

**SPACE**  
Wellbeing

**Early Help  
Panel**

# HELPLINE

for Parents & Young people

**Tel: 07977 065376**

This is a telephone number that you can call if you have any concerns around the emotional wellbeing and mental health of your child

**9:30 - 11:30am & 3 - 4pm**  
**Monday - Friday**

One of the SPACE Wellbeing coordinators/team will be available to discuss your child with you & offer appropriate advice, information & signpost to services which may be able to help.

You can also email your query to:

**[ABB.SPACWellbeingHelpline@wales.nhs.uk](mailto:ABB.SPACWellbeingHelpline@wales.nhs.uk)**

We will aim to make contact with you within 3 working days.

If your child is in need of Emergency/Crisis help/support please contact your GP or, if open to services the CAMHS Professional that your child is known to.