn perthynas â lles emosiynol
 - Cyfeillgarwch
 - Hunan-barch
 - Hyder
- Cymorth i rieni a phlant/pobl ifanc mewn perthynas ag ymdopi â cholled
 - Profedigaeth
 - Rhieni'n gwahanu
 - Rhiant yn y carchar
- Cynadleddau Grŵp Teulu
- Mynediad Agored at Gwnsela



Gwasanaeth Lles Emosiynol a Meddyliol ac Ymdopi â Cholled

Diwallu anghenion pobl ifanc a'u rhieni

Credwch
mewn plant
 **Barnardo's**
Cymru

Ein Nodau

Cefnogi plant, pobl ifanc a rhieni i wella:

- Lles emosiynol a meddyliol
- Gwytnwch teuluoedd ac unigolion
- Ffyrdd o fyw ac ymddygiad
- Perthnasoedd teuluol

Meini Prawf Atgyfeirio

Dim ond trwy'r Un Pwynt Cyswllt (SPOC) y gellir atgyfeirio. Ffurflen atgyfeirio Cyngor Castell-nedd Port Talbot yw hon y gellir cael gafael arni drwy'r canlynol:

Ffôn: 01639 686803

Ebost: spoc@npt.gov.uk

Gwybodaeth am wasanaeth Beyond the Blue:

Ffôn: 01639 642215

Ebost: beyondtheblue@barnardos.org.uk



Cefnogir gan



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