

**BAVO
IS THE UMBRELLA
ORGANISATION FOR
VOLUNTARY AND
COMMUNITY
ACTIVITY
THROUGHOUT THE
COUNTY OF
BRIDGEND.**

If you want to find out more about the community and voluntary groups that provide support services in and across Bridgend County, contact BAVO on 01656 810400.

We can put you in touch with over 400 local groups covering everything from debt counselling to bereavement care.

Emergency contacts:

Police, fire, ambulance services: 999

Bridgend Police Station:
01656 655555

NHS direct: 0845 46 47

Social Services
01656 642279

Princess of Wales Hospital:
01656 752752

**We're on the web!
www.bavo.org.uk**

Bridgend Association of Voluntary Organisations

Cymdeithas Mudiadau Gwirfoddol Penybont ar Ogwr

LOCAL AND NATIONAL SUPPORT ORGANISATIONS

Samaritans—24 hour listening service

Tel: 08457 909090

Bridgend: 01656 662333

Childline—free and confidential advice and support for children and young people

Freephone: 0800 1111

DAN 24/7—Wales Drug and Alcohol 24 hour helpline

Freephone: 0800 6335588

FRANK—Drugs Advice Helpline

Freephone 0800 776600

Or Txt: 82111

Wales Domestic Abuse Helpline

Tel: 0808 8010800

CRUSE—Bereavement Support Helpline

Tel: 0844 4779400 (Mon—Fri 09.30am—5pm)

WEB HELP FOR YOUNG PEOPLE

RD4U (Road for You) is a website designed for young people by young people. It is part of Cruse Bereavement Cares Youth Involvement project and it was set up to help those young people coping with the death of someone close to them.

Visit: <http://www.rd4u.org.uk>

'There4me' is a website aimed at 12-16 year olds who are worried about something and need some help. They can help with loads of issues like abuse, bullying, exams, drugs and self harm. It's a confidential service.

Visit: <http://www.there4me.com/home>

**Local services
continued....**

**Young People's
Counselling project:
01656 724057**

**Bridgend YMCA
Counselling Service:
01656 654613**

**Bridgend Youth
Info Shop
01656 651585**

**Porthcawl Counsel-
ling Service :
01656 786486**

**Community Advice
& Listening Line:
0800 132737**

There is also an in-
schools counselling ser-
vice available for certain
age groups of pupils:
Contact your local
school for information.

BAVO
112-113 Commercial Street
MAESTEG

Phone: 01656 810400
Fax: 01656 812151

E-mail: bavo@bavo.org.uk

**We're on the web!
www.bavo.org.uk/**

Papyrus—08000 684141

**Support for people dealing with depression or emotional distress
(Mon—Fri 10am—2pm & 7pm—10pm; Weekends 2pm—5pm)**

Bridgend Women's Aid—24 hour helpline (01656 766139)

**Domestic abuse support, advice and information for
women and children**

Gingerbread—0800 0185026

**Lone parent helpline , for information and advice
(Mon—Fri : 9am—5pm)**

Citizen's Advice Bureaux (CAB)

Bridgend: 01656 654951 (Mon—Fri 10 am—1pm)

Maesteg : 01656 734662 (Mon, Tue, Thu, Fri 10am—12.45pm)

For advice on legal, debt, money, welfare and other problems

Community Legal Service Direct- 0845 345 4345

Providing free, quality legal information

UK Insolvency helpline—0800 074 6918

Free & confidential advice on finance and debts

(Mon—Sat : 9am—9pm)

Marriagecare—0845 660 6000

Support & counselling around relationship difficulties and breakdown

Shelterline—0808 800 4444

Emergency access to refuge services

Runaway helpline—0808 8007070

**A confidential service for anyone under 17 who has run away from
home or care, or been forced to leave.**