

# Emotional Wellbeing Service (EWS)



The Emotional Wellbeing Service provides early-intervention emotional wellbeing support for children and young people across Cardiff and the Vale of Glamorgan.

Utilising therapeutic groups and one-to-one support, the EWS promotes positive wellbeing and tools that strengthen emotional resilience and regulation, including support for young people engaging in risk-taking behaviours. This free and confidential service can address;

- Mental health and emotional wellbeing
- Drugs and alcohol
- Self-harm
- Safer sex & healthy relationships

**The Emotional Wellbeing Service is the first point of contact for a young person wanting to develop coping strategies and learn new ways to be able to regulate their emotions.**

The young people who can access the service are:

- 10 – 17 years old
- Wanting support and have given consent for referral
- Live permanently, or are temporarily placed, within Cardiff or the Vale of Glamorgan

A young person referred to the EWS will receive a triage assessment via phone to discuss the support available and what they'd like to achieve. For this reason we ask that an up to date phone number for the young person is provided at point of referral. Brief interventions are available through one-to-one sessions or group work in schools and community locations across Cardiff and the Vale of Glamorgan.

**We do not offer crisis support or specialist neurodevelopmental interventions.**

In the event that a young person is:

- Having current thoughts of suicide
- Needing crisis support

We would suggest seeking support from a GP who will be able to refer to Child and Adolescent Mental Health Service (CAMHS) or Primary Mental Health Support Service (PMHSS). Out of hours, a young person may present at A&E for a CAMHS crisis assessment.