



# **Support for Children and Young People over Christmas**

Sometimes Christmas can be a hard time of year...  
We want you to know that there are services available for young people to access in Powys.  
Don't be afraid to reach out for support this Christmas.

**AREA 43 COUNSELLING**

**CREDU (YOUNG CARERS)**

**Call: 01597 823800**

**ADFERIAD RECOVERY (Drugs & Alcohol Support)**

**Call: 0300 777 2258**

**Chat Health**

**Mid and North Powys MIND**   **Brecon and District MIND**

**Call: 01597 824411**

**Call: 01874 611529**

**CHILDLINE**

**Call free: 0800 1111**

**For any other Emotional Health and Wellbeing Services, please click [here](#).**

